



Developing a Success Strategy

Student Success Workshops



Your Personality Type

What type of student are you?

- o Do you begin the semester feeling motivated but run out of steam as you approach midterms?
- o Do you have trouble getting motivated when you are taking a class that may not be your interest area?
- o Do you get discouraged easily?

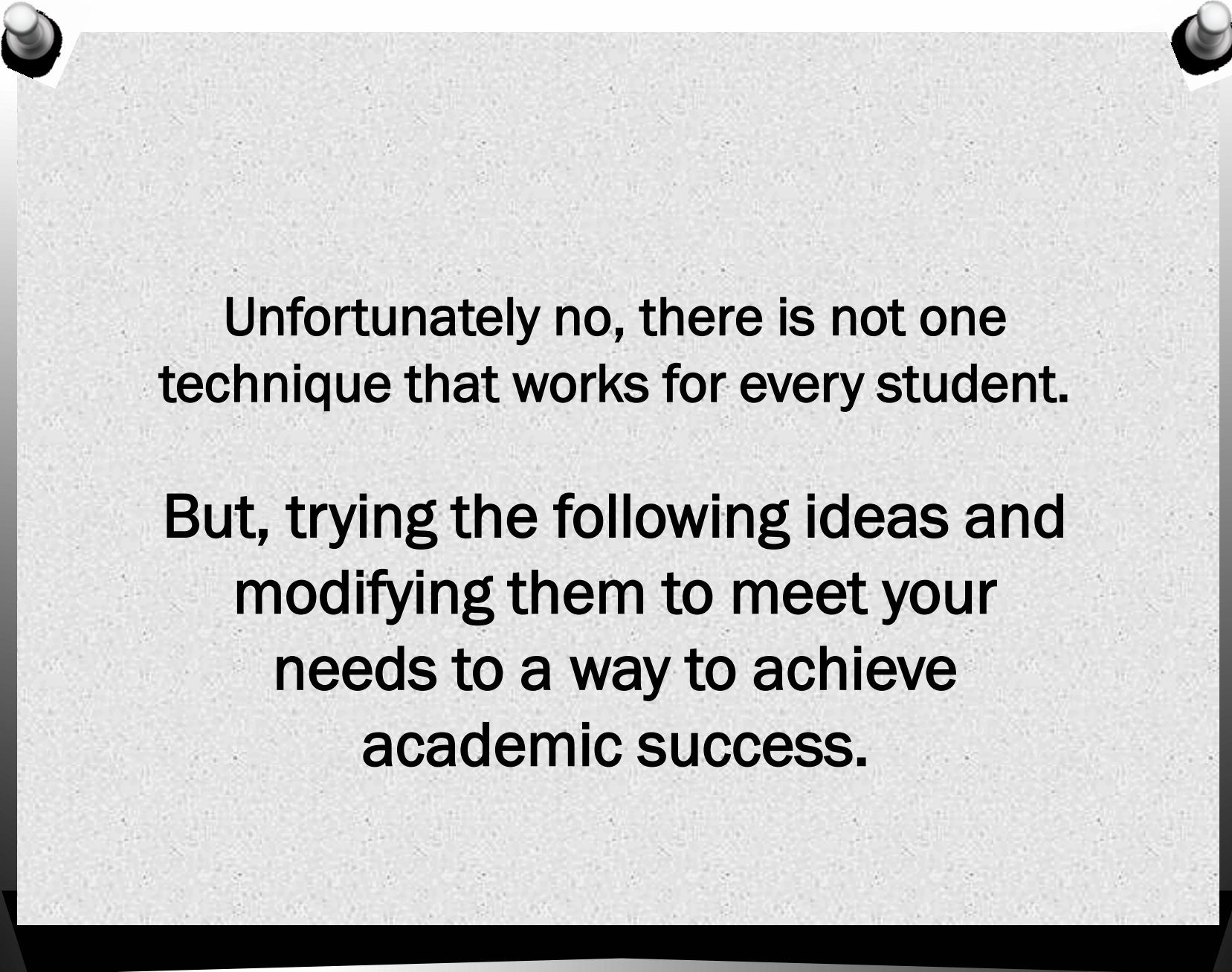
Your Personality Type

Why do we experience this?

- o It is not uncommon to experience a loss of motivation or interest.
- o There are strategies that can maximize your chances of getting the most from each class and increase your "academic endurance."

**Is there a formula for
academic success?**





Unfortunately no, there is not one technique that works for every student.

But, trying the following ideas and modifying them to meet your needs to a way to achieve academic success.



Student Success Strategy #1

Establish Goals

- o Establish goals that are specific, realistic, and measurable.
- o Goals should be written down, not just in your mind.
- o Keep goals posted somewhere so you'll see them daily.
- o Reevaluate your goals periodically.
- o Reward yourself for accomplishment of your goals.

Success Strategy #2

Manage your time wisely

- o Avoid marathon study sessions. Study in blocks of one hour with ten-minute breaks.
- o Utilize daytime hours for tasks that require great concentration.
- o Evaluate the time needed for each course you're taking. A general rule of thumb is this: 2 hours outside class for every 1 hour in class (for example 3 credit hour class = 6 hours outside class per week).
- o Schedule time immediately after class to edit and review notes.
- o Schedule time just before class to review notes and assigned readings.
- o Schedule continual review of previously learned material, not just new material.

Success Strategy #2

Manage your time wisely

Good time management begins with proper scheduling but also includes the following principles:

- o Learn to say "no" to those activities and people that prevent you from achieving your goals.
- o Don't try to do everything yourself. Delegate responsibilities to others.
- o Schedule time for yourself everyday, and don't feel guilty.
- o Take breaks to improve your overall productivity.
- o Eat well-balanced meals, and get plenty of rest and exercise.
- o Double your time estimates for assignments, and start well in advance of due dates.



Success Strategy #3

Attend class regularly

- o Regular class attendance is essential since your textbook is a "supplement" to your classroom lecture material, not a "substitute."
- o Researchers have shown that many students learn best through active participation in class discussions.



Success Strategy #4

Determine your learning style

- o Do I learn best by getting involved in class discussions? Auditory learner
- o Do I learn best by watching and listening? Auditory/Visual learner
- o Do I learn best by figuring things out myself through laboratory experiences? Hands-on or Kinesthetic learner



Success Strategy #5

Take organized lecture notes

- o Date and identify each set of notes.
- o Do not try to take "word-for-word" notes.
- o Use your own words except for scientific vocabulary, formulas, etc.
- o Copy diagrams, examples.
- o Record instructor's emphasized points.
- o Leave space in notes for later clarification.
- o Develop your own shorthand only if recognizable later!
- o Review and edit notes immediately after class.

Success Strategy #6

Read to increase your understanding

- o Read the preface, table of contents, introduction, or forward to find out how the information is organized as well as the main topics of the book
- o Before you begin reading, preview the chapter – pay attention to section titles, graphics, questions at the end of the chapter
- o Examine the supplemental information in the back of the book



Success Strategy #6

Read to increase your understanding

As you read -

- Read the assignment slowly and carefully.
- Make connections as you read.
- Underline or highlight important information
- Summarize each paragraph in a word or phrase and write it in the margin.
- Make a fact sheet or key term sheet.
- Make a list of specific questions that you need answered as you read.

Success Strategy #7

Exam preparation begins on the first day of class

- o Review notes immediately after class
- o After reviewing your lecture notes, think about the topics presented and write down a list of the most important points of the lecture.
- o At least one week before the exam, consolidate lecture notes and textbook notes, handouts, quizzes etc. and create a study plan.
- o Work with a study group throughout the semester.
- o Give yourself a practice exam to build your comfort and confidence with exam material.

Success Strategy #8

Regard test taking as an opportunity, not an obstacle

- o Be prepared.
- o Read all instructions carefully.
- o Assess the amount of time you should allow for each question.
- o Don't spend too much time on any one question.
- o Put a check mark by questions that can't be quickly answered and return if time allows.
- o Try to stay calm, but regard a certain amount of anxiety as normal.



Ways to Ensure Academic Success

- o Stay positive - Believing that you will succeed is an important part of the process.
- o Set goals so you know what you want to accomplish.
- o Know yourself by using your strengths and understanding your weaknesses.
- o Practice self-discipline – Stay on track with your goals and complete your work on time.
- o Maintain good health – Staying healthy and in good shape helps you to maintain a positive outlook and you are more able to achieve success.
- o Use the study skills in this workshop!

Reference

- o Pauk, Walter. 1989. *How To Study In College*. Boston: Houghton Mifflin Co.