

Academic Success

Plan to Win



Expectations and Mindset

- Serious
- Focused
- Ready to Learn
- Know what to expect
- Expect to Succeed



Getting Started

- E-mail Instructors
- Purchase Books/Materials
- Preview Books
- Textbook Help Features
- Text and Chapter Layout
- Develop Alternatives for Problems
- Get Planner
- Select Study Times and Places
- Get Ready to Learn



First Day Of Class

- Course Overview
- Objectives, Assignments, Tests, Papers
- Policies and Procedures
- Tests – Types and Options
- Review Day or Review Sheet
- Instructor Contact Information
- Instructor's Expectations
- Grading Policy
- Put Important Dates in Planner



Successful Starts – Start-to-Finish

- Arrive Early
- Introduce Yourself to the Instructor
- Be Prepared
- Attentive, Positive, and Focused
- Listen Carefully and Actively
- Ask for Clarification If Needed
- Sit in Front of Room
- Two Colleague Telephone Numbers
- Know Your Resources



Effective Study Strategies

- Study a few minutes every day
- Take active notes
- Date your notes
- Keep up with assigned readings
- Ask instructors for permission to tape their lectures
- Create study tapes from your notes and listen to them frequently



Effective Study Strategies Cont...

- Review former tests and quizzes
- Put important dates, terms, and other information on index cards
- Carry and review cards frequently
- Schedule time to review notes and complete assignments (notes should be reviewed daily)
- Try different methods of study – alone, with a partner, or in a group



Reading Comprehension Enhancers

- Preview and Predict Content
- Summarize When Finished Reading
- Make it make sense to you
- Connect it to a real life event
- Try to explain or teach it to someone else
- Freelance Writing about the topic
- Highlight boldface print. Create an index card for each word



Reading Comprehension Enhancers Continued....

- For longer chapters, pre-determine the number of pages to read. Break longer readings into smaller reading segments. After reading each section or pages determined, summarize what you have just read. Write your information on a paper and place on the page where you stopped. Continue this process throughout this reading. When finished, read your summaries and discover the connection. After reading each section, summarize the whole reading. Make it make sense to you.



S.Q.3.R.

- S – Survey
 - Read over all the headings and subheadings; boldfaced print; graphics; before chapter preview and end-of-chapter summaries. Then, list each heading and subheading in a reading in the order they appear



S.Q.3.R.

- Q – Question

Turn each heading and subheading listed into a question using a traditional question word such as who, what, when, where, or why



S.Q.3.R.

- R – Read

Read the information under each heading to be able to answer the question you created



S.Q.3.R.

- R – Record

Record (write) your answer to each question you created. Be sure to restate the question in your answer to connect the what is being asked to the answer



S.Q.3.R.

- R – Review

Review your questions and answers frequently by reciting them aloud. You can also write the question on an index card and the answer on the back of the card. Carry your cards and review them frequently. Finally, you can use your cards to create a study tape. Listen to your tape frequently



P.S.Q.3.R.

P – Preview

Read over the headings, subheadings, boldface print, graphics, before chapter preview and end-of-chapter summary before you do the actual reading. Upon completion, predict the content



P.S.Q.3.R.

- P.S.Q.3.R.
- P- Preview
- S – Survey
- Q – Question
- R - Read
- R - Record
- R - Review



S.Q.4.R.

- S – Survey
- Q – Question
- R – Read
- R - Record
- R - Review
- R - Recite



Difference Between Learning and Memory

- There is a difference between true learning and memorizing something. When you really learn something, you understand it. You don't have to worry about remembering it when you understand it. Try to make sense of everything you read and hear in a classroom. Connect what you are learning to real life. Until you can make it make sense to you and connect it to real life, you are only reading words.



Fact

- One hour after learning anything, you forget 50% of what you just learned unless you act on the learning. This means reviewing in some way, shape, or form what you just learned. This can be accomplished by reading over your notes or just talking about what you just learned. By doing so, you minimize the loss and increase retention of the material.

Additional Resources and Strategies

- Instructor's Help
- Tutor or Coach Class
- College Learning Center
- Public or College Library
- Create Your Own Tests
- Colleagues
- Re-organize Notes to Make Sense
- Focus on End-of-Chapter Summaries



Effective Test Strategies

- Test preparation starts with the first class
- Review notes daily
- Review past quizzes and tests
- Know the type of test
- Know your options if you don't do well
- Know what you need to have with you to take the test and get it
- Think positive



Day Before the Test

- Brief Review
- Play it safe – Review briefly what you know. Avoid trying to learn something new
- Do something of pleasure unrelated to the test
- Make sure you the materials needed for the test
- Get a good night's rest



Test Day

- Eat breakfast
- Brisk walk
- Arrive early
- Be prepared (have what you need with you)
- Sit in front of room
- Listen carefully to directions
- Read directions on test thoroughly
- Read all answer choices
- Ask yourself, “What do they want to know?”



Test Day Continued...

- Do what you know for sure first
- Do what you don't know for sure last
- Answer all questions
- Remember, you have a 50/50 chance of getting it right
- Go with your first answer
- Remember, 99% of the time, your first answer is the right one



Test Day Conclusion

- When finished, check to see that you have answered all the questions and put your answers in the right place
- Do not change your original answer
- Plan a reward or something pleasant for yourself after the test
- Think positive and rest comfortably in knowing that you did your best







