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

- Establish goals that are specific, realistic, and measurable.
- Goals should be written down, not just in your mind.
- Keep goals posted somewhere so you'll see them daily.
- Reevaluate your goals periodically.
- Reward yourself for accomplishment of your goals.
Success Strategy #2
Manage your time wisely

- Avoid marathon study sessions. Study in blocks of one hour with ten-minute breaks.
- Utilize daytime hours for tasks that require great concentration.
- 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).
- Schedule time immediately after class to edit and review notes.
- Schedule time just before class to review notes and assigned readings.
- 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:

- Learn to say "no" to those activities and people that prevent you from achieving your goals.
- Don't try to do everything yourself. Delegate responsibilities to others.
- Schedule time for yourself everyday, and don't feel guilty.
- Take breaks to improve your overall productivity.
- Eat well-balanced meals, and get plenty of rest and exercise.
- Double your time estimates for assignments, and start well in advance of due dates.
Success Strategy #3
Attend class regularly

- Regular class attendance is essential since your textbook is a "supplement" to your classroom lecture material, not a "substitute."
- Researchers have shown that many students learn best through active participation in class discussions.
Success Strategy #4
Determine your learning style

- Do I learn best by getting involved in class discussions? Auditory learner
- Do I learn best by watching and listening? Auditory/Visual learner
- Do I learn best by figuring things out myself through laboratory experiences? Hands-on or Kinesthetic learner
Success Strategy #5
Take organized lecture notes

- Date and identify each set of notes.
- Do not try to take "word-for-word" notes.
- Use your own words except for scientific vocabulary, formulas, etc.
- Copy diagrams, examples.
- Record instructor's emphasized points.
- Leave space in notes for later clarification.
- Develop your own shorthand only if recognizable later!
- Review and edit notes immediately after class.
Success Strategy #6
Read to increase your understanding

- 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.
- Before you begin reading, preview the chapter – pay attention to section titles, graphics, questions at the end of the chapter.
- 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

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

- Be prepared.
- Read all instructions carefully.
- Assess the amount of time you should allow for each question.
- Don't spend too much time on any one question.
- Put a check mark by questions that can't be quickly answered and return if time allows.
- 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