



This outline will give you an overview of the topics we discuss in this 12-hour program. I believe that what motivates and inspires students to become better students is not what we teach them, but how we teach them. Ultimately, they must be empowered to motivate themselves.

- ❖ I introduce every topic with a sales pitch of why it might enrich their educational experience to know this material and how it can make their lives easier.
- ❖ I explain the theory behind the techniques so they understand *why* these methods work and why another way of doing it may not have worked for them in the past.
- ❖ I don't dictate one "right way" of doing things; I present them with many options and let them choose.

Semester Goals

- Discuss why they are in college what they want to accomplish this semester
- Explain GPA requirements for Dean's list and "satisfactory progress"
- Use GPA and semester time frames to set academic goals & deadlines
- Set specific goals for this semester's classes
- Make a list of short-term goals – these become the students' weekly "To Do" list

Time Management

- Effective time management and organization strategies
- How to use assignment calendars, weekly schedules, semester schedules [*I create a semester calendar in Excel, which is customized for the PCT academic calendar*]
- Time wasters, setting priorities, productive ways to schedule study time
- Various time management styles (*personality styles, ADD/ADHD issues*)

Emotional Intelligence

- Intro. to Emotional Intelligence (*Goleman*)
- Intro. to Victim/Creator language (*Skip Downing's On Course*)
- Intro. to Shearn and Wilding's (cognitive/affective/behavior) research on math success in college
- Discuss methods to avoid "emotional hijackings"
- Define personal responsibility and discuss how/why it leads to success

Stress Management & Developing Resiliency

- Intro. to resiliency theories (*Al Seibert*)
- Discuss physical symptoms and cognitive effects of unmanaged stress
- Discuss effective resiliency strategies

Math Survival Skills

- Apply emotional intelligence concepts and discuss how attitudes about math influence our behaviors
- Discuss specific note taking, homework and test taking skills for math
- Highlight math support resources (*SI, tutoring, etc.*) on campus

Learning Strategies

- Discuss research on how sleep deprivation, ill health, inattention and distraction impact learning
- Discuss strategies to avoid sleep deprivation and improve attention and focus
- Brief overview of time management and effective study strategies (*Dunlosky*)

Basic Lecture Survival

- Strategies for relating to professors (*effective problem-solving*)
- Non-verbal communication in the classroom
- Dos and Don'ts for interacting with faculty & fellow students
- Networking and developing an image/reputation on campus

Note Taking

- Notebook tools and organization
- Note taking styles & strategies with examples
- Effective methods to review notes
- Critical thinking (*noting application & analysis in class*)

Reading & Marking Textbooks

- Modified SQ3R (*Robinson*) method
- Importance of reading before class
- Interacting with the textbook: How, why and what to mark
- Critical thinking [*abbreviations for noting application & analysis*]

Research Papers

- Breaking down the research process into manageable steps
- Citing sources correctly
- Setting and attending to deadlines
- Researching with the appropriate mindset
- Writing is a process, not an event

Critical Thinking

- Intro. to Bloom's Taxonomy
- Specific study strategies for application & analysis
- Sample test questions that require critical thinking

Test Preparation

- Multiple study techniques that promote critical thinking
- Modified "flash cards" that teach application and analysis
- How to use Quizlet to promote critical thinking
- Managing study time effectively

Test Taking Techniques/Tough Test Questions

- Samples of tricky questions
- Explanation of why professors write questions in these particular ways
- Test taking strategies to avoid common mistakes

Essay Exams

- Diffusing test anxiety
- Essay exam prep pointers [*focus on critical thinking*]
- Avoiding common mistakes on essay exams

These workshops are subject to change and are frequently modified in response to suggestions on student evaluations.