Skills, Strengths, and Strategies: Empowering Students with Academic Success Tools

University of Minnesota
Student Academic Success Services - SASS
University Counseling Services

Kelly Collins
Introductions & Learning Style Assessment
SASS Services

Courses

• LASk 1001
  - Mastering Skills for College Success

• LASk 1101 & 1102
  - Academic Success
  - Academic Refresher

Academic Skills Coaching

Online Self-help Guides
5 Key Ingredients for College Success

Active Learning
Life Balance
Self Awareness
Study Skills
Campus Engagement
Ingredient #1: Active Learning

A *shift* in expectations from *passive* learning to *active* learning
Why Active Learning?

People Generally Recall

- 10% of what they read
- 20% of what they hear
- 30% of what they see
- 50% of what they see and hear
- 70% of what they say and write
- 90% of what they do

Passive
[high school]

Active
[College / Grad]

Learning Outcomes

- Define
- Describe
- List
- Explain
- Demonstrate
- Apply
- Practice
- Analyze
- Create
- Evaluate
- Demonstrate
- Synthesize
- Integrate
Ingredient #2: Self-Awareness
Reflective Tools for Self-Awareness

Learning and Study Strategies Inventory (LASSI)

- Visual, Aural
- Read/Write, Kinesthetic

Questionnaire (VARK)

Values Activity

Covey Time Management Quadrants

Reflective Writing and Learning Narrative
Ingredient #3: Life Balance

Planning and Goal Setting
4 Key Self-Management Areas

- **SETTING GOALS**
  - Set *realistic* goals at the beginning of the school year, and break those large goals into mini-goals.

- **FINDING A ROUTINE**
  - Develop a *realistic* study & class management routine.
  - Set aside time every day for study, and make it consistent.
  - Find effective study locations & partners.
  - Self-care (sleep, nutrition)

- **GETTING ORGANIZED**
  - Find time to make a plan at the beginning of every week & every day
  - Utilize organization aids that are effective

- **MANAGING TIME**
  - Make a list of weekly and daily priorities
  - Set a specific daily schedule building in academic and self-care goals
  - Write assignments, exams, projects, and readings into your planner
Goal Setting and Organization Tools

- Personal Action Statement
- Semester Planner
Ingredient #4: Study Skills
Study Skills

- Note Taking
- Listening
- Reading
- Writing
- Preparing for exams
- Building memory skills
- Online courses
- Strategies for courses in specific subject areas
- Research strategies
- Chunking concepts
Five Simple & Effective Tips

5 and 5: 5 minutes before class & 5 minutes after

15 minute rule: Commit to studying or reading for at least 15 minutes

2 to 1 rule: For every hour in class spend two hours outside studying

Turn the phone off: Turn the phone completely off when studying & check it during breaks.
Study & Exam Prep Tools

- Research Paper Assignment and Library Visit
- Concept mapping
- Note Taking Methods (Cornell System)

Cornell Two-Column Notes

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<th>Notes</th>
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<tr>
<td><strong>Types of Matter</strong></td>
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<td>A. Have a definite shape</td>
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Summary:
(Insert summary of lecture after class.)
Ingredient #5: Campus Engagement
Campus Engagement

- Campus Engagement Group Project
- Communication with faculty
- Identity Reflection
Stress Management:
Breathing and Body Scan
Reach Out to Us!

- [http://www.sass.umn.edu/](http://www.sass.umn.edu/)

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