

Strategies for Academic Success

PSY 1730 – Fall 2009 (1st session: Aug. 23 – Oct. 8)

Tues./Thurs. 12:00-1:15 p.m. in Lib 405



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Change and growth take place when a person has risked himself and dares to become involved with his own life. Herbert Otto

Required Text: Effective College Learning by Holschuh and Nist

Required Lab Packet: PSY 1730 – Lab Packet

Course Description:

This is a skills-based course in which students learn strategies that can support them in succeeding academically. Through a combination of lecture, assigned reading, in-class activities, labs, and hands-on practice, students will learn college-level skills and specific techniques to improve textbook reading, note taking, self-and time management, learning and thinking strategies, as well as test preparation and test-taking skills. Students assess their current strengths and weaknesses and focus on specific areas they want to improve. This is a demanding course; class attendance, participation, and consistent quality effort are expected.

Course Objectives:

1. Identify and assess academic, personal, and other barriers to your academic success.
2. Assess your study skills strengths and weaknesses and implement a plan of improvement.
3. Demonstrate effective use of a variety of college-level study strategies and learning techniques.
4. Determine the strategies most effective for your needs and demonstrate adapting them to your specific course tasks and study requirements.

Grading Standards: 600 Course Points (360 =class assignments; 240=lab assignments)

558-600 Points	93-100%	A	438-455 Points	73-75.9%	C
534-557	89-92.9%	A-	414-437	69-72.9%	C-
516-533	86-88.9%	B+	<414	68.9%	F
498-515	83-85.9%	B			
474-497	79-82.9%	B-			
456-473	76-78.9%	C+			

No D+, D, or D- can be earned in this course.

How grade points are earned:

<u>Category</u>	<u>Points</u>
*7 Labs (refer to Lab packet)	240
Participation (5@ 10 pts.)	50 (in class; randomly assigned)
Semester Calendar	30
VARK Learning Styles Inventory	15
Skills Exam 1	30
Reading assignments	130
Class Costs assignment	15
Pre-and post-assessments (@20 each)	40 (both must be completed)
<u>Skills Exam 2</u>	<u>50</u>
TOTAL	600 points

*****Please turn off and put away your cell phones and pagers before class begins*****

Attendance Policy

Students will not succeed in this course without attending class and lab and participating in all class activities. Excused absences such as acute illness are at the professor's discretion and will require a phone call before the missed class. Vacations or other personal reasons are not excused absences.

University-approved absences (e.g., for athletics, marching band, etc.) **must be documented in writing** from an official source and **presented to your instructor at least one week prior** to the absence to receive consideration for alternative assignment or exam due dates. Absences not documented as required will not be accommodated by your instructor. In most cases, you are expected to take the exam before the scheduled date. Exams are skills-based, relating to skills already demonstrated in class and lab assignments and text book reading that was required to be completed before the exam. Notify your instructor after our first class if you are involved in activities involving university-approved absences.

Class Participation

This course requires demonstrating self-management behaviors, thinking skills, and learning strategies that are required for college success, which include attending class regularly, on time and with all necessary materials; being alert during class and asking appropriate questions; actively participating in class activities; taking notes; and applying the skills and concepts introduced in this class to your other college courses.

Fifty (50) participation points are earned by completing randomly assigned in-class exercises and short journal assignments. These cannot be made up if you miss class or arrive late.

Late Assignment Policy

Your instructor does not accept late assignments. Out-of-class assignments are due at the beginning of class. If you have a planned, non-university approved absence, you must submit your assignment before the due date or arrange with a classmate to bring your assignment to class the date it is due. If your classmate fails to bring your assignment, it will be considered late and not accepted by your instructor.

Tests

The two skills exams are scheduled during the fourth and seventh week of class. These exams require you to demonstrate study strategies and learning concepts that have been presented during class, in your assigned reading, and in labs.

Alternative Assignments

If a particular assignment does not meet your needs for the courses you are taking this semester, you may design an alternative assignment that fulfills the learning objectives and meets your needs. You must discuss your proposed assignment in advance with your instructor for approval, and the revised assignment will be due on the date of the original assignment.

Course Fee

You were assessed a \$10.00 course fee for this class, which helps provides enhanced instruction through classroom support materials, handouts, consumable supplies, and assessment instruments used to determine course outcomes.

Accommodation for Disability Accommodation Statement

Students with ADA-documented physical, sensory, emotional or medical impairments may be eligible for reasonable accommodations. Veterans may also be eligible for services. All accommodations are coordinated through the Disability Resource Center (DRC) in Room 101 of the University Inn, (435)797-2444 voice, (435)797-0740 TTY, or toll free at 1-800-259-2966. Please contact the DRC as early in the semester as possible. Alternate format materials (Braille, large print or digital) are available with advance notice.

Academic Dishonesty

Your instructor will abide by the Student Code to define cheating and to administer appropriate consequences. Refer to <http://www.usu.edu/studentservices/pdf/StudentCode.pdf> pages 11-12.

Course Format and Points

Class: involves lecture, class discussion, individual and group activities, and in-class guided demonstration and practice of study strategies.

Lab involves brief review of class topics and application of the study strategies to material from a specific class you are taking this semester (referred to as your “target” class).

Class assignments and tests = 360 points (see page 4)

1. There are five random in-class participation assignments worth ten (10) points each. These are not identified on the Class Schedule (page 4).
2. There are five out-of-class assignments relating to the assigned reading from your textbook. These are in lieu of in-class quizzes and are designed to ensure you are completing the assigned reading and comprehending concepts and skills, as well as to help prepare you for the two skills exams.
3. There are additional out-of-class assignments, which are identified on the Class Schedule, page 4. They will be explained in detail during class
4. You will have two skills-based exams during the 4th and last week of the class session. You will be expected to demonstrate your ability to select and use appropriate study strategies and create effective study aids based on the type of academic material and task presented to you on the exam. There will also be questions related to the assigned reading, which are taken from the five reading assignments.

Lab Assignments = 240 points (Your Lab Packet describes these assignments.)

<u>Topic</u>	<u>Assignment</u>	<u>Points</u>
Lab 1: Succeeding Academically	Study Skills Survey/Goal Setting	20
Lab 2: Study Time Management	Weekly Calendar/Study Estimator	30
Lab 3: Getting Organized for the Semester	Binder/spiral notebook	30
Lab 4: Effective Note Taking	1 set of “Cornelled” lecture notes	40
Lab 5: Practicing Text Annotation	5 pages annotated textbook pages	40
Lab 6: Study Guides for College Courses	2 Visual Organizers	40
Lab 7: 5 Day Study Plan	5-day Study Plan	<u>40</u>
	Total lab points	240

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Class schedule and Assignments

	Date	Topic	Read by this date	Assignments Due in Class on this date	Lab Topic
WEEK 1	Tues. Aug. 25	You Have Arrived – a College Primer Attitudes, Motivation & Learning Handout: Class Costs exercise	No reading due		Lab 1: Succeeding Academically 20 points
	Thurs. Aug. 27	Time Management and Getting Organized How your beliefs can sabotage your learning & success	Ch. 2 & 4	Class Costs (15 pts) Pre-assessment (20 pts.)	
WEEK 2	Tues. Sept. 1	How People Learn: Learning Styles and their impact on study skills and college success *Coaches activity	Ch. 3 Ch. 6 pgs. 95-103	Reading Assignment #1 (Ch 2 & 4) 20 pts. Semester Calendar (30 pts)	Lab 2: Study Time Management 30 points
	Thurs. Sept. 3	Figuring Out the Task: thinking and learning levels Learn to think like your professors for exams	Ch. 6 pgs 84-94 Ch. 7	VARK Learning Styles Inventory (15 pts.)	
WEEK 3	Tues. Sept. 8	Note taking: before and during lecture strategies	Ch. 8, pgs. 120-134	Reading Assignment #2 (Ch. 3, 6, 7) 30 pts.	Lab 3: Get Organized for the Semester 30 points
	Thurs. Sept. 10	Matching your Notes to the Task: four methods of note taking and reviewing notes Learning levels, continued	Ch. 8, pgs. 134-143		
WEEK 4	Tues. Sept. 15	Memory – written and oral rehearsal strategies Active Reading: warm-up and concentration strategies	Ch. 10 Ch. 9 pgs. 144-151		Lab 4: Effective Note Taking in College Courses 40 points
	Thurs. Sept. 17	SKILLS EXAM 1 (30 points) Active Reading: the why & how of annotating	No new reading due		
WEEK 5	Tues. Sept. 22	Active Reading: annotating continued Flexible reading & studying: make it work for your needs	Ch. 10 pgs 152-163; Ch 15 pgs 274-283	Reading Assignment #3 (Ch 8 & 9) 30 pts	Lab 5: Practicing Text Annotation 40 points
	Thurs. Sept. 24	Media Literacy presentation and activity with USU reference librarian	No text reading due		
WEEK 6	Tues. Sept. 29	Test Taking Strategies: before, during, after	Ch. 12	Reading Assignment #4 (Ch. 10 & 12) 25 pts	Lab 6 Study Guides for College Courses 40 points
	Thurs. Oct. 1	Preparing for Exams: reviewing and planning strategies; 5-Day Study Plan	Ch. 11		
WEEK 7	Tues. 7 Oct. 6	Where do I go from here? Flexible Studying: adapting your study strategies	No reading due	Post-assessment 20 points	Lab 7: 5-Day Study Plan 40 points
	Thurs. Oct. 8	SKILLS EXAM 2 (50 points)	Review relevant assigned reading	Reading Assignment #5 25 points	