

Strategies for Academic Success

PSY 1730 – Fall 2011 – 3 Credits



“College requires a different set of study skills than high school to be successful – a set of skills any college student can learn.”

Class: MWF 2:30-4:20

Room: LIB 405

Instructor: Debi Jensen

Office Hours: By Appointment
Academic Resource Center – TSC 305

E-Mail: deborah.jensen@usu.edu; **email preferred through Blackboard email tool.**

Phone: 797-1006

Undergraduate Teaching Fellow (UTF): Chris Plowman

Required Text: Effective College Learning; 2nd Edition by Holschuh and Nist (2 copies on reserve in the Merrill-Cazier Library)

Required Lab Packet: PSY 1730 – Lab Packet (purchase at USU Bookstore)

Online Assignments and Quizzes: Blackboard (not Canvas!)

Course Description

This is a skills-based course where students learn a variety of skills and techniques that enable academic success at the college level. Through a combination of lecture, assigned reading, in-class activities, and hands-on practice students will learn concrete ways to improve college-level reading, note taking, self-management, college-level 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 rigorous course where class attendance, participation, and consistent quality of effort are expected.

Course Objectives

1. Identify (or assess) barriers to your academic success.
2. Assess your study skills strengths and weaknesses and implement a plan of improvement.
3. Learn, practice, and use a variety of effective study strategies and learning techniques.
4. Analyze which strategies are most effective for your needs and adapt as necessary to your courses and study requirements.

Grading: 600 Total Course Points

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-” given in this course.

Point breakdown for Class (60% of course grade)

Participation/Attendance/Goals	60 points
Semester Planner	10
Midterm Exam	60
5 Quizzes	70
4 Online Assignments	60
<u>Final Project/Paper</u>	<u>100</u>
	360 Class Points

Point breakdown for Friday Labs (40% of course grade):

<u>Topic</u>	<u>Lab Assignment</u>	<u>Points</u>
Lab 1: Study Skills Fitness	Study Skills Survey/Goal Setting	20
Lab 2: Time Management	Weekly Calendar	
	Study-Time Estimator	30
Lab 3: Effective Note Taking	Practicing Note Taking	40
Lab 4: Textbook Annotation	Practicing Text Annotation	40
Lab 5: Test Preparation	Visual Organizers/5-Day Study Plan	40
Lab 6: Information Literacy/Research	Case Study Research/Debate	30
Lab 7: Analyze Returned Tests/Post Assessment	Analyze Memory Exam/Post Assessment	<u>40</u>
	Lab Sub Total	240 (40%)
	Class Sub Total	<u>360</u> (60%)
	Combined Total	600

General Course Information

Student Responsibility Statement

Not every assignment will fit your needs exactly. If a particular assignment does not meet your needs, it is your responsibility to construct an alternative assignment that meets your needs and still fulfills the class objectives. After discussing the new assignment with the instructor, the student will type a description of the new assignment and turn in a copy well before the old assignment due date. It is the student's right and responsibility to make the assignments for this course fit his/her needs.

Class Conduct

The class is conducted as a "community" of college learners and each member has the right to feel safe and valued. You are expected to treat each person with dignity and respect. **Discriminatory or offensive behavior or language directed toward a person's race, religion, national origin, age, sex, sexual orientation, or disability will not be tolerated.**

Course Fee

You were automatically assessed a \$13.00 course fee when registering. The course fee provides enriched instruction and course outcomes through classroom support materials, handouts, consumable supplies, skills videos, and assessment instruments used to determine learning outcomes.

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. In most cases, you are expected to take an

exam before the scheduled date. Please ensure you notify your instructor after our first class if you are involved in activities involving university-approved absences.

Academic Honesty

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

Disability 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.

Class Format

**(Read carefully and retain for the duration of the course.)
(Instructor reserves the right to alter the syllabus.)**

In general, class will include topic introduction, topic discussion, individual or group activities and in-class guided practice.

Class attendance is required. The student cannot succeed in this course without attending class and participating in class activities. **Missed activities and in-class assignments cannot be made up. Please don't ask.** Absences are zeros in the participation category. Excused absences (such as acute illness) are at the professor's discretion and require a phone call or email **before the missed class**.

Participation

This course is about modeling behaviors conducive to academic success. These include, attending class, being on time and in your seat before class begins, asking appropriate questions, being alert, taking notes, thinking about ideas and concepts introduced in class, and bringing materials for in-class and in-lab work.

Quizzes/Tests

There will be 1 midterm exam, part objective and part subjective, involving information covered to date. Online quizzes are open-book, open-note, and you are trusted to work alone – no partner or group work.

COURSE ASSIGNMENTS

Some assignments will be done in-class, some out-of-class, and some online. In addition to the assignments listed in the Course Schedule, you are also expected to read the assigned chapters in the textbook. Online quizzes are designed to test your understanding of the assigned reading.

Late Pass

You will be issued one Late Pass, which is a one-time-only, no-questions-asked document that allows you to turn in one assignment or lab within 2 days of its due date with no penalty. Staple the complete Late Pass to the assignment or lab you are submitting. This is the only way late work is accepted.

However, the Late Pass is worth 10 Extra-Credit Points at the end of the semester if you don't use it!

Fall 2011 – Session 2
COURSE OUTLINE and REQUIRED READINGS
(Instructor reserves the right to alter the syllabus)

	<i>Date</i>	<i>Topic</i>	<i>Read Before Class</i>	<i>*In-class Assignments</i> <i>(Part of the 60 Participation points)</i>	<i>Due Online:</i> <i>Quizzes/Assignments</i> <i>(Blackboard Class Page)</i>
WEEK 0	WED 10/19	You've arrived...attitudes and motivation <u>Goal Setting/Motivation</u> <i>Lab 1 – Study Skills Fitness (20 points)</i>	Ch. 1,3	-Bring all your semester syllabi to next class	
	FRI 10/21	FALL BREAK – NO CLASSES – Enjoy!			
WEEK 1	MON 10/24	Goals Become Final Project <u>Getting things done...organizing your semester</u>	Ch. 2	-Weekly Goal Sheet -Semester Planner (10) Assigned -Show Your Stuff: How do you stay organized	<i>Assignment 1 and Quiz 1 Open Today</i>
	WED 10/26	<u>Time Management</u> "If you fail to plan, you plan to fail." S. R. Covey Intro to brain and learning		-Show Your Stuff: Time Management -Smilkstein Models – See if you can figure it out	
	FRI 10/28	LAB 2 – TIME MANAGEMENT (40 points)			Due: -Assignment 1 (15 points) Online: <u>Brain Rules</u> -Quiz 1 -- 10 points (Ch. 1,2, & 3)
WEEK 2	MON 10/31	-More on the brain...Smilkstein's Models -Student beliefs – barriers to learning?	Ch. 4 & 6	-Weekly Goal Sheet -Beliefs Grid/2-minute write (10 points)	<i>Assignment 2 and Quiz 2 Open Today</i>
	WED 11/2	-Figuring out the task... -What Does the Professor Want? Active Listening <u>Taking Notes</u> That Get You the Grade!		-Bring photo-copies of 3 pages of class notes.	
	FRI 11/4	LAB 3 – NOTE TAKING (40 points)			Due: -Assignment 2 (15 points) <u>Under Achievement Among College Students</u> – Response Paper -Quiz 2 – 15 points (Ch. 4 & 6)
WEEK 3	MON 11/7	-Levels of learning – Bloom's Taxonomy	Ch. 7 & 8	-Weekly Goal Sheet -Create Bloom's midterm questions.	<i>Assignment 3 and Quiz 3 Open Today</i>
	WED 11/9	-Textbook Reading <u>Annotating College Texts</u>		-Bring a textbook to annotate	
	FRI 11/11	LAB 4 – TEXTBOOK ANNOTATION (40 points)		40 points	Due: -Assignment 3 (15 points) <u>VARK</u> Online Questionnaire -Quiz 3 – 15 points (Ch. 7 & 8)

WEEK 4	MON 11/14	-Reading – Finding the Main Idea -Midterm Review (come with your own questions)	Ch. 9, 10, & 11		<i>Progress Exam Opens Today</i>
	WED 11/16	-Analyzing Returned Test: What did you learn? <u>Visual Organizers/5-Day Study Plan</u>		-Bring a copy of your Progress Exam or an exam you did poorly on in another class.	
	FRI 11/18	LAB 5 – TEST PREPARATION (40 points)			Due: PROGRESS EXAM (60 POINTS) (Covers Ch. 1-4 and 6-9)
WEEK 5	MON 11/21	Stress Management	Ch. 5	-Stress Management Packet	
	WED 11/23	THANKSGIVING BREAK – ENJOY!			
	FRI 12/25	THANKSGIVING BREAK – ENJOY!			
WEEK 6	MON 11/28	Preparing for Exams – Relax... Test Taking – Before, During, After	Ch. 9, 10, & 11	-Change-a-behavior Goal (carbon paper provided)	<i>Assignment 4 and Quiz 4 Open Today</i>
	WED 11/30	<u>Critical thinking/finding and evaluating valid information sources</u>			
	FRI 12/2	LAB 6 – INFORMATION LITERACY (30 points)		40 points	Due: -Assignment 4 (15 points) Online Psych'd Out Videos -Quiz 4 – 15 points (Ch. 9, 10, & 11)
WEEK 7	MON 12/5	Final Project Presentations (25 points)	Ch. 12, 13, 14, & 15	-What did you learn – presentation Form (5 points)	<i>Quiz 5 and Final Paper Open Today</i>
	WED 12/7	Final Project Presentations (25 points)		-What did you learn – presentations (5 points) - <u>Bring materials</u> for 5-Day Study Plan for most difficult class (10 points) - Unused Late Passes (10 extra-credit points)	
	FRI 12/9	LAB 7 – Analyze Memory Exam/Post Assessment (40 points)		40 points	Due: -Final Paper (75 points) -Quiz 5 (15 points) (Ch. 12, 13, 14, & 15)

*In-class assignments are part of the 60 Participation Points and cannot be made up. Please don't ask.