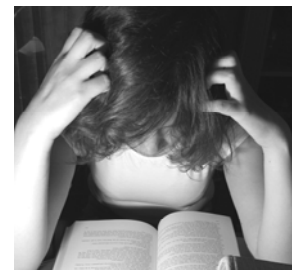


# Strategies for Academic Success

PSY 1730 – Spring 2008

Tuesday/Thursday 9:00-10:15 a.m.

Engr 205



Instructor: Carol Rosenthal  
Office Hours: By Appointment  
Office: Academic Resource Center, TSC 305  
E-Mail: carol.rosenthal@usu.edu  
Phone: 797-4027

*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 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, 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+	396-413	66-68.9%	D+
498-515	83-85.9%	B	354-395	59-65.9%	D
474-497	79-82.9%	B-	<354	<59%	F
456-473	76-78.9%	C+			

## Grade Points:

*7 Labs	300
Participation/Attendance	70 (in-class; assigned randomly)
Semester Planner	30
Mid-term Skills Exam	30
Reading assignments	75
End of semester evaluation	15
ACT – Pre and Post	30
Final Skills Exam	50
<b>TOTAL</b>	<b>600 Points</b>

\*Refer to Lab Packet for details on individual assignments and points.

## **Class Participation**

This course requires practicing and demonstrating self-management behaviors and thinking skills that are conducive to academic success. These include attending class regularly, arriving to class on time with all necessary materials, being alert during class, asking thoughtful and appropriate questions, actively participating in class activities, taking notes, and applying the ideas and concepts introduced in this class to the courses you are taking this semester.

Seventy (70) participation points are earned by completing in-class exercises and short journal assignments. These cannot be made up if you miss class or come in late after the activity has been completed. These assignments will be randomly introduced on various class dates; they are not identified on your Class Schedule.

## **Attendance Policy**

Students will not succeed in this course without attending class and lab and participating in all class and lab activities. Missed in-class participation assignments and lab assignments cannot be made up. Excused absences (such as acute illness) are at the professor's discretion and require a phone call before the missed class.

**More information about lab assignments and lab policies are described in your Lab Packet and will be discussed during your first lab session. .**

## **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 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 to class, it will be considered a late assignment and not accepted by your instructor.

## **Tests**

There will be two skills exams at approximately the fourth week and seventh week of class. These exams will require you to demonstrate study strategies and learning concepts that have been presented during class, in your assigned reading, and in lab.

## **Alternative Assignments**

If a particular assignment does not meet your needs for the courses you are taking this semester, it is your responsibility to design an alternative assignment that will fulfill the assignment learning objective and meets your specific academic needs. You will need to discuss your proposed assignment with your instructor and provide a typed description of the revised, approved assignment. The revised assignment will be due on the date of the original assignment.

## **Course Fee**

You are assessed a \$10.00 course fee when registering for this class. The course fee provides enhanced instruction through classroom support materials, handouts, consumable supplies, skills videos, and assessment instruments used to determine course outcomes.

## **Disability Statement**

Students with physical, sensory, emotional or medical impairments may be eligible for reasonable accommodations in accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973. All accommodations are coordinated through the Disability Resource Center (DRC) in Room 101 of the University Inn, 797-2444 voice, 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.

# Course Format and Points

Class includes lectures introducing scheduled topics, class discussion, individual and group activities, and in-class guided practice of learning strategies and study skills. Lab involves brief review of topics introduced in class, with the remaining time used by students in demonstrating application of the study strategies to class material from a specific class they are taking this semester (“target” class).

## Class assignments and tests: 300 points

This class is designed to build your knowledge, understanding, and proficiency in using effective self-management and study strategies. There will be in-class activities and out-of-class-assignments relating to the assigned reading from your textbook. Mid-term and final exams are skills-based: you will be expected to demonstrate your understanding of the strategies you are learning, as well as demonstrate your ability to apply them effectively in learning academic material.

Seven in-class participation assignments worth ten (10) points each will be assigned randomly. These will not be identified on the Class Schedule.

## Lab Assignments: 300 points

Your Lab Packet will describe these assignments.

		<u>Points</u>
Lab 1: Getting the Most Out of Lab	Self-assessment	20
Lab 2: Getting Organized	Binder activity with peer review	30
Lab 3: Time Management	Weekly Calendar Study-Time Estimator	40
Lab 4: Effective Note Taking	1 set of “Cornelled” lecture notes	50
Lab 5: The Library and Information Literacy	Completed Library Packet	50
Lab 6: Annotating Textbooks	10 annotated text book pages (photocopied)	60
Lab 7: Concentration and Memory Aids: Visual Organizers	Visual organizer and worksheet	<u>50</u>
	Total lab points	300

## Spring 2008 Class Schedule and Assignments

**Note 1:** Syllabus and assignments may be altered; instructor will notify students of changes.

**Note 2:** In-class assignments and points cannot be made up if you miss class or arrive late.

	<i>Date</i>	<i>Topic</i>	<i>Read by this date</i>	<i>Assignments Due in Class on this date</i>	
WEEK 1	Tues. Jan. 8	You Have Arrived – a College Primer How your attitudes influence learning	No reading due		LAB 1
	Thurs. Jan. 10	Getting Things Done: organizing yourself and your time Time Management	Ch. 1 Ch. 2, pgs. 18-22	Pre-ACT assigned	
WEEK 2	Tues. Jan. 15	Time and Stress Management How People Learn	Ch. 5 Ch. 6	Pre-ACT due (15 pts.) Semester Planner due (30 pts.) Reading assignment 1	LAB 2
	Thurs. Jan. 17	Student Beliefs about Learning Figuring Out the Task: thinking and learning levels	Ch. 4 Ch. 7		
WEEK 3	Tues. Jan. 22	Figuring out the task: thinking like your professors Task = Note taking: before lecture strategies	Ch. 8, pgs. 120-130	Reading assignment 2 (15 pts.)	LAB 3
	Thurs. Jan. 24	Matching your Notes to the Task: four methods of note taking	Ch. 8, pgs. 131-143		
WEEK 4	Tues. Jan. 29	Active Reading: warm-up and concentration strategies  MID-TERM SKILLS EXAM (30 points)	Ch. 9 Ch. 15, pgs. 262-267	Assign Lab 5 worksheet 1 (in Lab Packet)	LAB 4
	Thurs. Jan 31	Active Reading: warm-up and concentration strategies, cont'd. Research as Conversation and introduction to USU Librarians	No reading due	Discuss Lab 5 worksheet 1 in class Reading assignment 3 (15 pts.)	
WEEK 5	Tues. Feb. 5	Active Reading: the why and how of annotating textbook chapters	Ch. 9: review 152-163		LAB 6
	Thurs. Feb. 7	Flexible Studying: adapting your note taking and reading strategies	Ch. 15, pgs. 274-285	Reading assignment 4 (15 pts.)	
WEEK 6	Tues. Feb. 12	Memory – written and oral rehearsal strategies	Ch. 10		LAB 5
	Thurs. Feb. 14	Preparing for Exams : reviewing and planning strategies	Ch. 11	Reading assignment 5 (15 pts.)	
	<b>Feb 19</b>	<b>NO Psy 1730 class due to the Holiday Schedule. Ensure you have signed up for lab for Wed. Feb. 20 or Thurs. Feb. 21</b>	No reading due		
WEEK 7	Thurs. Feb. 21	Test Taking Strategies: before, during, after	Ch. 12, 13	Post-ACT Assigned End of semester evaluation assigned	LAB 7
	Tues. Feb. 26	FINAL SKILLS EXAM (50 points)  Where Do I Go From Here?	No reading due	Post-ACT Due (15 pts.) End of semester eval. due (15 pts.)	