

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; 11:30-1:30
Room: HPER 116
Instructor: Brenna Wernersbach
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Required Text: Effective College Learning; 2nd Edition by Holschuh and Nist (2 copies on reserve in the library)

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

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 (14 @ 5 points)	70
	Reading Quizzes (5 @ 15 points)	75
	Progress Exam	75
Class Points	Additional Assignments	60
	Toolbox	60
	Presentation	<u>20</u>
	TOTAL CLASS POINTS	360

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	Practice Note Taking	40
Lab 4: Textbook Annotation	Practicing Text Annotation	40
Lab 5: Test Preparation	Creating Visual Organizers	
	5-Day Study Plan	40
Lab 6: Information Literacy/Research	Case Study Research/Debate	30
Lab 7: Analyze Returned Test/Post Assessment	Analyze Returned Test Worksheet	
	Pre and Post Assessment Comparison	<u>40</u>
	Lab Sub Total	240 (40%)
	Class Sub Total	<u>360 (60%)</u>
	Course Grand 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/student-services/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. 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 work. 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. Absences are zeros in the participation category. Excused absences (such as acute illness) are at the professor's discretion and require contacting the instructor by email or office visit **before the missed class.**

COURSE ASSIGNMENTS (360 Points):

- 1) **Participation (70 Points)** – You will complete a short in class participation assignment in each class period. Each assignment is worth 5 points. You will be allowed to miss two participation assignments without penalty. If you have a university approved absence, you can make up the missed assignment(s).
- 2) **Reading Quizzes (75 Points)** – You will take 5 reading quizzes, each worth 15 points. The quizzes will be based on assigned reading from the text book. The quizzes will be open book, but the time will be limited so it is recommended that you complete the reading assignments and be familiar with the material to be able to complete the quiz in the allotted time. You can miss one quiz and get full credit. If you have a university approved absence, you can make up any missed quizzes.
- 3) **Progress Exam (75 Points)** – You will take one progress exam based on material covered in the first half of the course. The exam is designed to test your progress up to this point in the class and provide experiential practice for some of the strategies you will be learning in the course. This exam cannot be made up unless you have a university approved or excused absence. **It is scheduled for September 26.**
- 4) **Additional Assignments (60 Points)** – You will complete a variety of short assignments outside of class including taking personal inventories online, developing a personal schedule, and reflecting on or applying material from class through writing assignments. These assignments must be ready to turn in at the start of class.
- 5) **Toolbox (60 Points)** – You will complete a list of 5 strategies that you have learned from the class and plan to use in your future academic work. The written description of each strategy should be ½ page, single spaced (12 point font), and include a description of the strategy and how you will use it. Figures and pictures can be used and you are encouraged to be creative. The total length of the paper will be approximately 2 ½ to 5 pages. **It is due October 12.**
- 6) **Presentation (20 Points)** – You will give a five minute presentation on one of the strategies from your toolbox. Because these strategies are familiar to everyone in the class, your presentation should focus on how you have personally modified the tool and how you plan to use it. You will submit an outline of your presentation (worth 5 points) one week before the presentation (**due November 28**). You can use visual aids or power point, but they are not required. Time is limited, so make sure you can give the information in ten minutes or less. **Presentations (15 points) will be given in class December 5 & 7.**

Weekly Homework Format				
Monday	Tuesday	Wednesday	Thursday	Friday
- Review reading before class - Review notes after class	-Reading for Wed. class	- Review reading before class - Review notes after class	-Prepare for Lab	-Reading for Mon. class

Fall 2011
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 Assignment (5 pts each)</i>	<i>Assignments Due</i>
WEEK 1	WED 10/19	You've arrived...attitudes and motivation <u>Goal Setting/Motivation</u>		Classmate BINGO	
	WED 10/19	LAB 1 – STUDY SKILLS FITNESS		20 points	
WEEK 2	MON 10/24	<u>Motivation & Attitudes</u>	Ch. 1, 3	Goal setting worksheet	Quiz 1: Chapters 1 & 3
	WED 10/26	<u>Time Management</u> <u>Procrastination</u>	Ch. 2	Procrastination thought challenging worksheet	
	FRI 10/28	LAB 2 – TIME MANAGEMENT		30 points	
WEEK 3	MON 10/31	<u>Student beliefs</u> – barriers to learning? <u>How people learn</u> – active learning and learning styles	Ch. 4, 6	Beliefs minute write	Semester Planner (15 pts) Quiz 2: Chapters 2, 4 & 6
	WED 11/2	<u>Taking Notes</u> that get you the grade!	Ch. 8	My learning space minute	VARK response paper (10 pts)
	FRI 11/4	LAB 3 – NOTE TAKING		40 points	
WEEK 4	MON 11/7	<u>Figuring out the task...</u> Final project information Levels of learning – Bloom's Taxonomy	Ch. 7, 9	Figuring out the task worksheet	Quiz 3: Chapters 7 – 9
	WED 11/9	<u>Reading College Texts</u>	Ch. 15	Active reading inventory	
	FRI 11/11	LAB 4 – TEXTBOOK ANNOTATION		40 points	
WEEK 5	MON 11/14	Progress Exam: No lecture		n/a	PROGRESS EXAM (50 pts) Covers Ch. 1-4 and 6-9
	WED 11/16	<u>Test Preparation & Test Anxiety</u>	Ch. 10, 11	Rehearsal strategies grid	
	FRI 11/18	LAB 5 – TEST PREPARATION		40 points	
	MON 11/21	Stress Management	Ch. 5	Stress management minute write	Quiz 4: Chapters 10-11, 5 Predicting Test Questions Assignment Due (20 pts)

**Revisions to Fall 2011 PSY 1730 Schedule
COURSE OUTLINE and REQUIRED READINGS**

	<i>Date</i>	<i>Topic</i>	<i>Read Before Class</i>	<i>In Class Assignment (5 pts each)</i>	<i>Assignments Due</i>
WEEK 6	MON 11/28	<u>Test Taking Strategies</u> <u>Test Analysis</u>	Ch. 12, 13	PASS minute write	Presentation outline due (5 points)
	WED 11/30	<u>Critical thinking</u> : finding and evaluating valid information sources	Ch. 14	Evaluating sources grid	Quiz 5: Chapters 12-14 Analysis of Progress Exam Due (15 points)
	FRI 12/2	LAB 6 – INFORMATION LITERACY		30 points	
WEEK 7	MON 12/5	Final Project Presentations		What I learned worksheet	Toolbox Due
	WED 12/7	Final Project Presentations		What I learned worksheet	
	FRI 12/9	LAB 7 – ANALYZE RETURNED TEST AND POST ASSESSMENT		40 points	