

Maximizing Your Success

*Understanding How Academics “Works”
at the Northeast Center of Empire State College*



Presented by
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<http://empire2.esc.edu/staffweb/lisadadamo.nsf/web>



Agenda

- **Academic Support**

What is it? What is available?

- **The Pieces of Academic Success**

Time Management

Balancing Priorities & Setting Goals

Modes of Study at Empire State College

General Success Strategies

Reading & Writing

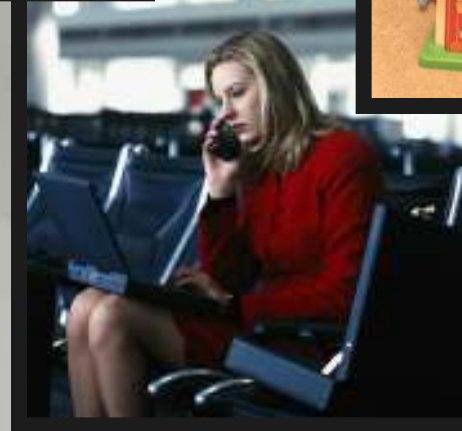
Activities

- **Questions?** (Stop me and ask throughout)



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Time Management



REALITY CHECK

Approximately 10-16 hours per week is the optimum time for successful completion of a 4-credit study. In addition, it is important for you to have as regular a schedule as you can manage to meet the deadlines for assignments.

Refine or adopt a new time management system.



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Balancing Priorities & Goal Setting



SUCCESS TIPS: Establishing New Priorities

- **Identify your support network.**

Find the people who support your decision to earn your degree.

- **Be realistic about how much work you can really handle.**

Understand your personal and professional time constraints and your ability to fully engage in your studies. Identify your needs, priorities, and responsibilities.

- **Find a specific set of time(s) place(s) to study.**

Limit interruptions and keep all your course materials organized in this space.

- **Manage your studying time.**

Met deadlines by planning backwards and establish a regular schedule studying.

- **Set goals.**

Think about the short term through long term of what you want to accomplish. Set goals that are specific to a particular study and goals that are specific to obtaining your degree. Be sure you understand the different modes of learning in which you can engage.



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Modes of Learning



Independent Study



Online (CDL)



Study Groups

*Also: Residency Studies
Cross-Registration, Field
Study/Internships, &
Prior Learning
Assessment (CBEs)*





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Independent Study



Meet with faculty

**Collaborative Shaping
of the Study**

Learning Contract



One-to-One



**Learning Activities – readings, writing,
problem solving, etc.**

SUCCESS TIPS: Independent Study

- Work with mentor to shape your study by discussing interests and preferences – books and other learning materials.
- Review Learning Contract to understand requirements, expectations and modes of evaluation.
- Plan how you will meet deadlines and work academics into your schedule.
- Hold yourself to your schedule/revise as needed to stay on top of workload.
- Plan to make contact (a combination of e-mail, phone calls, and/or meetings) with your mentor/tutor about every two weeks. Ask questions, clarify expectations, plan and organize for upcoming work.

Advantages -

Flexibility of schedule
Personal attention

Challenges -

Can be lonely
Need to work well independently



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Group Study



**Small groups meeting
with a mentor or tutor**



**Discussion opportunities &
other learning resources (videos,
speakers, other students).**



SUCCESS TIPS: Group Study

- More like a “traditional” college class in that it holds regularly scheduled face to face meetings.
- Review Learning Contract to understand expectations and modes of evaluation.
- Plan how you will meet deadlines and work academics into your schedule.
- Hold yourself to your schedule/revise as needed to stay on top of workload.
- Work with your peers to stay motivated and on top of the workload.

Advantages -

Regular contact with instructor & peers
Learning both individual & group

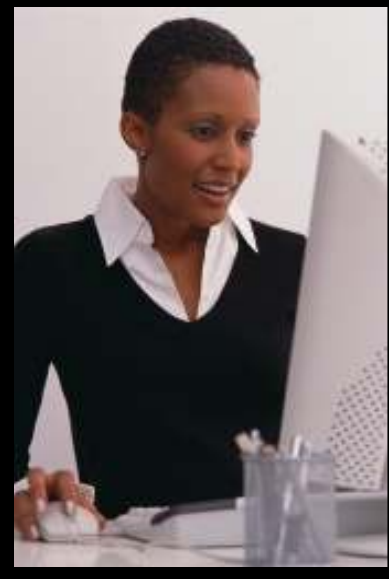
Challenges -

Time not flexible
Might not focus on your specific needs as quickly as you would prefer



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Learning Online



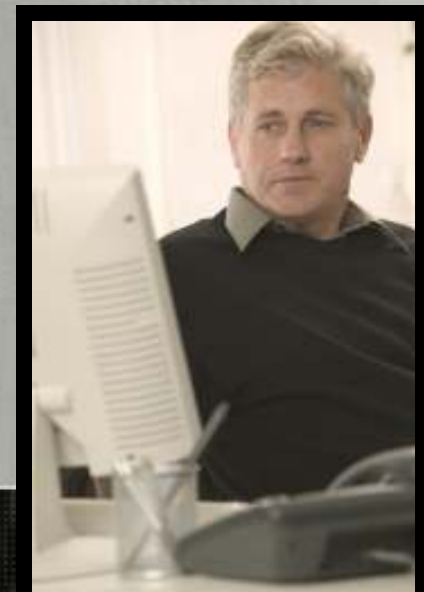
Center for Distance Learning

Self-paced

**Virtual space for communication
with instructor and other students**



Flexible schedule



SUCCESS TIPS: Online Study

- Comfort with technology is important.
- Review Learning Contract to understand expectations and modes of evaluation.
- Participate in group discussions.
- Observe proper "Netiquette".
- Online courses schedules are provided to assist you in working through each module in a timely manner. Generally, each module builds on the previous one(s).

Advantages -

Flexibility of schedule
Self-paced

Challenges -

Can be lonely
Need to work well independently



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Residencies

Learn through
experiential learning,
studio workshops,
residencies and travel.



Residencies

- Experiential learning typically interdisciplinary but focused thematically on a topic/location.
- Provides conference formats and more traditional “classroom” learning experiences.
- Prepare well before attending a residency experience and follow-up with any work as soon as possible after the experience.
- Make sure you handle all registration, travel, and lodging arrangements in a timely manner.
- Enjoy the socializing and enriched learning environment.

Advantages -

Rich learning opportunity

Learning both individual & group

Challenges -

Time not flexible & extends over a few days - travel and overnight

The Pieces of Academic Success



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General Success Strategies

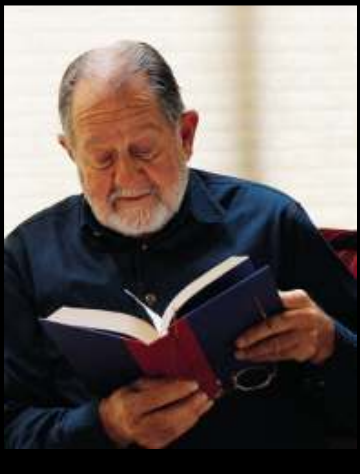
- **Understand how you learn best** and maximize your studying to match your strengths. Take a learning styles inventory.
- **Apply your learning to your own experiences** – make connections between what you are learning and what you already know.
- **Ask questions when needed** and do not let problems go unresolved! Be a self-directed and self-motivated learner.
- **Maximizing Your Learning** – understand course requirements, assignments, and methods of evaluation by reviewing online learning contract. Set appropriate goals to meet course expectations.





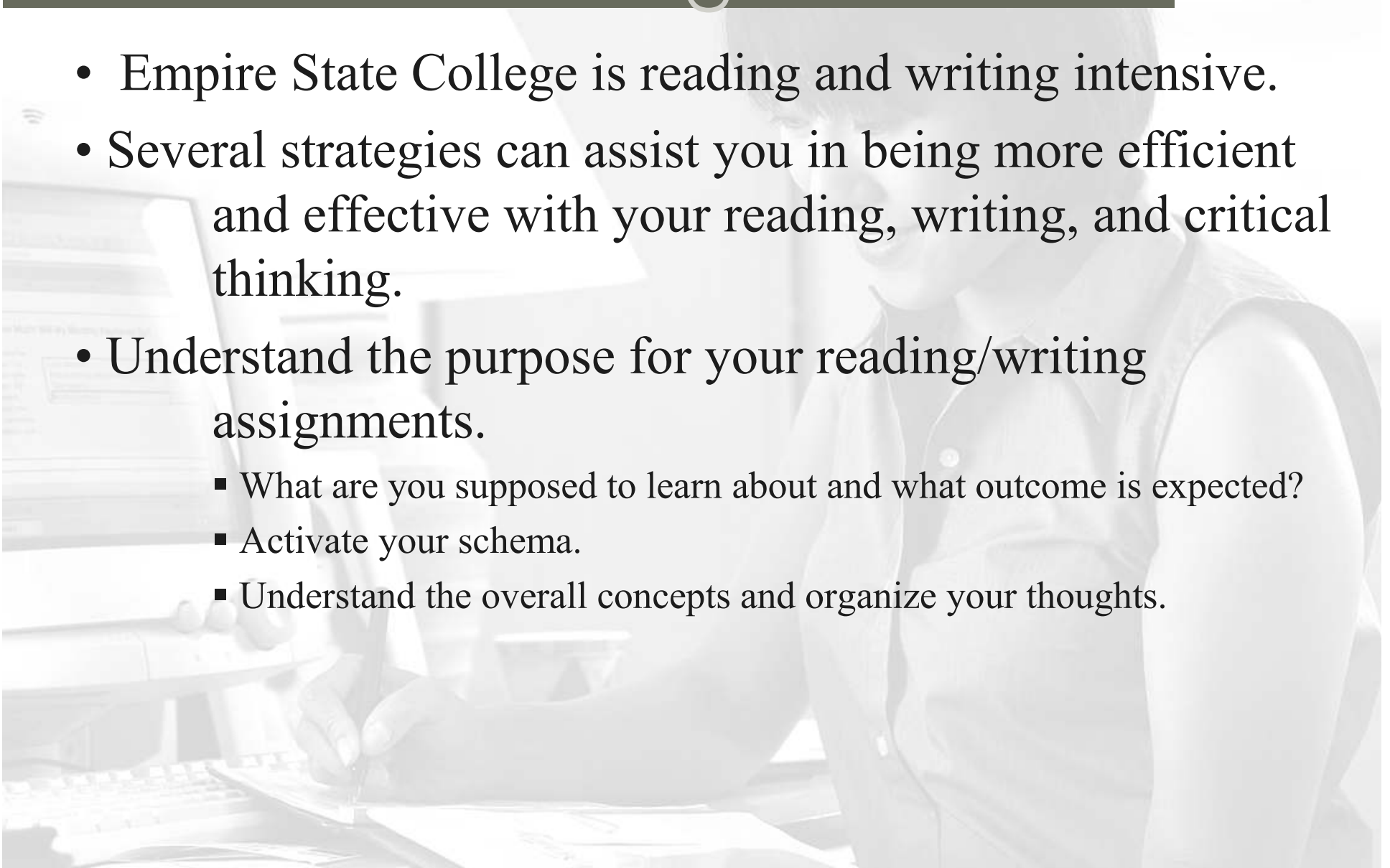
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Reading & Writing



Reading, Writing, & Critical Thinking

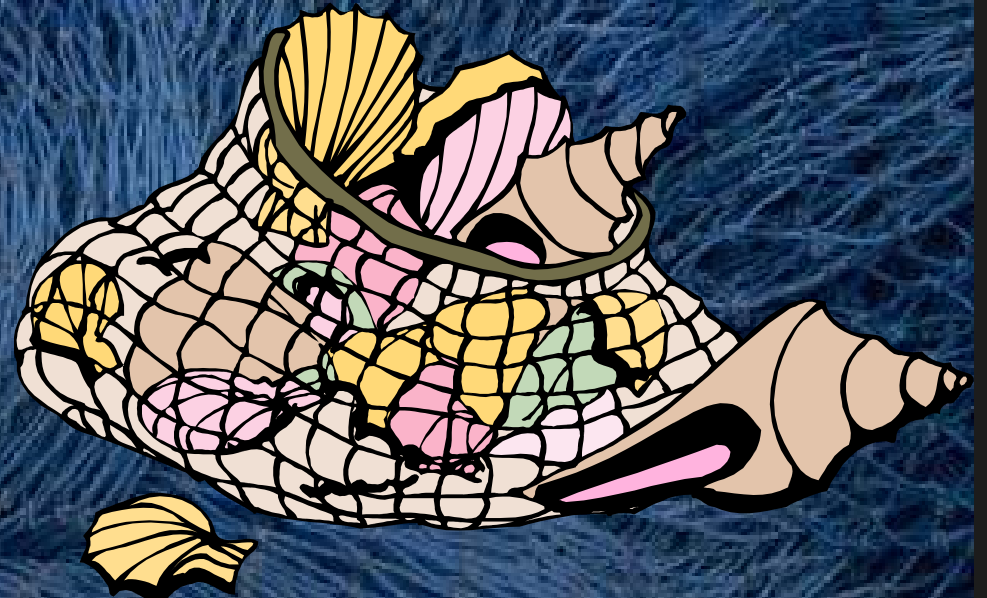
- Empire State College is reading and writing intensive.
- Several strategies can assist you in being more efficient and effective with your reading, writing, and critical thinking.
- Understand the purpose for your reading/writing assignments.
 - What are you supposed to learn about and what outcome is expected?
 - Activate your schema.
 - Understand the overall concepts and organize your thoughts.



Schema

A **schema** in general is a specific, well-documented, and consistent plan. The related word, scheme means a loosely described plan.

A **schema** (pl. *schemata*), in psychology and cognitive science, is a mental structure (prior knowledge) that represents some aspect of the world. People use schemata to organize current knowledge and provide a framework for future understanding.



PROBLEM SOLVING

- o Understand the problem/assignment

See the big picture first

- o Devise a plan to solve the problem/complete the assignment

Understand what details make up the big picture and how you intend to convey your understanding

- o Implement your plan

Communicate your understanding

- o Evaluate your effectiveness in solving the problem/ completing the assignment

ASK YOURSELF - “What will make me a better learner in the future?”

EXAMPLES of Ways to Read and Discuss Text

From: www.criticalreading.com/ways_to_read.htm

Consider the following nursery rhyme...

*Mary had a little lamb,
Its fleece was white as snow,
and everywhere that Mary went
The lamb was sure to go.*

What A Text Says talks about the topic of the original text, Mary and the lamb.

Mary had a lamb that followed her everywhere.

What A Text Does talks about the story.

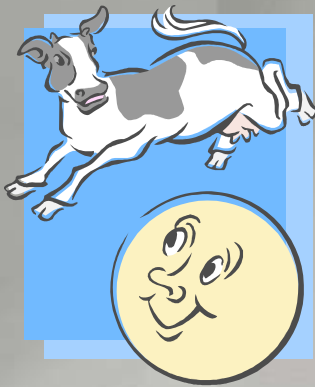
The nursery rhyme describes a pet that followed its mistress everywhere.

What a Text Means talks about meaning within the story, here the idea of **innocent devotion**.

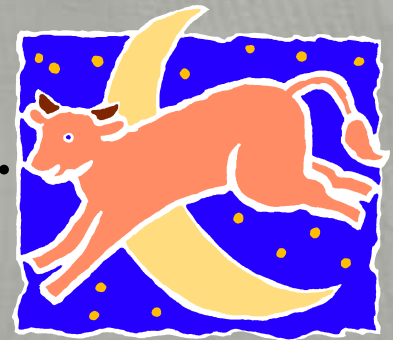
An image of innocent devotion is conveyed by the story of a lamb's close connection to its mistress. The devotion is emphasized by repetition that emphasizes the constancy of the lamb's actions ("everywhere"..."sure to go.") The notion of innocence is conveyed by the image of a young lamb, "white as snow." By making it seem that this connection between pet and mistress is natural and good, the nursery rhyme asserts innocent devotion as a positive relationship.

What Does This Mean?

**The bovine leapt
over the lunar
landscape.**



The cow jumped over the moon.



Textbook Study System

SQ3R

5 step method that was designed to help people become more active in their reading and retain information more easily.

Survey

Question

Read

Recite

Review

Research shows students who learn system and use it conscientiously

- read 22% faster
- comprehend 10% more
- retain 80% of material.

SAYS/DOES EXAMPLE

Copyright New York Times Company Aug 9, 2005

SAYS

DOES

Congress attempts to influence social problems with change in time

CONGRESS has an amazing new scheme to cut crime, automobile fatalities and energy consumption. There is one hitch. We have to stay in bed until sunrise during the first week of November -- lights out, televisions and radios off and please stay away from that coffee maker.

Intro to topic with humorous linkages to daily impact of change in DLS.

Of course, doing so might interfere with breakfast, school attendance, morning workouts and jobs. That's because during that week, the sun won't rise until 7:30 a.m. at the earliest. If you live on the western edge of your time zone, expect darkness until 8:30 a.m. Sorry, Boise. Good night, Grand Rapids.

Change in DLS is extended 4 weeks and points out problems with original intent & current change

Congress has extended daylight saving time by four weeks: In 2007, our clocks will spring forward on the second Sunday of March and fall back on the first Sunday of November. And frankly, there may be another hitch or two in the plan. First, the trick of shifting unused morning light to evening was intended to exploit long summer days, when sunrise occurs between 4:00 and 5:00 a.m. Standard Time -- hours of daylight that do not exist during the short days of March and November. Second, after nearly 100 years, daylight saving has yet to save us anything. The idea of falsifying clocks was proposed by the

Provides current state of affairs with & critique of the change in DLS.

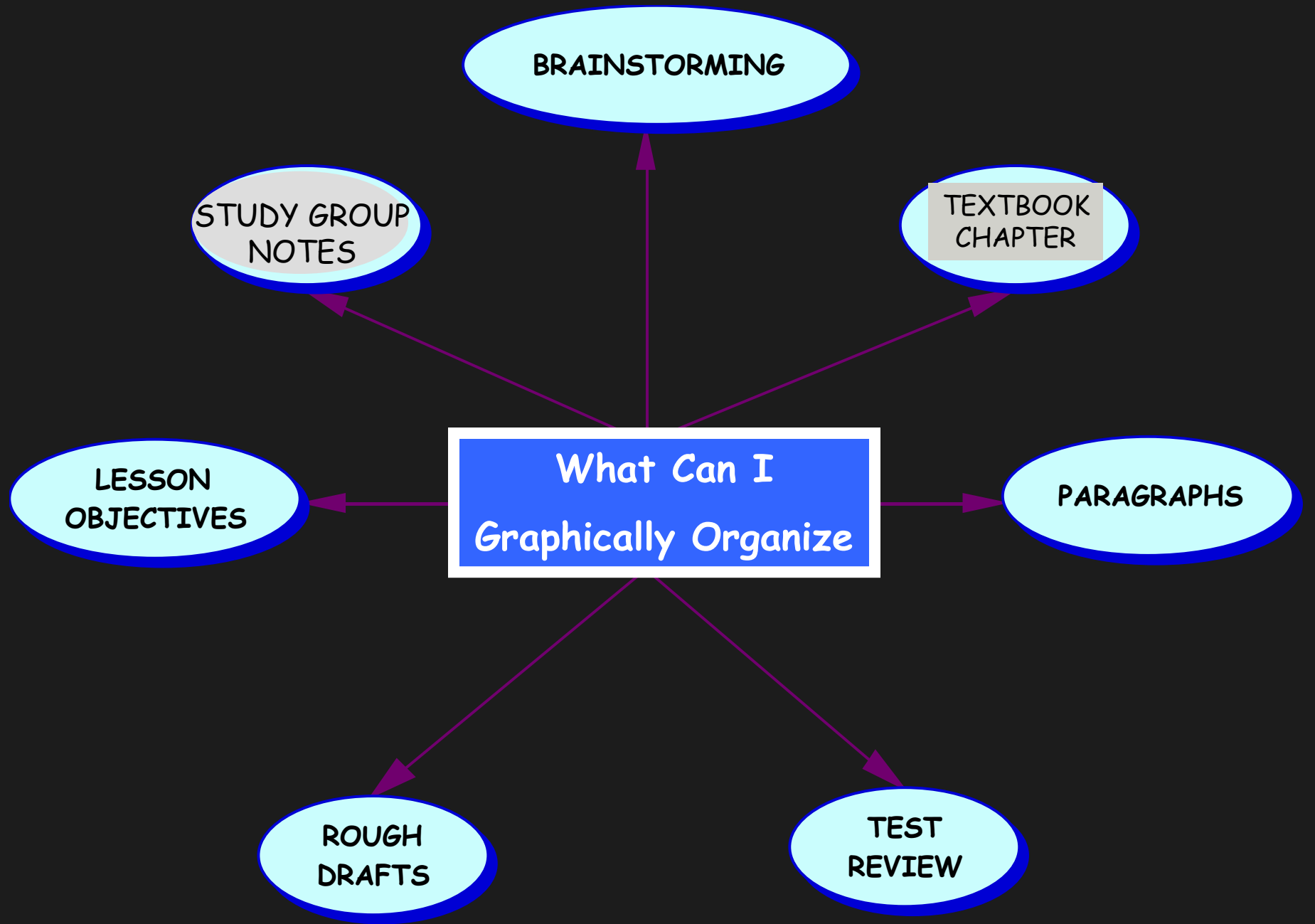
The Benefits of Mind Mapping

Concept mapping can be done for several purposes:

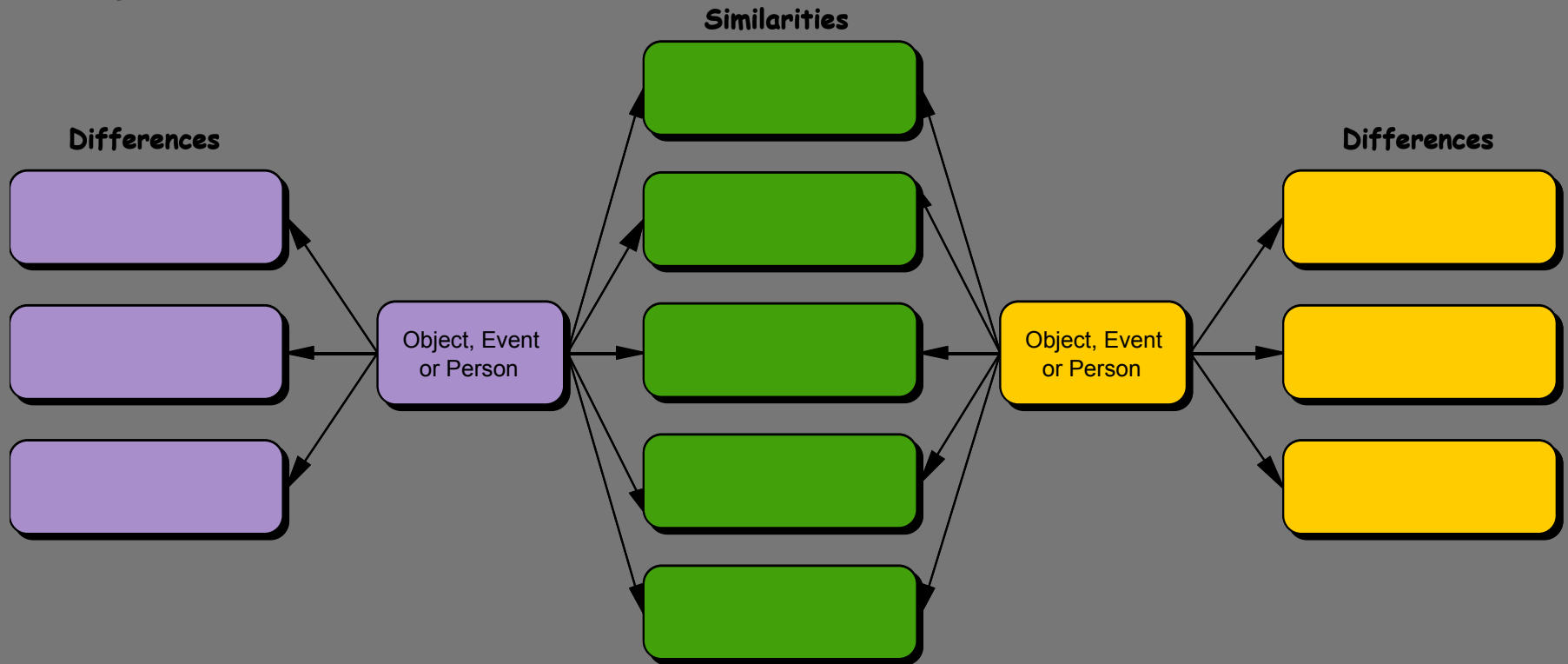
- to generate ideas (brain storming, etc.).
- to design a complex structure (long texts, large web sites, etc.);
- to communicate complex ideas.
- to aid learning by explicitly integrating new and old knowledge
- to assess understanding or diagnose misunderstanding.

Concept maps:

- Show relationships between ideas.
- Acts as a memory trigger.
- Makes it easier to remember information.
- Improves reading comprehension.
- Unequaled tool for organizing information.
- The act of organizing materials is *studying*.

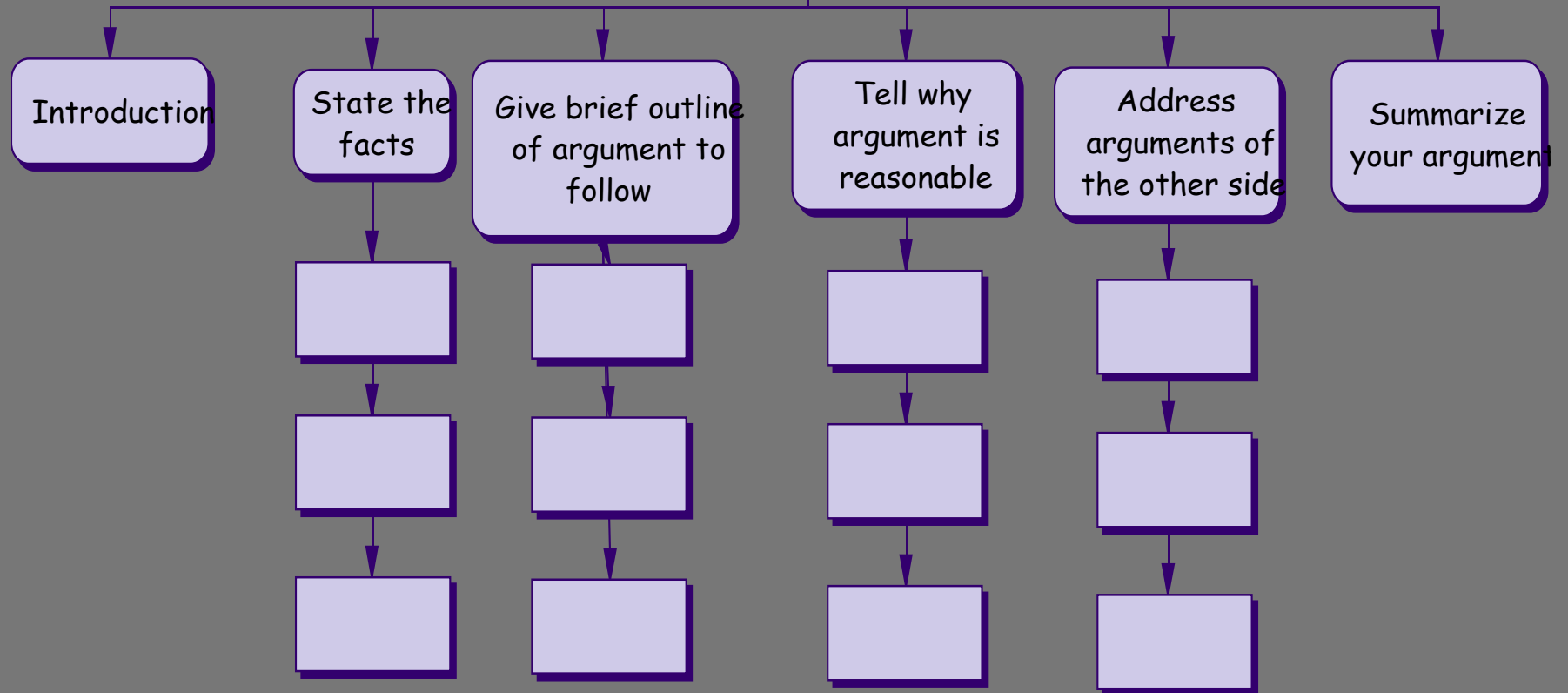


Comparison



Persuasive Essay

Persuasive Essay



Supports organization of ideas
Helps form logical arguments
Serves as reminder of audience and purpose

Poetic Analysis

