



NOCROP

Student Success Plan



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**“If You Fail to Plan, You Are
Planning to Fail”**

Benjamin Franklin





Action Plan

What am I doing right?

Diet

Sleep/Meditation/Reflection

Exercise

The Study Cycle & Focused
Study Sessions

Budget

Fun



What am I doing right?

Write down three things you do right every day. Focus on accomplishments, good decisions, and gratitude.





Exercise

20 Minutes Produces These Benefits

- Anchors Learning
- Reduces Stress
- Increases Energy

Choose your daily activity & schedule it:

- Walk/run
- Yoga
- Dance
- Weights
- Online Program
- Be intentional

Nutrition



Poor fuel = poor performance



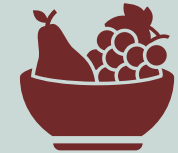
Evaluate current habits by writing down everything you eat for 1 week



Avoid fast food and processed foods & beverages

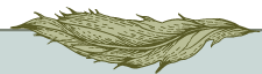


Plan for treats once per month

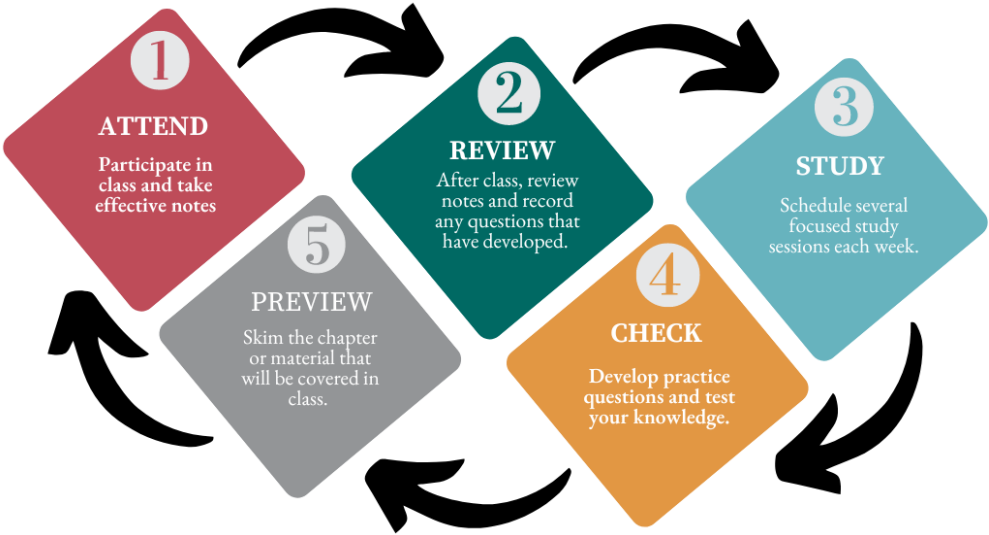


Pick a day to plan, shop and prep healthy foods to grab and go

Study Skills



The Study Cycle



Phase One:

Read or preview chapters to be covered in class before class. Create a chapter outline or concept map as you read or preview.

Phase Two:

Go to class, listen attentively, take notes, participate in class discussion, and ask questions.

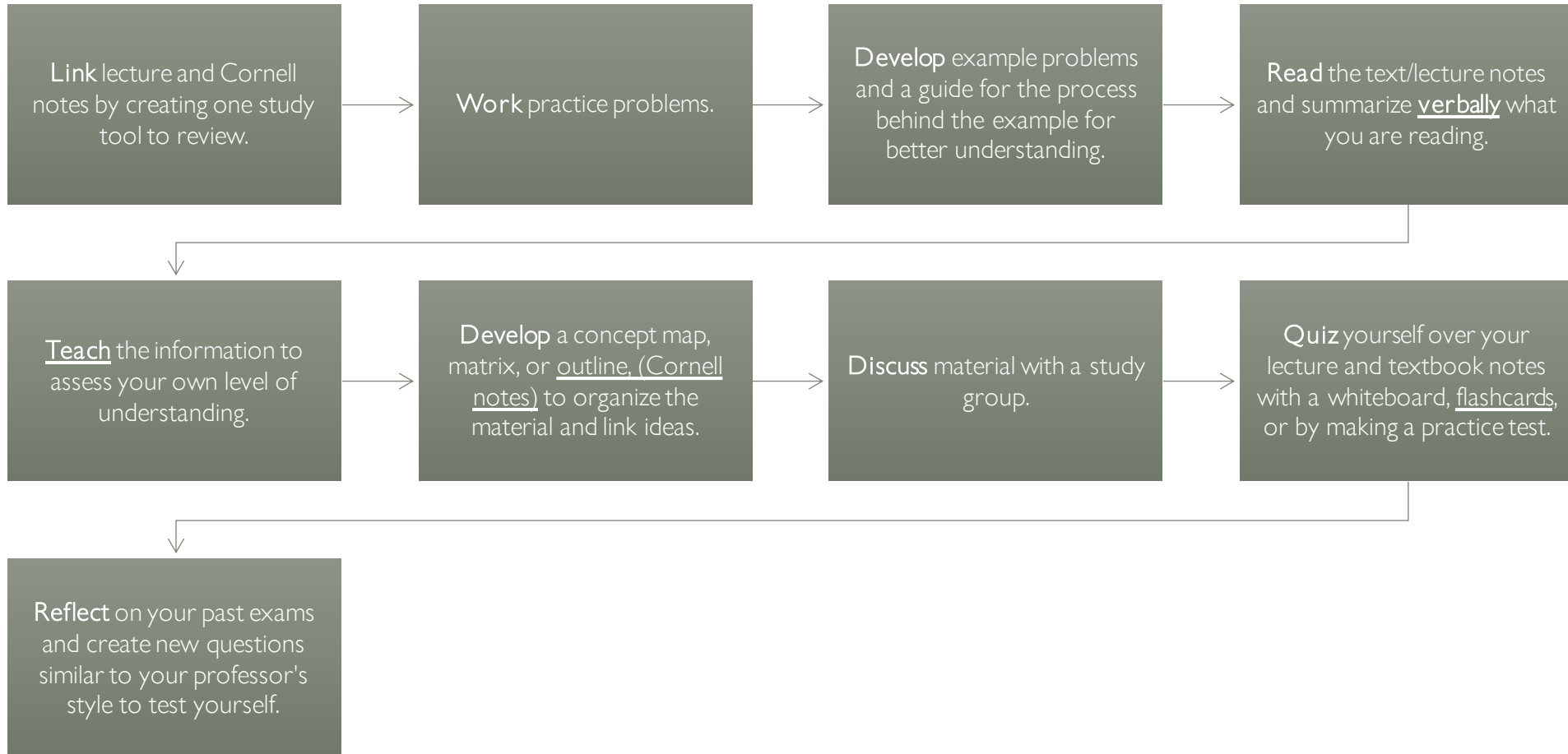
Phase Three:

As soon as possible after class, review your notes from that day and summarize them in your own words.

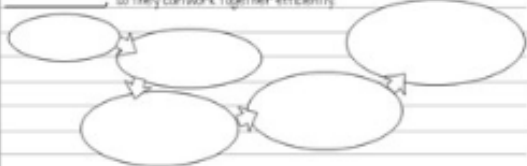
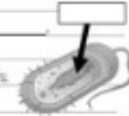
Phase Four:

Implement focused study sessions and a weekly review.

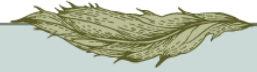
Active Study Strategies



Cornell Notes

Guided		Blank	
Cell Structures		Cell Structures	
What is a cell?	Cells are the basic _____ that make up every _____. _____ first named cells because he looked at cork under a microscope and it reminded him of monastery cells or rooms.	What is a cell?	
What is the cell theory?	Scientists have identified 3 major principles of cells that are true of cells: 1. _____ 2. _____ 3. _____	What is the cell theory?	
How are cells grouped together?	Cells are organized in _____ (many-celled) organisms based on _____, so they can work together efficiently. 	How are cells grouped together?	
How do prokaryotic and eukaryotic cells differ?	Eukaryotic cells have _____ bound by membranes. _____ cells do not have membrane-bound _____. Both prokaryotic and eukaryotic cells contain jelly-like fluid called _____ that is responsible for moving the cell contents. Both types of cells store genetic information in the form of DNA, but _____ cells have circular, loosely packed DNA. Eukaryotic cells have DNA tightly packed into a _____ to protect it. 	How do prokaryotic and eukaryotic cells differ?	
How do plant and animal cells differ?	Although many organisms have eukaryotic cells (Protists, Fungi, Plants & Animals), eukaryotic cells are commonly divided into _____ and _____ cells. These have a few differences: _____ _____ _____	How do plant and animal cells differ?	
Summary	_____ are made of cells organized into groups. Prokaryotic cells don't have membrane-bound _____, while _____ cells do. Eukaryotic cells are often grouped into _____ and _____ cells, which have a few differences.	Summary	_____ are made of cells organized into groups. Prokaryotic cells don't have membrane-bound _____, while _____ cells do. Eukaryotic cells are often grouped into _____ and _____ cells, which have a few differences.

FOCUSED STUDY SESSIONS



- Our brains do not learn at their best when we sit and try to learn for an extended period of time. With all of today's distractions, it is also unrealistic to ask yourself to stay focused for hours on end. It is much more realistic to stay focused for 40–60 minutes. Try to do 3–4 focused study sessions per day, 5 days per week.
- **2–5 minutes:** Set specific and realistic study goals for the session
- **30–45 minutes:** Study actively and with focus in a distraction limited environment.



10 minutes: Take a break and move. Get up. Walk around. Grab a snack.

10 minutes: Review the material you just studied. Remember the principle of distributed vs. massed practice. The best study is short, intense, but frequent.




WEEKLY COMPREHENSIVE REVIEW



- Once a week, take all your notes out for a specific course and start from the beginning of your notes and bring yourself to where you are at for that week in class. You do not need to know every concept in your notes. The point is to review to see how the concepts you are learning connect and are continually building. Also, by reviewing older material weekly, you will not forget the information as easily.
- Adapted from "Studying Techniques - LSU Center for Academic Success." Accessed May 26, 2016. <http://students.lsu.edu/academicsuccess/studying/strategies/tests/studying/>
- Revised website, August 14, 2023: <https://lsu.edu/cas/earnbettergrades/tipsandtools/takecharge.php>
- [Source](#)

Budget

- Use a budget template to track income and spending
- Excel or Google Monthly Budget templates are excellent resources



Personal monthly budget

Projected monthly income

Income 1	\$4,300.00
Extra income	\$300.00
Total monthly income	\$4,600.00

Actual monthly income

Income 1	\$4,000.00
Extra income	\$300.00
Total monthly income	\$4,300.00

Projected balance (Projected income minus expenses)	\$3,405.00
Actual balance (Actual income minus expenses)	\$3,064.00
Difference (Actual minus projected)	(\$341.00)

Housing

Category	Projected cost	Actual cost	Difference
Mortgage or rent	\$1,000.00	\$1,000.00	\$0.00
Phone	\$54.00	\$100.00	-\$46.00
Electricity	\$44.00	\$56.00	-\$12.00
Gas	\$22.00	\$28.00	-\$6.00

Entertainment

Category	Projected cost	Actual cost	Difference
Video/DVD			\$0.00
CDs			\$0.00
Movies			\$0.00
Concerts			\$0.00

Start

Personal Monthly Budget

+

Budget Concepts

- Invest 1/3
- Save 1/3
- Spend 1/3
- Track every penny you spend for one month and look for ways to cut wasteful spending
- Invest in yourself
- Save for emergencies
- Live frugally



Teen Budget Strategies



Gifts

Homemade gifts are more treasured

Food

Making food at home is way cheaper and more nutritious. Always plan ahead for grab and go meals. Can I grow my own?

Clothing

Shop the clearance section to always look your best

Fun Time

Potluck movie/game night with family or friends at home

Goals

What are the big ticket \$\$ items that you need to save for? If you have a goal and work towards it, you will get it.

Teen Budget Strategies



How much money

Do I make



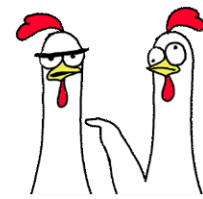
Track Spending

Write it down



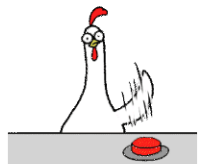
Identify necessities

Do I need that?



Subtract total spent

From earnings



Create savings goal

I can save for that



Am I on track

Check with a partner



Use your budget

Stick to it



Am I still on track

Yes I am!



Apply skills at the workplace



Arrive 10-15 minutes before your shift to be on time



Plan your work

Consider safety issues



Reduce waste whenever possible



Use communication skills

Ask for help when needed

Ask for clarification if you are not sure about something

Report any issues you observe with proposed solutions



Send me
your success
story



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