A Systematic Process for Navigating a Safe Course to Success and Fulfillment as a College Student

IAD Module #1: EDUCATION | Maximizing the Post-Secondary STEAM Student Experience

1-FOCUS

Intend to Receive Education and

2-ENGAGE

3-ASSESS

4-INTERNALIZE

**Study Course Materials and** 

**Prepare for Quizzes and Exams** 

5-ACHIEVE **Strategically Manage Course** 

work, Exams and Projects

6-PROTECT Participate in Activities that **Protect Motivation & Morale** 



BODY

Residence & Academic Life

Extracurricular & Service

• Intramural Sports Clubs

Competitive Team Sports

Professional Development

Job Search & Employment

First Year Experience

2. Clubs & Organizations

Arts & Media

3. Sports & Recreation

4. Career Development

• Internships & Coops

Health & Wellness

**GRADUATES** 



**(9)** 

**Maximize Personal Growth** Purpose Your Passion Your Specific and Personal AWARENESS! Vhat You're Academic Succes

Take Courses and Engage in **Activities that Stimulate Growth** 



**Develop and Refine Efficient and Effective Student Skill Set** 



**BODY** 

Preparation Gather and Challenge Your Study Course Materials the Materia KNOWLEDGE!

Academic

Success Assurance

SOUL

Proficiency Integrate and Assess and Understand **Grade Impact** Course **RESULTS!** Materials Grade Strategic Course Work Manageme

**BODY** 

1. Campus Life

## **PRACTITIONER**

## Personal Interests

- Career Goals
- Field of Study

# 2. Academic History

· Quantitative: GPA & Credits

MIND

· Qualitative: Coursework

### 3. Key Disciplines

- Study Skills & Habits
- Class Attendance

### 4. Assignments

- Homework
- Papers and Projects

## Exams & Quizzes

- Preparation Strategy
- Test-Taking Skills

# 6. Supplemental Activities

- Co-Curricular Extra-Curricular
- 7. Support System
- · Family & Friends
- Institute Resources / Aid

• Employment / Entrepreneurship

- Academic Advisors
- Student Peer Mentors

**Academic Program Composition** 

SOUL

### Academic Program Type

- Traditional 4-Year
- Co-Terminal 5-Year

## 3. Graduation Requirements

· Required Courses / Credits Flective Courses / Credits

### Course Management

- Timely Course Selection
- **GPA Performance & Tracking**
- 5. Key Co-Curricular Activities Internships & Study Abroad
  - Independent Study Projects

## Post-Graduation Plans

- Graduate School

### Sustainability

- Lectures and Classes
- Consistent Attendance
- Effective Note Taking 2. Classroom Etiquette
- Listening Skills
- Engagement / Participation

### 3. Homework Assignments

- Thoroughness
- Timeliness
- 4. Test Preparation Content
- Lecture Notes & Handouts
- Textbooks & Special Assignments

# 5. Test Preparation - Cognition

- Problem Context
- Problem Solving Approach

# 6. Test Taking

- State of Mind & Body

- Environment

# 7. Distraction Management

- Peer Pressure
- Procrastination

### **Review Lecture Notes**

- Note Instructor Focus
- Look for Gaps in Understanding

### Read Textbook

Align with Instructor Focus

## Peruse Sample Problems/Content

- **Review Homework Assignments**
- Complete Missing Assignments Solve Missing or Wrong Answers

## 4. Review Supplemental Materials

- Library
- Credible Internet Sources Review Past Exams

### Instructor's Style of Questions

- Instructors Grading Protocol
- 6. Group Study Sessions
- Increase Motivation Pre-Test Understanding w/Peers

# 7. Preparation Support

- Instructor Office Hours
- Student TA's & Tutors

### 1. Homework

- · Frequency?
- Percentage of Grade: % \_\_

## 2. Quizzes

- Planned vs. Spontaneous
- Percentage of Grade: %

- Total for Course Term?
- Percentage of Grade: %

# Required vs. Supplemental

- Percentage of Grade: %
- 5. Projects

# Required vs. Supplemental

- Percentage of Grade: % Labs
- Total for Course Term?

- 7. Supplemental / Extra Credit
- Improve Overall Course Grade • Explore Deeper Interests

# Percentage of Grade: %

- Health Education & Services Counseling Services

# 7. Co-Curricular

5. Experience

Study Abroad

 Entrepreneurship Innovation Programs

## Mission Statement

- Values
- Goals 2. Career Focus
- Employment

### Entrepreneurship 3. Life-Long Learning

- · Career / Prof. Development
- Personal Development

### 4. Relationships & Networking Personal / Social

- Professional / Business
- 5. Money Management
- Financial Literacy Financial Goals
- 6. Institute Engagement
- Student Mentorship

# Philanthropy

- 7. Community Engagement
- Volunteerism Charity

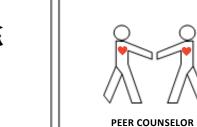


















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