Academic 911
Create an Academic Recovery Plan
&
Access Campus Resources

First Year Programs
StudentSuccess@pittstate.edu
Academic 911

• Identify: Obstacles
• Procrastination & Time Management
• Notes, Textbooks & Study Cycle
• Goal Setting: Take Action
• Success Resources
Identify: Obstacles

• What ‘road bumps’ are you encountering?
  • Obstacles Worksheet

• What items can you make changes to improve?

• What items are out of your control at this point?
Procrastination

- Identify
  - Procrastination Survey

Consider the postage stamp: its usefulness consists in the ability to stick to one thing until it gets there.  
~Josh Billings
Procrastination

• Take Action

  • Identify *productive* replacement activities you find yourself doing when you procrastinate: activities you need to do but are not a priority.

  • Consider *time-wasting* replacement activities you find yourself doing when you procrastinate: activities you do not need to do.
Time Management

Don't let the fear of the time it will take to accomplish something stand in the way of your doing it.

The time will pass anyway; we might just as well put that passing time to the best possible use.

~Earl Nightingale
Time Management

• How Are You Spending Your Time?
  ▪ Chart your average weekly activities
    • Be honest & realistic with yourself here
  ▪ Does it seem impossible to fit everything in?
  ▪ What is most important to you?
    • Categorize
      – Urgency: how time-sensitive is the task?
      – Importance: the task’s value to you
Notes, Textbooks & Study Cycle

Lecture

Outline

Textbook
We lose around 80% of what we read unless we review it immediately and frequently.

When we read our textbooks, review and organize lecture notes and frequently take 5-10 minute mini-study sessions we avoid having to essentially re-learn the material before an exam.
Recall

Day 1
Day 2
Day 7
Day 30

100%

10 minutes of study
5 minutes of study
2-4 minutes of study

10 minutes of study

Short-Term Memory
Long-Term Memory
Notes, Textbooks & Study Cycle

Ways to build in recall:

• Review notes from previous class lecture/textbook assignments before class

• Review notes right after class and later that day

• Re-write notes and add in textbook reading, handouts, info/resources in Angel, etc...

• Schedule a Weekly Review: do a weekly review of the previous week and prep for the next week
Easy ways to build in more time for Reading Textbooks & Review/Regular mini-Study Sessions:

• 5-10 minutes before each class, review notes from previous class lecture

• 5-10 minutes after each class, review notes and add a few summary sentences

• Grab a classmate or two and meet up for lunch: bring class notes & review/discuss class lecture

• Mute TV during commercials to review lecture notes and skim reading assignments
<table>
<thead>
<tr>
<th>Recall</th>
<th>Record</th>
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<tbody>
<tr>
<td>Mirror Questions</td>
<td>Notes</td>
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<th>Heading</th>
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<td>Date, Class/Subject</td>
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<th>Reflect</th>
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<td>Summarize</td>
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More Effectively Use Your Notes:

• Review notes
  – Immediately after class
    • Before you leave the classroom, if possible
    • Clear up illegibility, check for errors, fill in facts & examples
    • Ask for clarification from instructor, classmates, text, etc...

Taking notes is pointless...unless you intentionally engage in the class and regularly review your notes.
More Effectively Use Your Notes:

• Review notes
  – Later that day & week
    • Increase memory & recall by reviewing notes often in the days after class
  – Use notes later in semester to study for exam
    • Review of notes in days after lecture makes for shorter, more effective study time later.
      (Unless you enjoy spending hours re-learning info from earlier in the semester...)

Notes, Textbooks & Study Cycle
Remember: Frequent review = less study time later and better recall
Goal Setting
Goal Setting

• SMART goals
  ▪ Specific
  ▪ Measurable
  ▪ Attainable
  ▪ Realistic
  ▪ Timely
Success Resources

- **Student Health Center**: nutritionist, healthcare, counseling
- **Tutoring**
- **Career Services**
- **Rec Center**
- **SAC**
- RA, friends, family
- Professors & Academic Advisor
- StudentSuccess@pittstate.edu
Upcoming Workshops

• **Countdown to Finals:** Develop a Plan to Finish the Semester Strong
  - Wednesday, October 31st 3-4pm
  - Thursday, November 1st 2-3pm
  - Wednesday, November 28th 3-4pm
  - Thursday, November 29th 2-3pm
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