

Strategies for Success and Failure (How to earn an “A” or and “F”)

A

F

<ul style="list-style-type: none"> • Space your study sessions • Tell yourself that you want to be succeed and learn new information • Seek a challenge • Focus on the chapter objectives • Review the organization of the chapter and each section • Organize the information • Take the on-line practice quizzes • Talk about the concepts • Relate the concepts to your personal life • Identify the key points • Seek assistance if you are having difficulties • Learn to get feedback. Don't take feedback as a personal threat. Use it as an opportunity to discover what your abilities are. 	<ul style="list-style-type: none"> • Learning the vocabulary of the chapter. <p style="text-align: center;">However, learning the vocabulary doesn't tell you the relation between the ideas or how they fit together. As an analogy, just knowing the cast of characters doesn't tell you what the story is about.</p>	<ul style="list-style-type: none"> • Cram for exams • Tell yourself that you want to avoid failure • Distract yourself (text, surf the internet, have conversations unrelated to the course) • Stay at home and do not attend class • Deprive yourself of sleep
--	--	--

<p>The route to earn an “A” requires effort and time</p>		<p>The route to earn a “F” is easy</p>
--	--	--

Factors Influencing Academic Success

Behavioral	Biological	Psychological	Environmental
<ul style="list-style-type: none"> • Attending class • Getting enough sleep 	<ul style="list-style-type: none"> • Normal brain structure • Getting enough sleep • Diet • Not being hungry 	<ul style="list-style-type: none"> • Being organized • Having a strong and diverse knowledge base • Intrinsically motivated • Self-concept associated with academic success • Understanding your learning style • Positive self-statements / confidence • Realistic expectations • Ability to focus and concentrate on task • Identifying important information • Ability to develop an effective plan and implement it 	<ul style="list-style-type: none"> • Supportive friends and family • Supportive culture • Low levels of environmental stressors • Good teachers • Good teachers with effective teaching styles

Success

Resources:

- Academic Learning Services
- Counseling Services
- Publisher's Website
- My website