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

A

• 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.

F

• 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

Learning the vocabulary of the chapter.

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.

The route to earn an “A” requires effort and time

The route to earn a “F” is easy
## Factors Influencing Academic Success

<table>
<thead>
<tr>
<th>Behavioral</th>
<th>Biological</th>
<th>Psychological</th>
<th>Environmental</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Attending class</td>
<td>• Normal brain structure</td>
<td>• Being organized</td>
<td>• Supportive friends and family</td>
</tr>
<tr>
<td>• Getting enough sleep</td>
<td>• Getting enough sleep</td>
<td>• Having a strong and diverse knowledge base</td>
<td>• Supportive culture</td>
</tr>
<tr>
<td>• Diet</td>
<td>• Diet</td>
<td>• Intrinsically motivated</td>
<td>• Low levels of environmental stressors</td>
</tr>
<tr>
<td>• Not being hungry</td>
<td>• Not being hungry</td>
<td>• Self-concept associated with academic success</td>
<td>• Good teachers</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Understanding your learning style</td>
<td>• Good teachers with effective teaching styles</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Positive self-statements / confidence</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Realistic expectations</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Ability to focus and concentrate on task</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Identifying important information</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Ability to develop an effective plan and implement it</td>
<td></td>
</tr>
</tbody>
</table>

### Success

Resources:
- Academic Learning Services
- Counseling Services
- Publisher’s Website
- My website