

# OPTIMIZING YOUR 2<sup>ND</sup> YEAR COLLEGE EXPERIENCE



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# BELIEVE IN YOUR ABILITIES

- ◆ Research indicates the more you utilize your brain, the more neuro-pathways you've formed. You're already smarter this year than when you first started college.
- ◆ Keep that "I can do it" attitude and stay focused on your goal...
- ◆ Thoughts become things. Make getting into the university of your choice your dominant thought and you will bring it into your life.



# TIME MANAGEMENT

- ◆ Set up a daily schedule and stick to it.
- ◆ If you're attending classes full time, try not to work more than 20 hours a week.
- ◆ Assess and improve your study habits. Find out what's the most optimal time for you to study.
- ◆ Learn new study techniques to enhance your use of time and learning.



# ASSESS AND IMPROVE YOUR STUDY HABITS

- ◆ Take a course on study skills such as Personal Development 3.
- ◆ Find out about your own learning style.
- ◆ Develop effective listening skills.
- ◆ Utilize different memory techniques such as mnemonics, association, visualization, and mind mapping.
- ◆ Use positive self-talk or affirmation.



# LEARNING STYLES

- ◆ Information input and processing is unique to all of us. Knowing how to maximize your learning style and making use of another mode of learning will make you a more successful student.
- ◆ Three main learning styles are:
  - Auditory
  - Kinesthetic
  - Visual

# LEARNING STYLES

## AUDITORY

- ◆ This type of learner's mode of processing information is through sound.
- ◆ Concentrate on these activities:
  - Listen more vs. talking
  - Focus on what your teachers are saying
  - Repeat and hear yourself say information you want to remember
  - Group study is an opportunity to hear and remember information



# LEARNING STYLES

## KINESTHETIC

- ◆ This learning mode prefers physical activity and a hands on approach
- ◆ Concentrate on these activities:
  - Role playing
  - Making models, charts, graphs, and diagrams
  - Add rhythmic movements when studying
  - Take notes, use index cards and post-it notes
  - Group study



# LEARNING STYLES

## VISUAL

- ◆ This learning mode process information best through the sense of sight.
- ◆ Concentrate on these activities:
  - Reading text
  - Seeing pictures, charts, maps, and other images
  - Using different colored markers and ink pens to take notes
  - Visualizing ideas in your mind





# IMPROVE YOUR LISTENING SKILLS

- ◆ Studies show we spend 80% of our conscious hours communicating and at least 45% of that time **listening**.
- ◆ Listening is learned first, used the most of all communication skills, but taught least.



# COMMON DETERENTS TO EFFECTIVE LISTENING

- ◆ Assuming in advance that the subject is boring, unimportant, irrelevant, too complicated, too demanding, or too simple.
- ◆ Communication overload
- ◆ Listening only for the facts and skipping the details.
- ◆ Talking more than listening to assume presence and power.
- ◆ Daydreaming or fantasizing

# 10 KEYS TO EFFECTIVE LISTENING

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- ◆ WORK AT LISTENING
  - ◆ BE FLEXIBLE; USE OTHER SENSES
  - ◆ RESIST DISTRACTIONS
  - ◆ KEEP YOUR MIND OPEN
  - ◆ HOLD YOUR FIRE – CHECK YOUR EMOTIONS
  - ◆ JUDGE CONTENT, NOT DELIVERY
  - ◆ FIND AREAS OF INTEREST
  - ◆ LISTEN FOR IDEAS
  - ◆ EXERCISE YOUR MIND
  - ◆ CAPITALIZE ON FASTER THOUGHTS SLOWER SPEECH



# FIND A SUPPORT NETWORK

- ◆ Enlist the support of your partner, friend, or family.
- ◆ Find faculty and staff support on campus.
- ◆ Utilize special services offered on campus such as child care, advocates, mentoring, and minority support services.
- ◆ Develop peer support through classes, organizations, clubs, athletics, or study groups.



# NETWORKING OPPORTUNITIES

- ◆ Visit your instructor and counselor during their office hours and solicit their experience.
  - The letters of recommendation you will be seeking will only be that much better if you make yourself known.
- ◆ Search for internship opportunities. Join clubs associated with professional organizations or national affiliates.
- ◆ Attend conferences and seminars in the field you plan to major in.



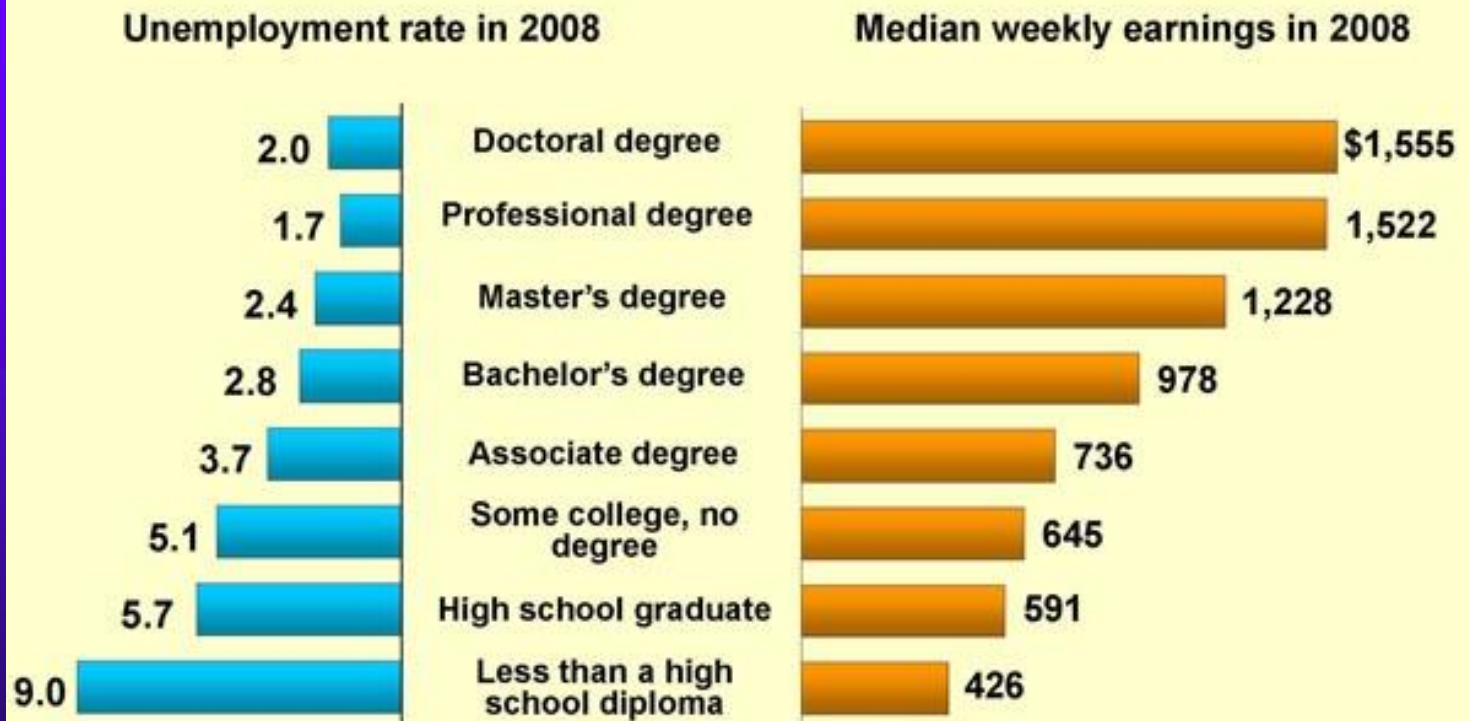
# EARNINGS AS A FACTOR

- ◆ Your earnings will be directly proportional to the level of education you achieve.
  - The following two tables demonstrate the quality of life you choose with attainment of one or more higher education degrees.

# EARNING POTENTIAL WITH HIGHER EDUCATION DEGREE



## Education pays



Source: Bureau of Labor Statistics, Current Population Survey

# LIFETIME EARNINGS POTENTIAL WITH HIGHER EDUCATION DEGREE

## 8E: The Impact of Education on Individuals: Lifetime Earnings

SOURCE: FEDERAL RESERVE BANK OF DALLAS, 2005

Education Level	Estimated Lifetime Earnings	Difference Compared to High School Graduate
Less than 9th grade	\$976,350	-\$478,903
High school dropout	\$1,150,698	-\$304,555
High school graduate	\$1,455,253	\$0
Some college, no degree	\$1,725,822	\$270,569
Associate degree	\$1,801,373	\$346,120
Bachelor's degree	\$2,567,174	\$1,111,921
Master's degree	\$2,963,076	\$1,507,823
Doctoral degree	\$3,982,577	\$2,527,324
Professional degree	\$5,254,193	\$3,798,940





# EMBRACE NEW TECHNOLOGIES

- ◆ Utilize the help available at the campus computer center (Lib. Sci. 101 & 102)
- ◆ Become familiar with the use of software programs that will aid in homework and project assignments.
- ◆ Learn new computer applications through Community Services courses or Saturday classes.



# YOUR HEALTH MATTERS

- ◆ How much sleep do you need?
- ◆ What decisions you make concerning drugs, alcohol, and sex?
- ◆ Is a proper diet necessary for academic success?
- ◆ How do you deal with stress?
- ◆ Utilize the Student Health Services center for health and mental health concerns (G8-111).
- ◆ Nourish your mental/spiritual side.



# SETTING GOALS

- ◆ Select a goal and state it in measurable terms.
- ◆ Determine whether the goal is achievable.
- ◆ Be genuine about why you want this goal.
- ◆ Why is this goal worthwhile to you?
- ◆ Anticipate any challenges you might encounter.
- ◆ Devise a strategy to achieve the goal.

# GOAL SETTING SHEET

**VALUES.** *What do you value most in life?*

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**LONG TERM GOALS**

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**SHORT TERM GOALS**

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**OBJECTIVE/ACTIVITIES.** *What specific steps are you going to take to achieve your goal?*

<u>SEQUENCE</u>	<u>OBJECTIVE/AVTIVITY</u>	<u>DEADLINE</u>
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<u>BARRIERS</u>	<u>SOLUTION</u>
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# UTILIZE THE LAW OF ATTRACTION

- ◆ The law of attraction states *like attracts like*, so make your thoughts count and attract the things you want.
- ◆ “Your current thoughts are creating your future life. What you think about the most or focus on the most will appear as your life.”



# SUCCESS ON YOUR COLLEGE JOURNEY



*Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.*

*~Albert Schweitzer*

*“Take the first step in faith. You don’t have to see the whole staircase. Just the first step.”*

*~Dr. Martin Luther King, Jr.*

*“All that we are is a result of what we have thought.”*

*~ Buddha*

*I don't know the key to success, but the key to failure is trying to please everybody.*

*~Bill Cosby*

*Success is the sum of small efforts, repeated day in and day out.*

*~Robert Collier*