



Attitude, Behavior, Commitment: The Keys to Academic Excellence

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Excelling in Science Requires

- A Positive Attitude About Your Courses
- Effective Study Strategies and Behaviors
- Strong Relationships with Faculty
- Utilization of Available Resources

Does your GPA reflect your intellectual ability?

- ☛ If not, why not?
- ☛ What changes must be made (by you and/or others) so that your GPA **WILL** reflect your ability?



Attitude

“It’s your attitude, not your aptitude,
that determines your altitude.”

Rev. Jesse Jackson





Factors that Affect Your Attitude

The Reason You Are in College

Friends and Peers

Self-Talk

Motivation to Achieve Your Goals





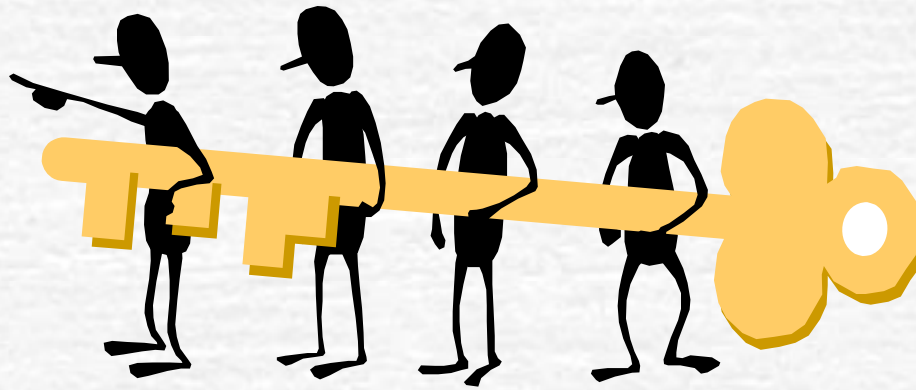
Behavior

It's the difference between knowing and doing that determines success.

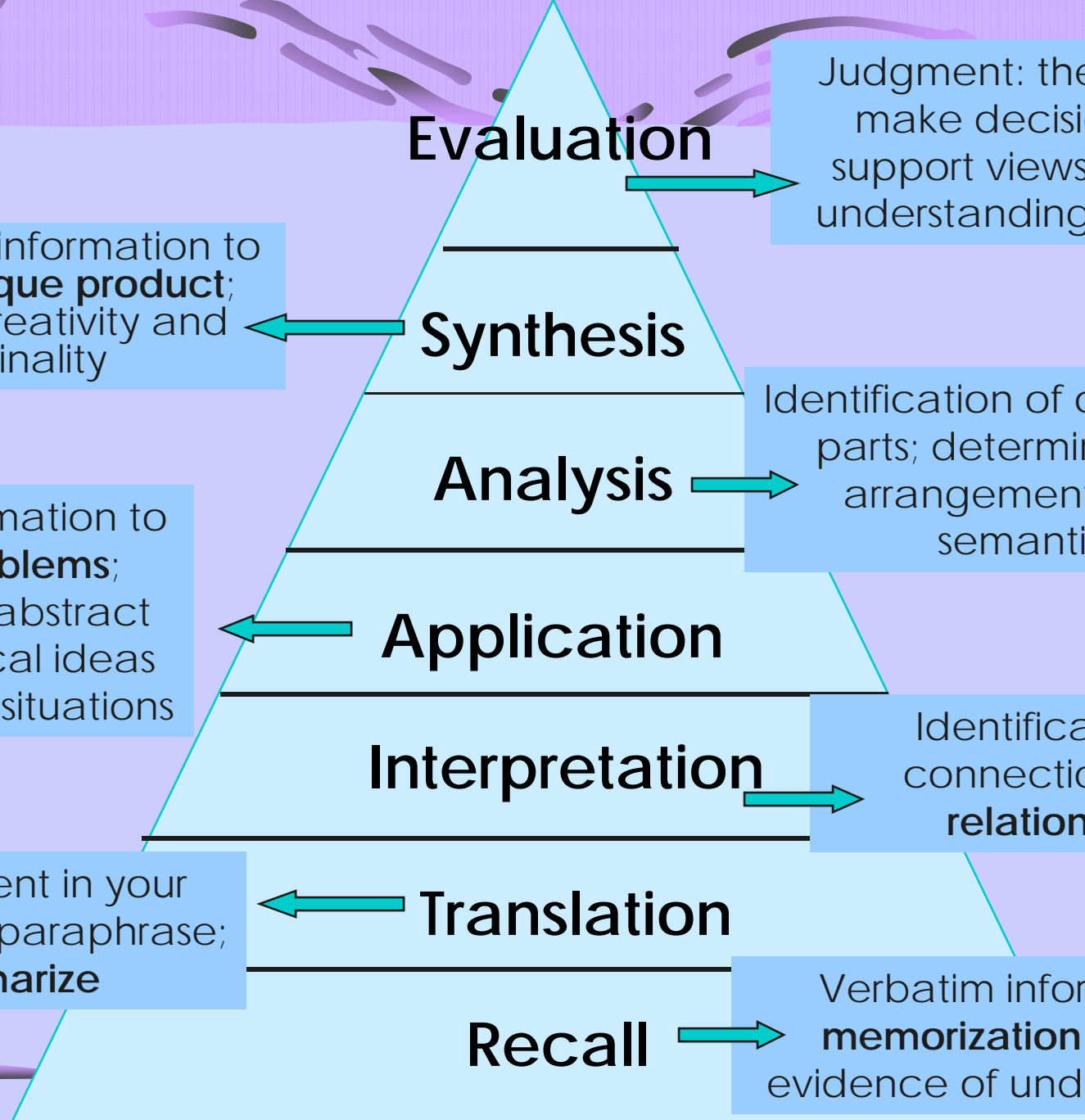
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Keys to Studying Smarter



- There is a hierarchy of learning levels.
- It takes time to climb the ladder of understanding.



Evaluation

Judgment: the ability to make decisions and support views; requires understanding of **values**

Combining information to form a **unique product**; requires creativity and originality

Synthesis

Identification of component parts; determination of arrangement, logic, semantics

Analysis

Use of information to **solve problems**; transfer of abstract or theoretical ideas to practical situations

Application

Identification of connections and **relationships**

Interpretation

Restatement in your own words; paraphrase; **summarize**

Translation

Verbatim information; **memorization** with no evidence of understanding

Recall



Time Management Tips

Keep a calendar or planner

Monthly, weekly, daily

Make a study plan and stick to it

Use daylight hours to study more efficiently

Guard your time; don't let it be stolen from you!

Answering the door or phone is a choice





Continuous Process of Learning


- Phase 1:** Read or preview chapter(s) to be covered in class... before class. (Create chapter maps)
- Phase 2:** Listen actively, take notes, participate in class.
- Phase 3:** Review and process class notes as soon after class as possible.
- Phase 4:** Intense Study Session.

Repeat





Intense Study Session

- ☛ 2-5 minutes: Set goals for next 40 min.
 - ☛ 20-40 minutes:
 - Read text more selectively
 - Highlight important information
 - Make doodles/notes in margins
 - Create mnemonics
 - Create concept maps
 - ☛ 5 minutes
 - Review what you have just studied
 - ☛ 10 minutes
 - Take a break
 - ☛ Repeat
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Get the Most Out of Homework

- ☛ Start the problems early--the day they are assigned
- ☛ **Do not flip back to see example problems; work them yourself!**
- ☛ Don't give up too soon (<15 min.)
- ☛ Don't spend too much time (>30 min.)

Utilize All Resources

- ▣ **Peers: Form Study Groups**
- ▣ **Faculty: Use office hours**
- ▣ **Tutors/Learning Centers**

Center for Academic Success Services

& Supplemental Instruction

& Science and Mathematics Tutorial Centers

& Computer Lab & CSC 1250 Tutorial Center

& Service-Learning (PLUS)

& Study Strategies Workshops

& Individual Consultations


& Award Winning Web Site with Great Links



Commitment

It's not over 'til it's over, and YOU determine when it's over!


Change strategies when necessary, but never give up your goals. If you can dream it, you can achieve it!





In conclusion

With the proper **attitude**,
appropriate **behavior**, and
unrelenting **commitment** to your
goals,
you will achieve academic excellence at
Virginia Union and beyond!



Final Note

Please visit our website at www.cas.lsu.edu.

We have on-line workshops that will teach you a variety of learning strategies. Please feel free to come to see us, if you have any questions or want to let us know how these strategies are working for you. I wish you great success this semester.

Dr. Sandra McGuire