

Strategies for Student Success

Created by Natalie Bradley, MS

Overview

- Relaxation and the Power of Positive Thinking
- Study & Memorization Techniques
- Test Taking Strategies

Relaxation and Visualization for Success Overview

- Compassion for self
- Change emotions through thinking
- Decide what you do want
- Visualize with feeling

Emotion: Compassion

Definition: "Sorrow for the sufferings or trouble of another or others, accompanied by an urge to help; deep sympathy."

Compassion for Self: It is imperative that you tend to yourself... with kindness and compassion.

Thinking: Rational-Emotive Therapy (RET)

*"Rational Emotive Therapy promotes psychologically healthier thought processes by **disputing irrational beliefs and replacing them with more rational interpretations of events.**" –*

The Power of Positive Thinking and Visualization

- Remind yourself of why you are pursuing your goal in the first place. What inspiration led you to this point?
- State these things in the positive, not "survival."
Example: "I need to pass this test, so I can feed my children." VS
"Mastering this test is one step towards my successful and financial rewarding career in a profession that I love for many reasons."

Relaxation and Visualization for Success Summary

- Compassion for Self
- Change emotions through thinking
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More about Study Time

- Plan blocks of time; start with 2 hour blocks
- Try to plan for study time immediately after class
- Try to plan for study during the daytime (retention is better)
- Take care of yourself; be flexible, make time for eating, sleeping, exercise and recreation

Study: Organizing information

- Recognize similarities as well as differences
- Rearrange lists in alphabetical order
- Categorize

Study: Organizing information

- Make up a story or narrative to relate events, or sequence.
- Simulations or Role Playing: Acting out the main points of a character or scene

Study: Meaningful Information

- Relate new information to prior learning
- Make associations with prior knowledge or events. (Example: Unconditional Positive Regard)
- Incorporate *metaphors, analogies, or similes*

Senses and Types of Learners

- Visual
- Auditory
- Kinesthetic (Tactile / Body)
- Emotional

Incorporating All Senses

- Take notes / Recopy notes
- Record lecture / Listen to recorded lecture
- Read aloud / Walk while reading aloud
- Think out loud

More Study Techniques

- Rhythm/ Rhyme/ Rap
(Example: *I before E except after C*)
- Creating your own Flashcards
- Pictorial Representations/ Graphics
- Imagery / Visualizations
- Projects and Hands on activities

Study Techniques in Notetaking

- Record: Rule off a 6 inch column and use this space for taking notes
- Reduce: Use the left column space of 2 inches to reduce the main ideas to a few words, or "flags"
- Recite: Look at both areas and recite
- Reflect: On the relationship between main ideas and flags
- Review: Using only the flags, repeating process for any areas that are difficult to remember

Study Techniques for Reading

- Look up words that you do not understand
- Underline / Highlight
- Put into your own words (paraphrase) what you have read
- Write down the paraphrased information
- “Don’t just read a book, DEVOUR it!”
~~Louis Mauldin, Professor of Philosophy

Memorization Techniques

- **Alphabet Cues:** Organizing information using the alphabet. Example:
- The **ABC’s** of cardiopulmonary resuscitation are:
 - Airway—clear the airway
 - Breathing—initiate artificial breathing
 - Circulation—initiate cardiac compression

Memorization Techniques (*Mnemonics*)

- **Acrostics:**
A phrase, motto, or verse in which the first letters of each word prompts the member to retrieve information

Memorization Techniques (*Mnemonics*)

- **Acronym:** "A word formed from the first letters of a series of statements or facts."
- **Ex: POWER**
 - Prepare
 - Organize
 - Work
 - Evaluate
 - Rethink
- The letters cue the memory to recall

Study Groups:

- Listen, share, evaluate, help, support, reinforce, discuss, and debate to promote learning.
- Provides opportunity to incorporate all senses.

Study Group Techniques

Mind Mapping

- A form of brain storming
- There are no rules
- Symbols and pictures can be used
- Share mind maps
- THEN organize thoughts on revised map

Exercise

Using Reciprocal Teaching to Review "Mind Map" Memory Cues:

- Compassion
- Rational Emotive Therapy
- Positive Thinking
- Study time
- Memorization Techniques
- Senses
- Notetaking and Reading Techniques
- Study Groups

Common Test Errors

- Did not know or could not remember the content
- Read question too quickly or answered too quickly without reading all answer options
- Missed the central point/ central person/ or central theme of the question
- Read into the question
- Changed original answer to incorrect answer
- Missed a key word (negative or priority)

Strategy for Each Question (Sides and Korchek)

1. Read the question identifying key words.
2. Review ALL of the answers giving equal consideration to each
3. Eliminate the obviously incorrect responses first; then select the best of the remaining responses.
4. Re-read the question
5. Relate: Ask yourself if the answer you chose directly relates to the question being asked.

Identify KEY WORDS that Indicate
Negative Polarity

BUT
NOT
EXCEPT
CONTRAINDICATED
UNACCEPTABLE
LEAST
SHOULD AVOID
NEVER
WOULD VIOLATE
SHOULD NOT BE DONE

Priority key words ask you to rank in
order of importance

FIRST
INITIALLY
PRIORITY
BEST
SAFEST
MOST

(These words are sometimes **bolded**, underlined, or *italicized*, but not on the computer!)

To Avoid Reading Into the Question

DO NOT :

- Add information
- Make assumptions
- Focus only on your personal experiences

To Avoid Reading Into the Question

DO NOT :

- Change answers without good reason or sound rationale.
- Statistics show that when students change answers, they change it to the wrong answer.
- If you utilize good strategy, there is no need to second guess yourself. Be confident !

And Relax

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