**Academic Success - Course Activity**

**Kickoff to Success**

This Course Activity will help you meet these educational goals:

21st Century Skills—You will use critical thinking and problem solving skills and communicate effectively.

Introduction

This course activity is your opportunity to define the foundation on which you’ll build improvements in study habits, keeping in mind the goals you set and your definition of success.

I have shared this document with you. First, go to File and select Make a copy. A copy will be saved to your drive. Next, rename your doc using this format (First Name: Academic Success - Course Activity). Type your answers directly in the document. When you have finished, share your work with Mr. Tanabe.

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Directions and Analysis

**Task 1: Defining Success**

Take some time to reflect on what success means to you and how you’d like to define success for yourself.

a. Jot down your thoughts about how the items listed in the table affect your idea of personal success. Include the kind of success you hope to attain in each aspect of life as well as obstacles that may block you from achieving success. Add other aspects of life that you consider important to your potential success. You will use these notes to write an essay.

**Type your response in the table:**

|  |  |
| --- | --- |
| **Aspect of Life** | **Your Goals for Success** |
| income earned |  |
| line of work |  |
| grades in school |  |
| test score outcomes |  |
| physical health |  |
| family relationships |  |
| personal relationships |  |
| social network |  |
| ability to handle stress |  |
|  |  |
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b. Organize your thoughts about success by briefly answering the questions below.

1. Describe someone you think is successful in life and what makes that person successful.
2. Compare yourself to that person. Do you imagine becoming like that person, or do you see yourself heading down some other path?
3. Describe yourself five years from now if your life progresses ideally.
4. Describe yourself five years from now if nothing works out as you would like it to.
5. Explain the aspects of success that seem realistically attainable in your life, as well as any that do not. Include a description of why you think these types of success are or are not achievable.
6. Think back on ways that you defined success in the past. How has it changed? What has remained the same? How do you imagine your notion of personal success will change in the future?
7. Explain the role you think education plays in reaching your goals.
8. Describe the kinds of study habits you think you’ll need to develop to reach your goals.

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**Task 2: Current Study Habits**

This analysis will help you determine where you stand with your current approach to studying.

a. Describe your study habits in terms of each category listed below.

**Type your response in the table:**

|  |  |
| --- | --- |
| **Category of Study Habit** | **Description** |
| Describe the circumstances in which you study and what you do when you study. |  |
| How do you take notes to record the content of your classes? |  |
| How do you prepare for tests? |  |
| How and how well do you manage your study time and anticipate deadlines? |  |
| How do you balance your social life and your study time? |  |

b. Now answer these questions, in 3-4 sentences, about how effective you think your study habits are.

1. How satisfied are you with the results of your current study habits? Explain.
2. What qualities about your study habits do you think you could improve? Explain why they need improvement and what about them should change.

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**Task 3: Learning Styles**

Think about the classes you currently take and those you’ve taken in the past. Consider the ways in which you preferred to learn.

a. Answer the multiple-choice questions below. Choose the first answer that comes to mind and highlight it with the highlighting tool; don’t spend too much time thinking about a certain question. When you are done, score each answer with the provided rubric and determine what type of learner you are. Read the descriptions of your learning style as well as the others.

|  |  |
| --- | --- |
| **Question** | **Answers** |
| 1. Where do you tend to sit in class? | a. in the front  b. wherever I can hear  c. near the door or an open space |
| 2. What do you do when you get bored? | a. I read something.  b. I hum or talk.  c. I take a walk. |
| 3. Which statement do you most identify with? | a. I like to see what I’m learning.  b. I tend to read aloud when learning.  c. I enjoy tasks that involve manipulating materials. |
| 4. When someone is speaking, what do you pay attention to most? | a. language that is rich in imagery  b. whether or not you can hear clearly  c. what the person is doing while speaking |
| 5. What type of class do you benefit from most? | a. a class that uses images and diagrams  b. a class that emphasizes class discussion  c. a class that has activities and hands-on lessons |
| 6. How do you usually study for a test? | a. I look over my notes and study illustrations.  b. I read my notes aloud and have someone quiz me.  c. I write things out and make diagrams. |
| 7. When in class, what do you usually do? | a. take a lot of detailed notes  b. record the lecture and listen intently  c. rely on activities such as labs and experiments |
| 8. What type of class would you prefer to attend? | a. an art class  b. a music class  c. an exercise class |
| 9. Which activity would you rather do? | a. write a story  b. listen to a story  c. act out a story |
| 10. How do you prefer to solve a problem? | a. by making a list of steps and checking them off as they are accomplished  b. by talking things out with others  c. by jumping in and seeing what happens |

Total your a, b, and c responses and put the totals in the spaces below:

a\_\_\_\_\_\_\_\_\_\_\_ b\_\_\_\_\_\_\_\_\_\_\_ c\_\_\_\_\_\_\_\_\_\_\_

If you had more “a” responses, your preferred learning style is visual:

**Visual Learners** learn best when information is presented in a written language format or in another visual format such as pictures or diagrams. Most likely, you

* prefer classes in which teachers write on the board, provide handouts, and use slideshow presentations;
* remember information by creating pictures in your mind;
* take detailed notes in class and from your textbooks;
* like to see what you are learning; and
* are attracted to written or spoken language with vivid imagery.

If you had more “b” responses, your preferred learning style is auditory:

**Auditory Learners** learn best when information is presented in an auditory language format. Most likely, you

* prefer classes that emphasize teacher lectures and class discussions;
* like listening to audio tapes;
* find yourself reading aloud or talking things out to gain a better understanding;
* remember information by verbalizing it to yourself;
* like to be quizzed by a friend; and
* need to hear what is being said but don’t need to see anything.

If you had more “c” responses, your preferred learning style is tactile/kinesthetic:

**Tactile/Kinesthetic Learners** learn best in hands-on learning settings in which they can physically manipulate something to learn about it. Most likely, you

* prefer classes where you can move around and handle objects;
* tend to do well in classes that have a lab component;
* need to have an actual object in your hand but don’t need to see a picture of it or hear a description;
* are active and take frequent breaks;
* speak with your hands and many gestures; and
* tend to remember what was done but maybe not what was said or seen.

b. Compare some classes you’ve had and styles of learning they fostered by answering these questions.

1. Think of two classes you are taking now or have taken in the past, one in which you felt the most comfortable learning new knowledge and one in which you found it difficult to absorb new knowledge. Describe each class in terms of the subject matter, the textbooks or other materials used, the kinds of interaction you engaged in (lecture, lab work, group discussions, etc.), how the instructor taught each class, and anything else that might help explain why you found one class comfortable and the other highly challenging.
2. Describe the aspects of your personal learning style that might have contributed to your experience in these two classes.