STUDENT SUCCESS LABS
In order to create a success plan, we have developed this tool for you. We will create a personal plan based on your responses that you can pick up from your class dean.

Please complete this form prior to your first meeting.

Let's get started  press ENTER
• We create an individualized plan which you review and refine with your Class Dean.
• Together we track progress, make course corrections or define new goals.

PERSONAL SUCCESS PLAN

for: Jennifer Forbes

RIN: 661234567
Fall 2017

Here’s what you told us about why you’re at Rensselaer:

“
To enable STEM students to change the world

— Jennifer Forbes

In addition to continuing to use the resources which helped last semester, here are others you weren’t using which might be helpful.

— Assistance Center for Student Development
SUCCESS ISN'T A MYTH
Lab Schedule

- January 30 Personal Success Plan with Louis Trzepacz
- February 6 – Time Management with Louis Trzepacz
- February 13 – Motivation I with Lydia Rest
- February 20 – Motivation II with Lydia Rest
- February 27 – Resilience I with Dr. Keith Anderson
- March 6 – Resilience II with Dr. Keith Anderson
- March 13 – Spring Break
- March 20 – What it takes with Nii Opare-Ado
- March 27 - Sleep Hygiene with Tara Schuster
- April 3 – Mindfulness I with Sheryl Spencer
- April 10 – Mindfulness II with Sheryl Spencer
- April 24 - Academic Prep for finals with Louis Trzepacz
- May 1 – Micro Labs
Formula for Success:

Time Management,
Study Skills and Goal Setting
Yik Yak

Why leisurely do today, what I can do tomorrow under stress

15 UPVOTES
Time Management and Study Skills
How much is this worth?
How far would you travel for $1000?
We’re going on a trip
Where does all the time go?

• 168 hours in a week
• How much free time to we really have?
• About 42 hours of free time!
How much is your time worth to you?

“Time is money.”

-Benjamin Franklin
Time Management Plan

• Do you have one?
• What tools do you need to make an effective plan?

❖ Know when you are alert
❖ Be Realistic
❖ Break big tasks into smaller tasks
❖ Plan backward from the due date
❖ Plan 2 hours of studying for every credit hour
❖ Plan time for yourself
Plan Ahead

● Semester Calendar
  ❖ Due Dates
  ❖ Exam/Quiz Dates
  ❖ Other Important Dates

● Fixed Schedule
  ❖ Classes, work/practice schedule
  ❖ Physical Needs (sleep, eating, naps, shower, laundry)
  ❖ Study Time (2 hours for every credit hour)
  ❖ Free Time (Some open, some designated to personal goals)
It’s the Law

Two hours of study outside of class for every credit hour isn’t just a recommendation
Where did this come from?

HIGHER EDUCATION ACT OF 1965

• *Credit hour:* Except as provided in 34 CFR 668.8(k) and (l), a credit hour is an amount of work represented in intended learning outcomes and verified by evidence of student achievement that is an institutionally established equivalency that reasonably approximates not less than—

• (1) One hour of classroom or direct faculty instruction and a minimum of two hours of out of class student work each week for approximately fifteen weeks for one semester or trimester hour of credit, or ten to twelve weeks for one quarter hour of credit, or the equivalent amount of work over a different amount of time; or
Study Tips

• When?
  - What time of day do you study best?

• Where?
  - Library, study room, NEVER in bedroom!

• How?
  - 30 minutes, 5-10 minute breaks
THE ZPTI

PAST NEGATIVE
PAST POSITIVE
PRESENT FATALISM
PRESENT HEDONISM
FUTURE
TRANSCENDENTAL FUTURE
What are you doing?
Why are you doing it?
How does it help you?
Prioritization
Let’s fill this up.
Resources

• Daniel Bernouli – a well known eighteenth century polymath famous for his principal in fluid dynamics also was a mathematician whose work has direct implications on Economics and game theory.


• *Antifragile: Things Gain from Disorder* by Nassim Nicholas Taleb – a fascinating look at complex system failures and when systems actually do better as a result of adversity.

• *The Time Paradox: The New Psychology of Time That will Change Your Life* by Philip Zimbardo and John Boyd.