

Academic Successletter



November/
December 2006

We're Moving!

Volume 2, Issue 1

The Academic Success Center is MOVING! The ASC will be relocating at the end of the fall semester to the new Hixson-Lied Student Success Center. The Hixson-Lied Center is on Beach Road across the street from Maple Hall and will be home to the ASC, Hixson Awards Program, Na-

tional Student Exchange, Exam Accommodations, and the Athletic Academic Center. All of your favorite ASC sponsored programs will be in this new facility including Tutoring Services, Supplemental Instruction, and the Academic Learning Lab. Additionally, individual tutoring rooms, SI computer labs and a variety of quiet study places will be available. Come see our new home when you return for the Spring 2007 semester!



Spring 2007 the Academic Success Center will relocate!

Special points of interest:

- ✓ We are moving the week of December 11th!
- ✓ Early-Bird SAARS can be filled out now!
- ✓ Spring Tutors are now being hired!

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What is the Academic Successletter Anyway?

The Academic Successletter is a bi-semester newsletter to help keep students, faculty, and staff informed of information related to Academic Success Center (ASC) Programs. This year, each newsletter will feature updates from each of the ASC services: Academic Consulting, Disability Resources, Psychology 131, Supplemental Instruction, and Tutoring Services. If there is information that you would like to see in the newsletter or would like more information about a story you read, please contact: Sarah Bender at smbender@iastate.edu.

Happy Reading!

Academic Consulting Area

This time of the semester is always a lively one for us in the Academic Consulting staff. Right now is when so many students come in wanting to make sure they can finish the semester strong and/or get off on the right foot for the next semester! We make lots of referrals to campus organizations, answer questions about surviving Finals Week, and give the students space to talk about their academic needs. We also have seen a steady stream of students for Disability Resource screenings who are trying to make changes in their lives for next semester.

In addition to the regular increase in student clients we usually have this time of year, we also have the pleasure of working with the students in the Journey to Success program. In both group and individual meetings, we discuss with the students strategies for success here at ISU. We also give these students a place where they can ask questions and get feedback from the



grad assistants and their fellow students!

All in all, it's been a pretty busy semester...but I think a very productive one as well! We've seen a lot of students making great strides in their academic and personal lives, and we've seen Andy become a proud papa! I'm

sure I can speak for all of the Academic Consulting staff when I say CONGRATS to Andy!

- Scott Young

Disability Resources Details

Iowa State recently experienced "Disability Awareness Week," during the week of October 23-27. There were a variety of events, including open houses, discussions, movies, book lists, and interactive programs.

The highlight of the week was a program called "Step into My World," cosponsored by the Alliance for Disability Awareness. This event allowed various stu-

dents, faculty, and staff the chance to experience daily activities with a disability.

In the coming weeks, the DR office will be facilitating Early Bird SAARs. During this time, students and staff meet to fill out student accommodations forms. This allows students to take care of their SAARs before break, rather than during the first week rush.

We wish all students "Good luck" with finals and have a great break! -Brooke Heithoff

"In the coming weeks, the DR office will be facilitating Early Bird SAARs. During this time, students and staff meet to fill out student accommodation forms"

Psych 131 Section

** "I don't have enough time in my schedule to fit in everything I want to do."

** "I don't know what major to pick and how to go about doing so"

If these are some of the thoughts and questions that you have, then you might benefit from taking the course: Psych 131 – Academic Learning Skills.

Psychology 131 is a one-credit hour course dealing with learning issues

as well as a variety of reading and study strategies and tactics from time management to test taking. Several sections of Psych 131 are offered in both the Fall and Spring Semesters. The typical class size is 20 - 25 students to allow for group interaction as well as individual attention.

Topics covered in class include: Time Management, Memory, Effective Reading and Note-taking tech-

niques, Test-Taking, Test Anxiety, Diversity, Critical Thinking, Writing, Relationships, Major Choice, Health and so on. In addition, students also are able to visit various campus resources and learn how to best utilize them. Psych 131 is a course designed to help students adapt to life at college and make the most out of their time at Iowa State.

- Asha Stephen (originally written for a 2005 newsletter)

Supplemental Instruction Segment

SI affects my what? (Hint: It's not just your grade.)

Supplemental Instruction, your internationally known super-study program has been promoted to improve your letter grade in a course by one-half to a full grade. While this is true, very true, it does affect much more than that.

Our secret now revealed...SI also affects your learning and retention of information. THIS IS WHY YOU GET A HIGHER GRADE! Basic learning theory suggests you need exposure to information seventeen times in order for the information to stick in your brain.

So, let's count: You read it, you took notes on your reading, you heard it in lecture, you took lecture notes, you saw it on an overhead in lecture, you reviewed your class notes, you talked about it with your roommate...well, that's seven thus far.

During SI, you review your notes again, you ask related questions, you look up the questions in your book, your questions get answered, your peers ask related questions, their questions get answered, you discuss the course content with your peers, you predict test questions in SI and you review for the test in SI. Now

that's sixteen. If you even just glance at your book one more time, that's seventeen!

Voilà! You just learned.
- Craig Zywicki



Tutoring Tidbits

Why Tutor?

So you've taken the course and did really well in it. You could either: trash all of your notes and pray you will never have to use that material again or you retain your notes and help others succeed. Many of our tutors not only have become more competent in what they already know but they also find tutoring useful for future classes that they will be taking.

Check out what other tutors have to say about their experience as a tutor. We hope that you will jump on board with our tutoring program. We constantly hire new tutors in every subject area. Visit www.dso.iastate.edu/asc/tutoring or stop by our office (1076 Student Services Building) to apply.

What tutors have to say about tutoring:

Name: Michael Petr

Semesters as a Tutor: 5

Enjoy Most About Tutoring: I enjoy getting to know the students and helping them to learn.

Advice for prospective tutors: If you would like to improve your public speaking skills or your knowledge in a specific area, check out tutoring!

prove throughout the year and being able to set my own hours.

Advice for prospective tutors: Do it. It's a very convenient way to make some money with the extra time you have between classes.

-Yen Dao

Name: Anne Stockdale

Semesters as a Tutor: 4

Enjoy Most About Tutoring: Seeing students have the "aha!" moment

Advice for prospective tutors: Keep an open mind.

"Many of our tutors not only have become more competent in what they already know but they also find tutoring useful for future classes..."

Name: Blake Hasenmiller

Semesters as a Tutor: 3

Enjoy Most About Tutoring: Being able to watch people im-



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What is the Academic Success Center?

The Academic Success Center (ASC) is a collection of services and programs, all in one location, designed to help you reach your academic goals. You can select from individualized or small group environments, course-specific or general academic assistance, even credit or non-credit programs. We offer a large menu of services--it's up to you to choose and use those which can help you get the grades you want.



Congratulations to Andy & Jamie Alt on the arrival of their son!

Test-Taking and Finals Preparation Tips

Stage One- Plan!

Ask yourself:

- When is the exam?
- What other tests or obligations do I have during that week?
- How much does the exam cover?
- How many items or questions will be on each test?
- Which exam(s) will be objective, essay, problem-solving? (see our handouts on these specific types for further pointers!)
- What types of questions will be asked? (factual/memory level, inferential level, application.....etc.)
- How much does the exam count toward your grade?
- What is a realistic goal for your grade on each exam?
- How much time will you need to spend studying, rehearsing, and reviewing for each exam?

- How will this amount of time change your schedule, and how will you fit this study time into your current schedule?

Stage Two- Act on your Plan!

1. Use the time planner provided on the next page to plan study time for your exams over the next week.
2. List for yourself the study tactics that you will use for each exam: flash-cards, outlines, diagrams, do practice problems, write practice essays, etc.
3. Create a master strategy for studying: include the tactics you chose and **WHEN** and **WHERE** you will use them. You may want to use a daily/weekly "to do" list for this.
4. Check over this list, are you distributing your time appropriately? Are you allowing time to review what you are studying to see what you are retaining?
5. Make sure you are following your plan and list. Post it in a place that

you CANNOT avoid and make sure your friends/roommates know about it too so that you have encouragement from them to stay on track.

6. Make modifications if you need to by changing time of study, place or strategy BUT don't sacrifice your goals!
7. Make sure that your strategy is working by periodically rehearsing to see if you know what you think you know.
8. Find ways to reward yourself for staying on task, and make sure you note the things that are distracting you from your goals so that you can avoid them or make changes to your plan.
9. After the exam, review what worked and what didn't and how satisfied you feel with your study plan. Make changes if you need to and keep what works.

