



Aggies Engage:
Choosing to Succeed

Dr. Dwight Roblyer '84 & '09, Ph.D.

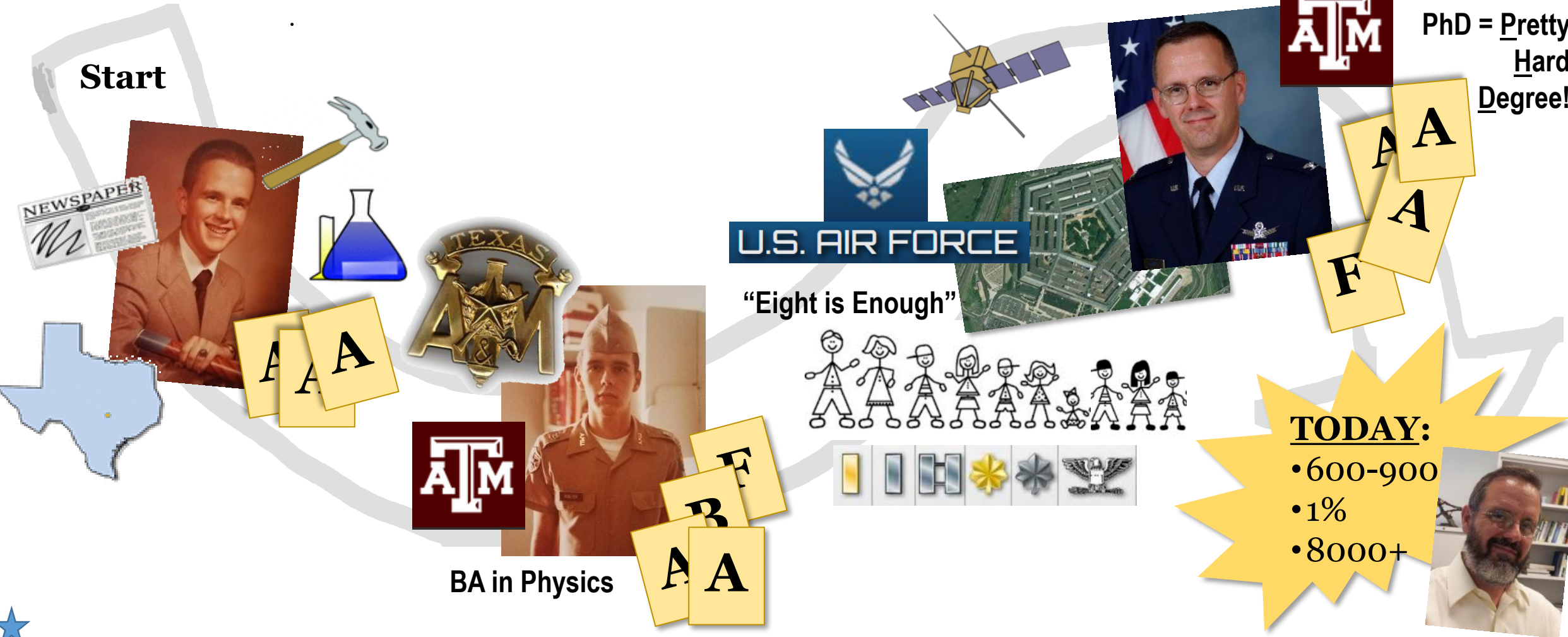
Lecturer, Department of Political Science

Where you & I are going in this talk...

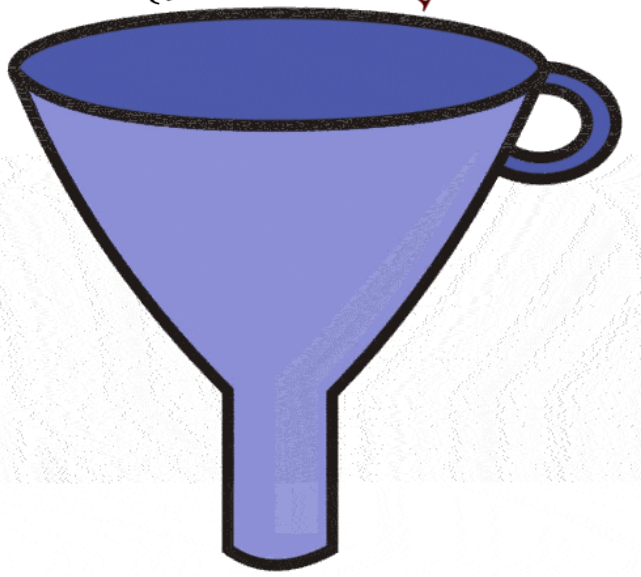
- My own path to this stage today
- What is success to you?
- What types of **choices** are important for success here?
- What exactly should you **choose** in order to succeed at TAMU?

My Own Path to Today

Start



Father of Former Students
Trained Critical Thinker
Strong writer
Son with strong work ethic
Passionate educator
Practical academic
Father of Special Needs Kids
Student that struggled
Aggie who highly regards the Honor Code



Who I am today...



Father of Former s
Trained Critical Th
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ighly regards

But whether I succeed tomorrow depends
on more than the sum of my past!

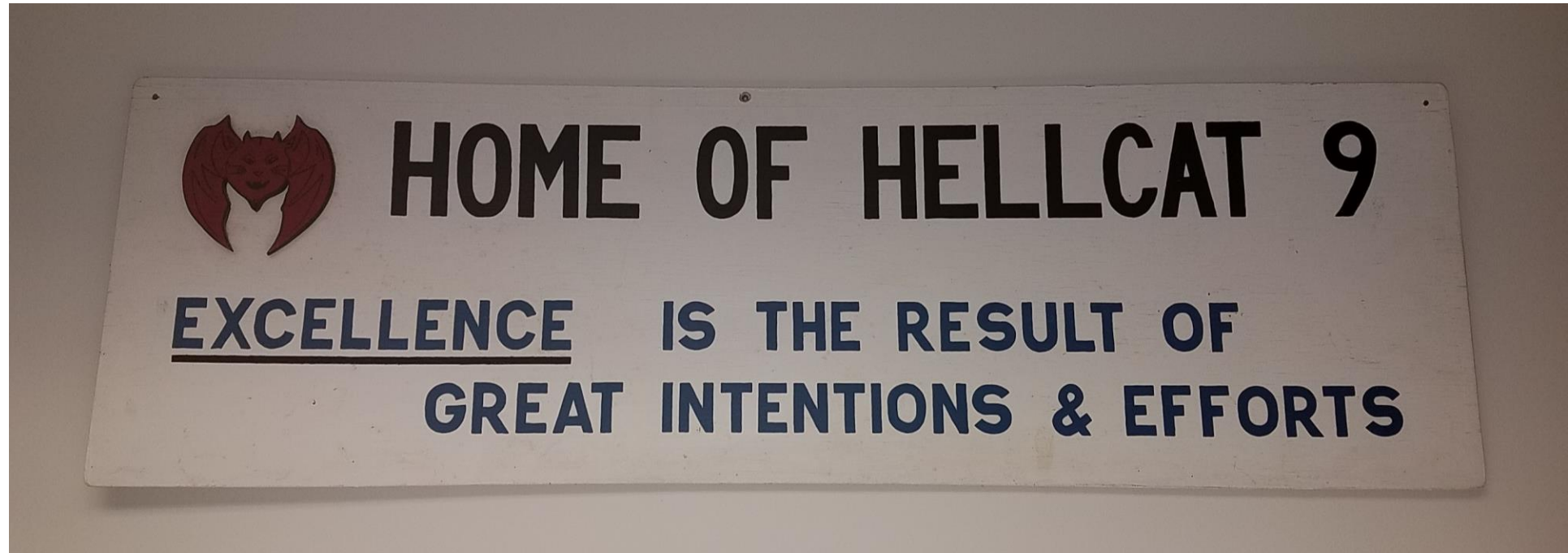


Who I am today...

What is “success” to college students?



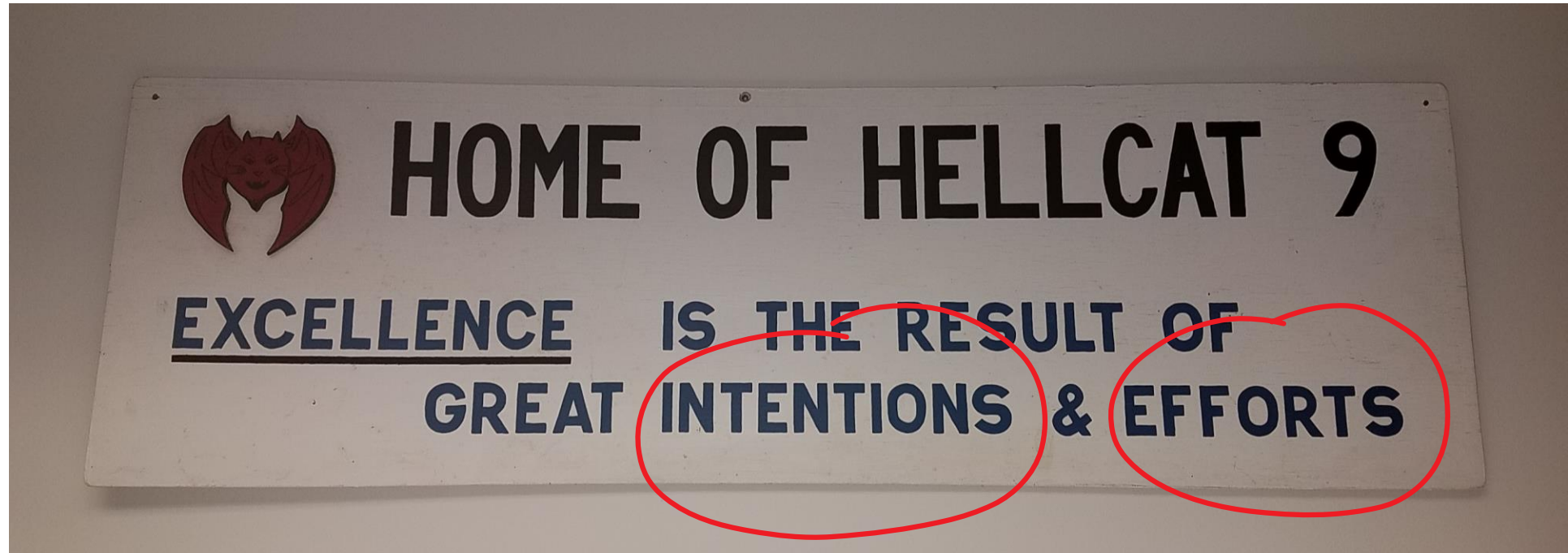
How do we succeed?



...from the stairwell in my Corps dorm during my senior year



How do we succeed?



...from the stairwell in my Corps dorm during my senior year

How do we succeed?



SUCCESS?

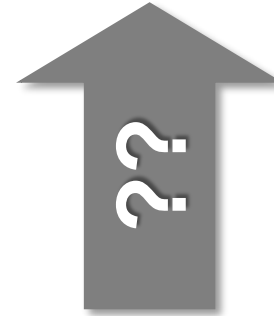
How do we succeed?



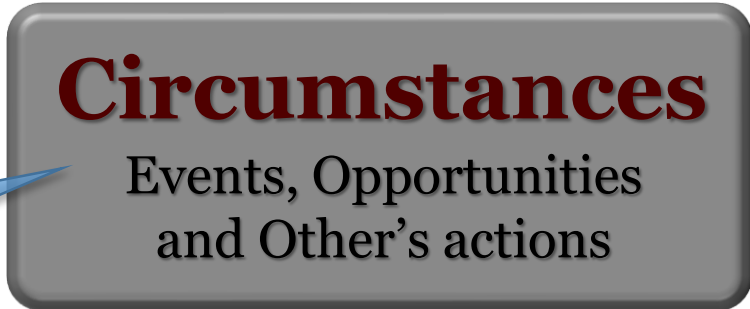
We control these



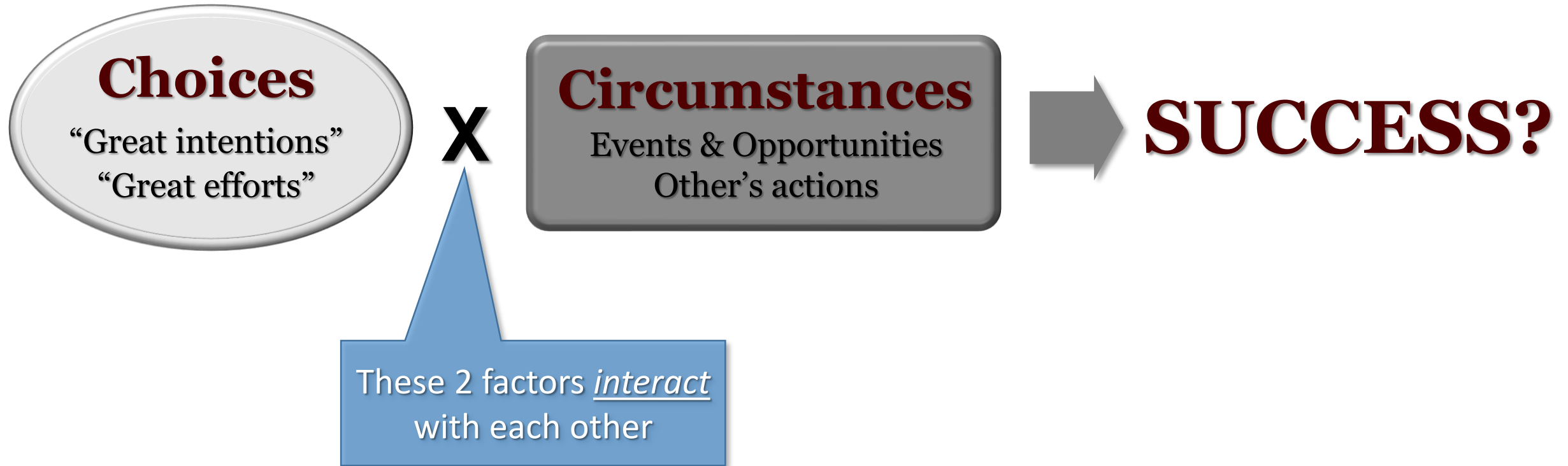
SUCCESS?



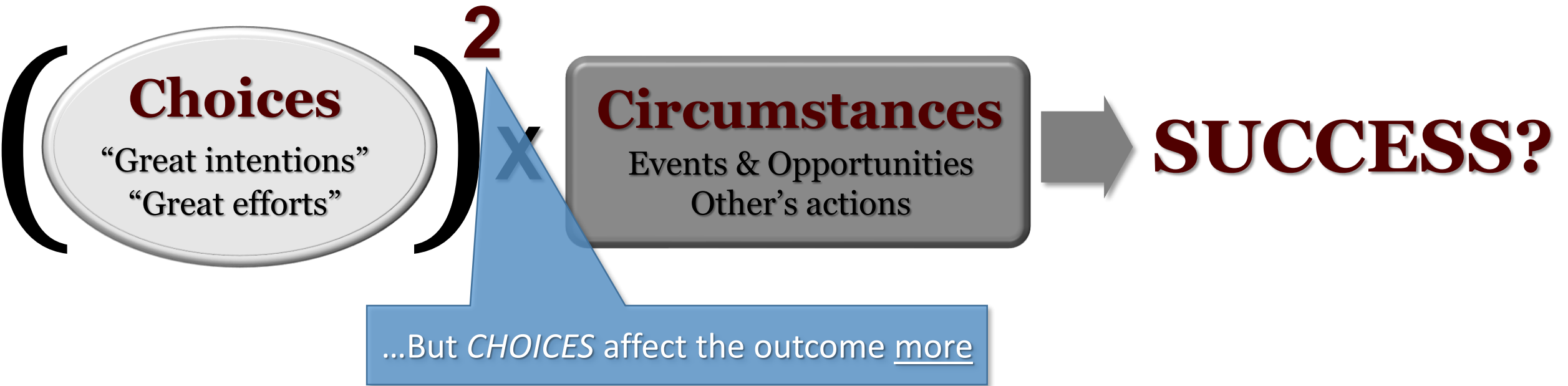
We don't control most of these



How do we succeed?



How do we succeed?



To succeed here, which choices matter most?

1. How & what will you **learn**?
2. How will you **plan**?
3. How will you respond to **stress**?
4. How will you use **resources** and build **relationships**?
5. How will you **balance** work vs. pleasure, and self vs. service?



CHOICE 1: How & what will you learn?

Option 1

Option 2

Learn by Understanding

“Own” your knowledge

Do your own work

Build a solid foundation

Discover the common threads

Lead & teach

?

Settle for Recognition

“Rent” your knowledge

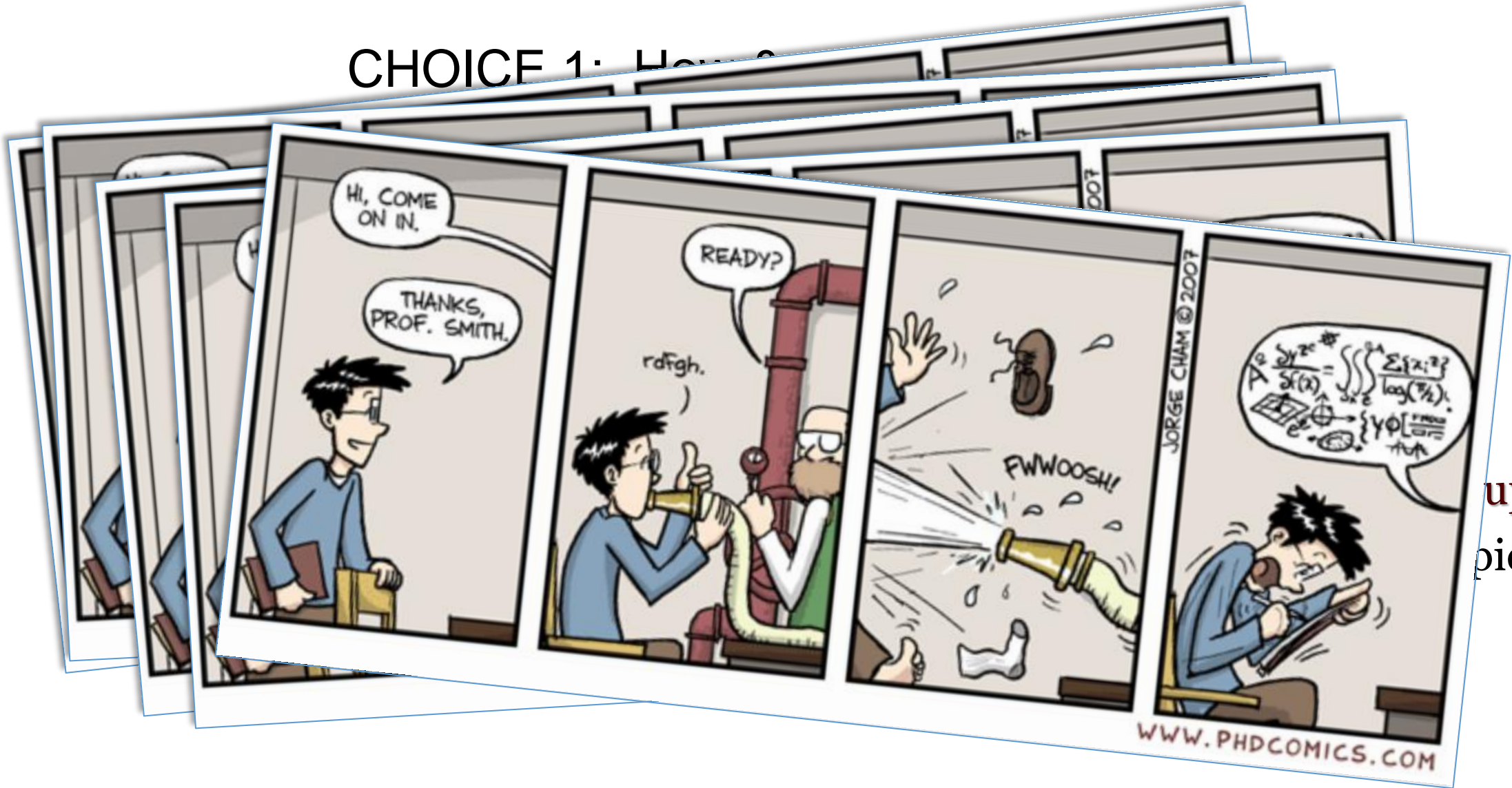
Let others do the work

Constantly repair & prop-up

Wander aimlessly between topics

Follow & scramble

CHOICE 1: How to



up
pics



CHOICE 2: Will you plan & prioritize?



CHOICE 3: Will you manage stress or will it manage you?

Option 1

Option 2

Go for Eustress

Think **clearly**

Be more **rested**

Be **pleasant** to be around

Protect your health

?

Suffer Distress

Make mental **errors**

Be **exhausted**

Strain & *break* relationships

Put your health **at risk**

**GOOD decisions
on other choices
help a lot!**



CHOICE 4: How will you use resources & build relationships?

Option 1

Option 2

Citizen of the Academy

Embrace **community**

Ask questions—be curious

Learn **with others**

Admit my need for help

?

Island all by myself

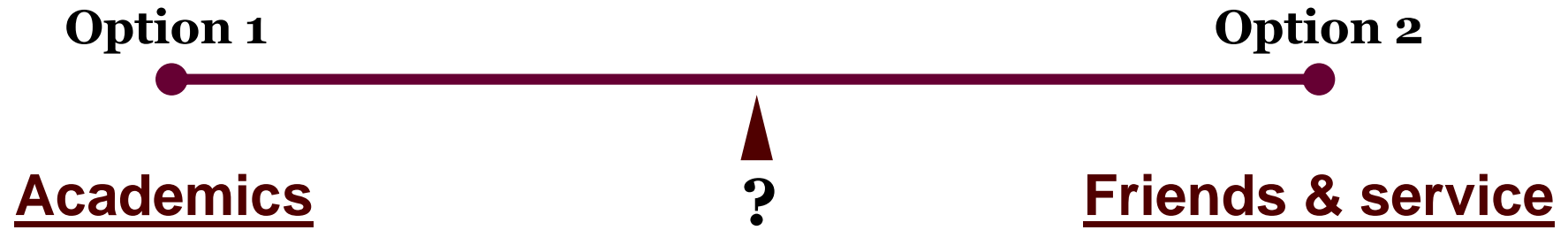
Go it **alone**

Suppress questions

Learn **by myself** or not at all

Hide my weaknesses

CHOICE 5: How will you balance life as a student?



CHOICE 5: How will you balance life as a student?

Fall
2018



This Fall semester is the time to be conservative and allocate more time and resources to ACADEMICS...

CHOICE 5: How will you balance life as a student?

Make adjustments in Spring 2019 based on GPA, course load, health, etc! Focus should still remain on ACADEMICS because that is how you graduate!

**Spring
2019**

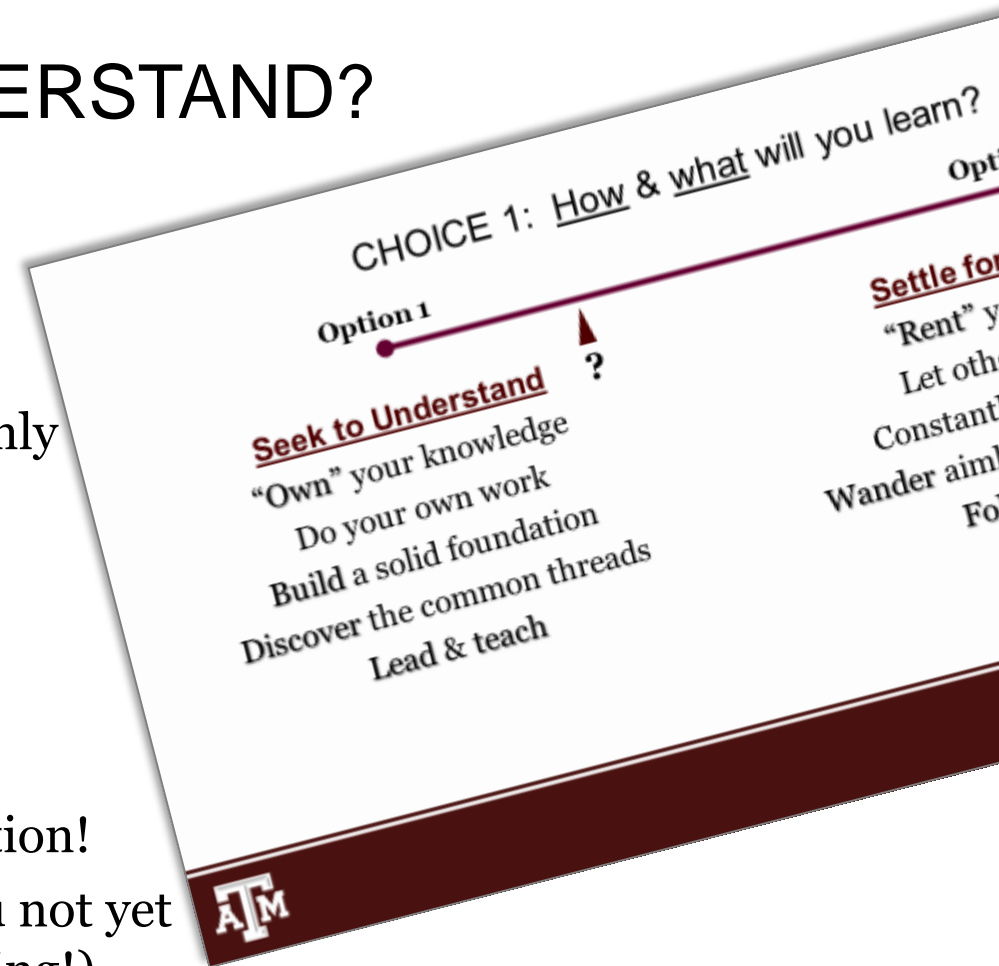


How do you make good decisions for Choices 1-5?



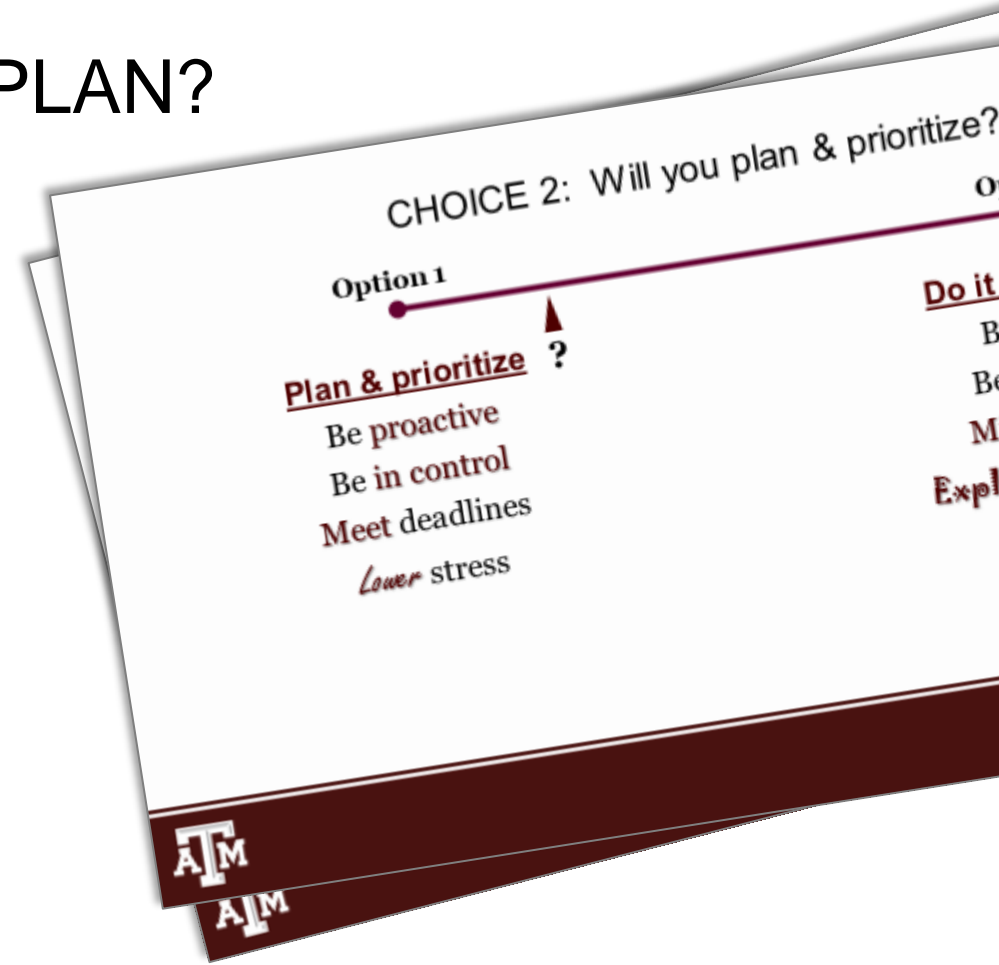
How do you choose to UNDERSTAND?

1. Take charge of your education – no more spoon-feeding!
 - Your instructor is (only) your **paid, expert guide**
 - You “bought the **season ticket**,” but the semester will only be what your daily decisions make it to be!
2. *Fight for understanding in every course.*
 - **Learn to think like each instructor** does in their subject
 - **Prepare before class**: read, question, look things up
 - **Attend class**: **be present** both **physically and mentally**
 - **Actively listen and participate** in class—it’s your education!
 - After class, **quiz on the material covered**—what can you not yet explain in your own words? (Re-reading is NOT studying!)
 - **Do the assignments, and don’t cheat!** Dishonesty is a shortcut that lands you *where you didn’t want to go....*



How do you choose to PLAN?

1. READ your syllabi as **contracts**—they are!
 - Write down every assignment, quiz, paper, project, exam
 - Note “crunch weeks” when multiple things are due across different courses—then plan ahead!



How do you choose to PLAN?

1. READ your syllabi as **contracts**—the
 - Write down every assignment, quiz, paper, exam
 - Note “crunch” days across different assignments

Approximate Schedule of Course Topics and Activities

Spring 2017 (Roblyer POLS 207)						
Date	Week	Day	Participation Points	Home-work Due	Chapter & Topic	Activity
18-Jan	1	W	none		Meet the Prof & the Course	Read Syllabus
20-Jan		F	none		Essential Academic Survival Skills	Review eCampus / Studying & Grade Improvement
23-Jan	2	M	1		1-Facts, Beliefs, Winning & Losing	End of Add/Drop
25-Jan		W	1		1-Facts, Beliefs, Winning & Losing	
27-Jan		F	1	HW1,2,3	2A-Empirical Relationships	
30-Jan	3	M	1		2B-Analyzing Data Presentations	10-min In-Class Practice Exam (before lecture)
1-Feb		W	1		2C-Causality & Spuriousness	
3-Feb		F	1	HW4	3-Political Cultures	
6-Feb	4	M	1		3-Cultural Continuums	
8-Feb		W	none		EXAM 1 (Chpts 1-3)	
10-Feb		F	1	HW5	4A-Concerns w/ Govt	
13-Feb	5	M	1		4B-State Constitutions	Makeup Exams
15-Feb		W	1		5A-Revenues and Expenditures	
17-Feb		F	1	HW6	5B-Taxes by Type	
20-Feb	6	M	1		5C-Borrowing	
22-Feb		W	1		6-Individual Participation	
24-Feb		F	1	HW7	6-Individual Participation	
27-Feb	7	M	1		6-Individual Participation	
1-Mar		W	none		EXAM 2 (Chpts 4-6)	
3-Mar		F	1	HW8	7-Group Participation	Participation Logs Due by

All scores will be calculated and recorded comprised of your participation, homework credit offered and received:

Aggie Honor Code

“An Aggie does not lie, cheat, or steal, because trust and faithfulness is the foundation of education.”

Upon accepting admission to Texas A&M University, you also accepted responsibility to uphold the Honor Code, the axiom of the same time, you also accepted responsibility to the Honor System. Ignorance of the rule the Honor System as described at <http://student-rules.tamu.edu/rule20> misconduct (including the appeal process) are not aware of most of the content of the Honor Code—do not be one of them.

ATM | TEXAS A&M UNIVERSITY

HONOR CODE
recording, invest much time in these rules academically

QUICKSTART STEPS:

1. Obtain your course materials (textbook, syllabus, etc.)
2. Register for REU
3. Log onto eCampus for important instructions and need for exams.
4. Start reading my textbook for improvement. I will
5. Ensure you never miss a class.
 - a. Download the syllabus from <http://ecampus.tamu.edu> grade posting
 - b. Set up my calendar

In-Class Requirements
being optional for other assignments

- I will
- I will
- Opti
- com

Will you plan & prioritize?



How do you choose to PLAN?

1. Treat your syllabi as contracts—they are!
 - Write down every assignment, quiz, paper, project, exam
 - Note “crunch weeks” when multiple things are due between different courses—then plan ahead!
2. Plan out a typical 7-day week, **hour-by-hour**
 - Class times & work hours
 - Meals, sleep, grooming, fitness, etc.
 - Study time (**2x to 3x class hours**) specific to
 - Prepare for next exam as you go—not 2 nights before
 - All other commitments: clubs, social, etc.
 - **See how little time is actually left!**

CHOICE 2: Will you plan & prioritize?

Option 1

Plan & prioritize ?

24/7 Planning Template

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
5am								
6am								
7am								

Checksheet for 24/7 Planning Template

Checker: _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
Course1								
Course2								
Course3								
Course4								
Course5								
Course6								
Course7								
Meals								
Sleep								
Hygiene								



How do you choose to PLAN?

1. Treat your syllabi as contracts—they are!
 - Write down every assignment, quiz, paper, project, exam
 - Note “crunch weeks” when multiple things are due between different courses—then plan ahead!
2. Plan out a typical 7-day week, **hour-by-hour**
 - Class times & work hours
 - Meals, sleep, grooming, fitness, etc.
 - Study time (2x to 3x class hours) specific to each course
 - All other commitments: clubs, social, etc.
 - See how little time is actually left!
3. **Track** your own course grade in a spreadsheet
 - Always know where you stand & what you still must do

CHOICE 2: Will you plan & prioritize?

Option 1

Do it

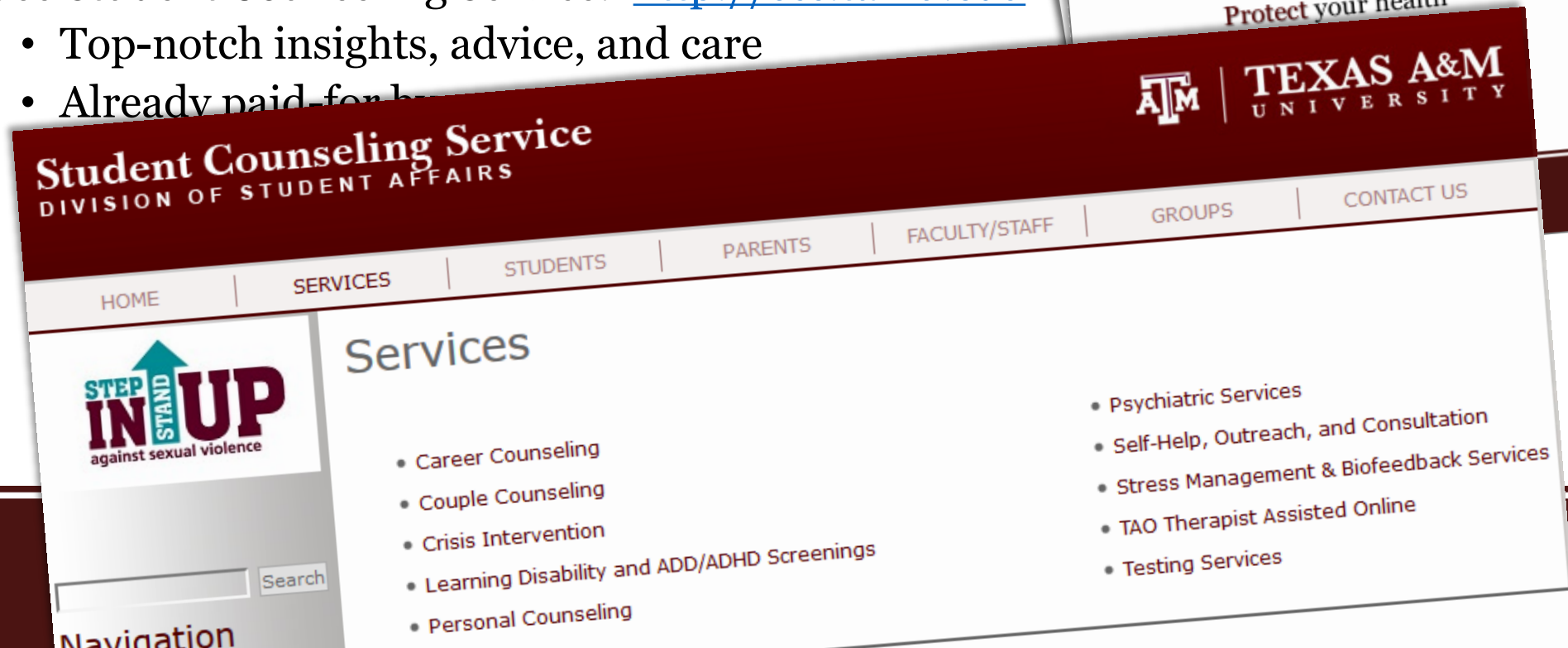
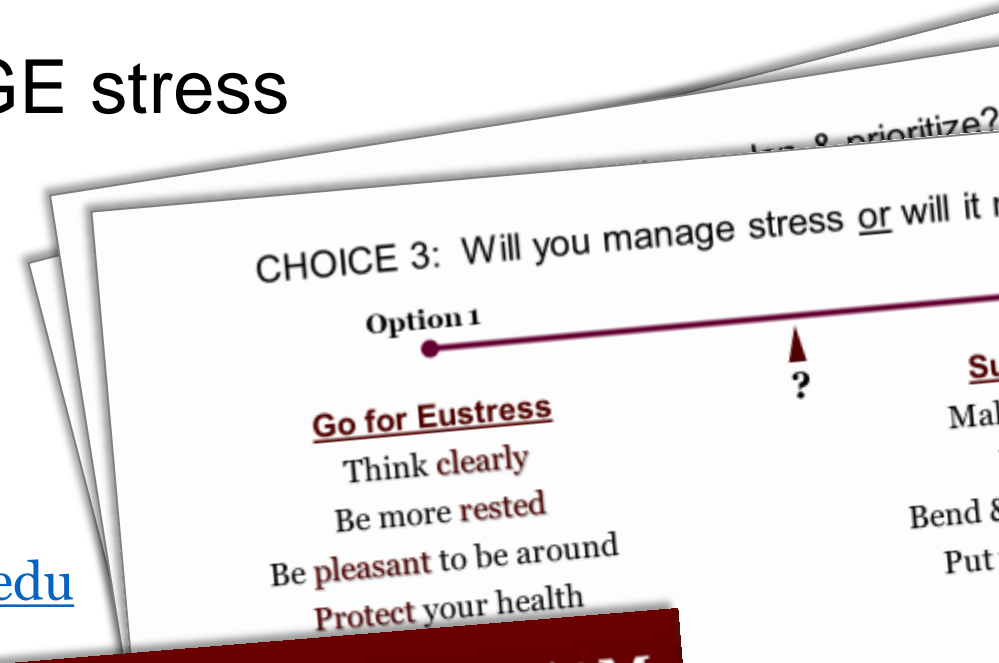
EXAMPLE:	Component	Score	Weight	Contribution
	Exam 1	67.17	20.00%	13.434
	Exam 2	72.33	20.00%	14.466
	Exam 3	91.88	20.00%	18.376
	Exam 4	88.62	20.00%	17.724
	Online Quiz 1	100	1.25%	1.25
	Online Quiz 2	0	1.25%	0
	Online Quiz 3	100	1.25%	1.25
	Online Quiz 4	100	1.25%	1.25
	Online Quiz 5	100	1.25%	1.25
	Online Quiz 6	0	1.25%	0
	Online Quiz 7	100	1.25%	1.25
	Online Quiz 8	100	1.25%	1.25
	Participation	94	10.00%	9.4
			Course Grade	80.9



How to choose to MANAGE stress

1. Don't forget the basics!

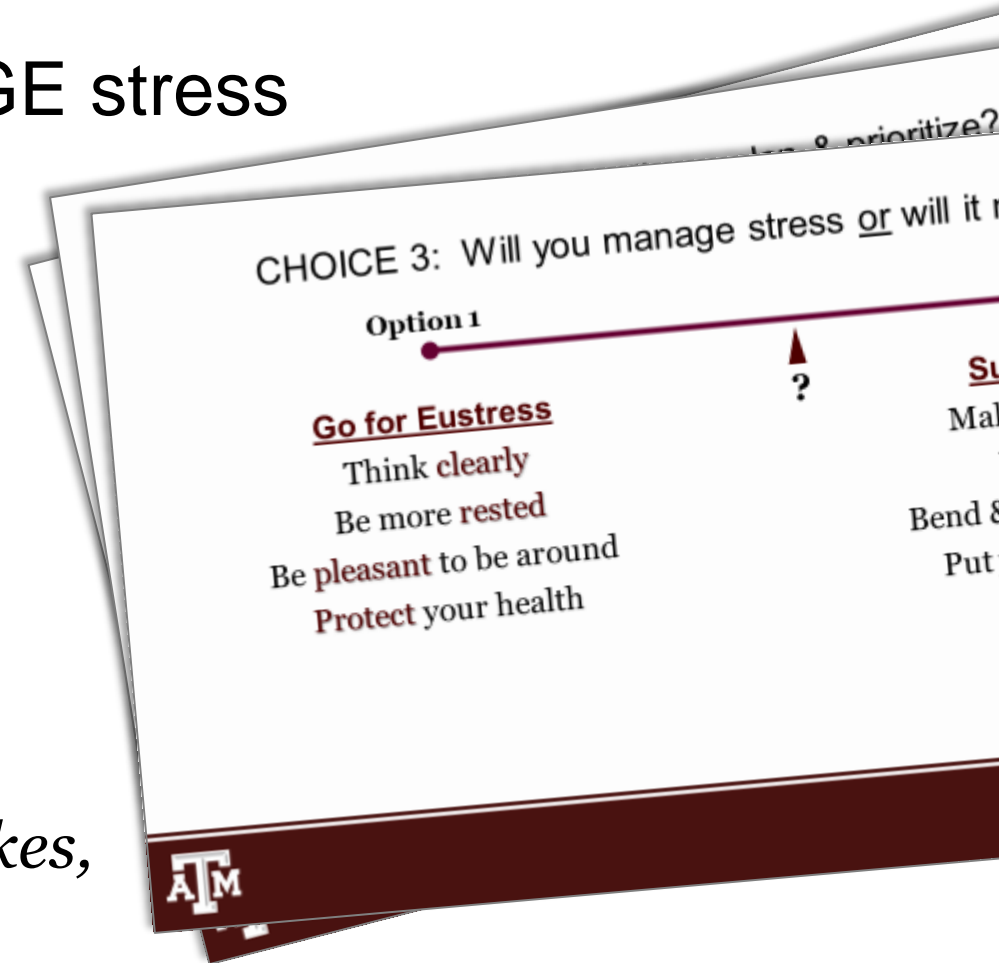
- Get your sleep
- Eat well
- Build & use your support network
- Use Student Counseling Service: <http://scs.tamu.edu>
 - Top-notch insights, advice, and care
 - Already paid for by you



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DENT
NFERENCE

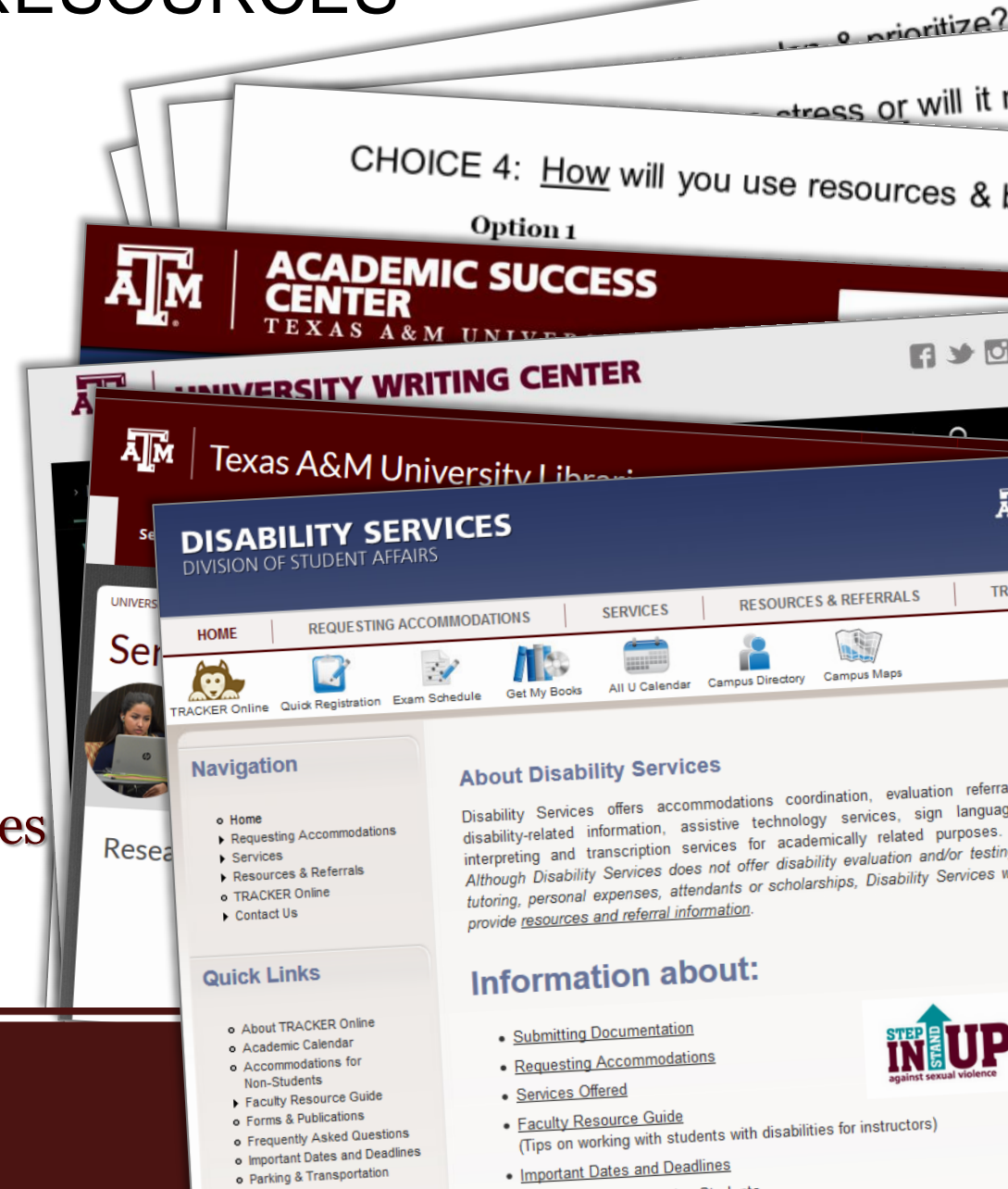
How to choose to MANAGE stress

1. Do the basics!
 - Get your sleep
 - Eat well
 - Build & use your support network
 - Use Student Counseling Service
2. Make **understanding** your academic goal
3. **Plan ahead** and prioritize carefully
4. Expect **the inevitable**: *You will make mistakes, and you will get some poor grades*
 - What matters most is what you do **after** that!
 - Do like a designer and **prototype**: test, assess, adjust, test again...



How to choose to USE RESOURCES

1. **Seek out** your instructor & **ask** questions!
 - Before/after class and during **office hours**
 - Email if permitted
 - **Make an effort** to understand before asking
 - Be as **specific as possible** with your questions
2. **Network** with classmates & **attend help sessions** provided by the university
3. Use the BIG THREE **early & often**
 - **Academic Success Center** (<http://successcenter.tamu.edu>)
 - **University Writing Center** (<http://writingcenter.tamu.edu>)
 - **University Libraries** (<http://library.tamu.edu>)
4. **Advocate for yourself**—visit **Disability Services**—no one else will do this for you!
 - Why make college harder than it has to be?



How to choose to use RESOURCES

1. Seek out

- Before/a
- Email if
- Make a
- Be as sp

2. Network sharing

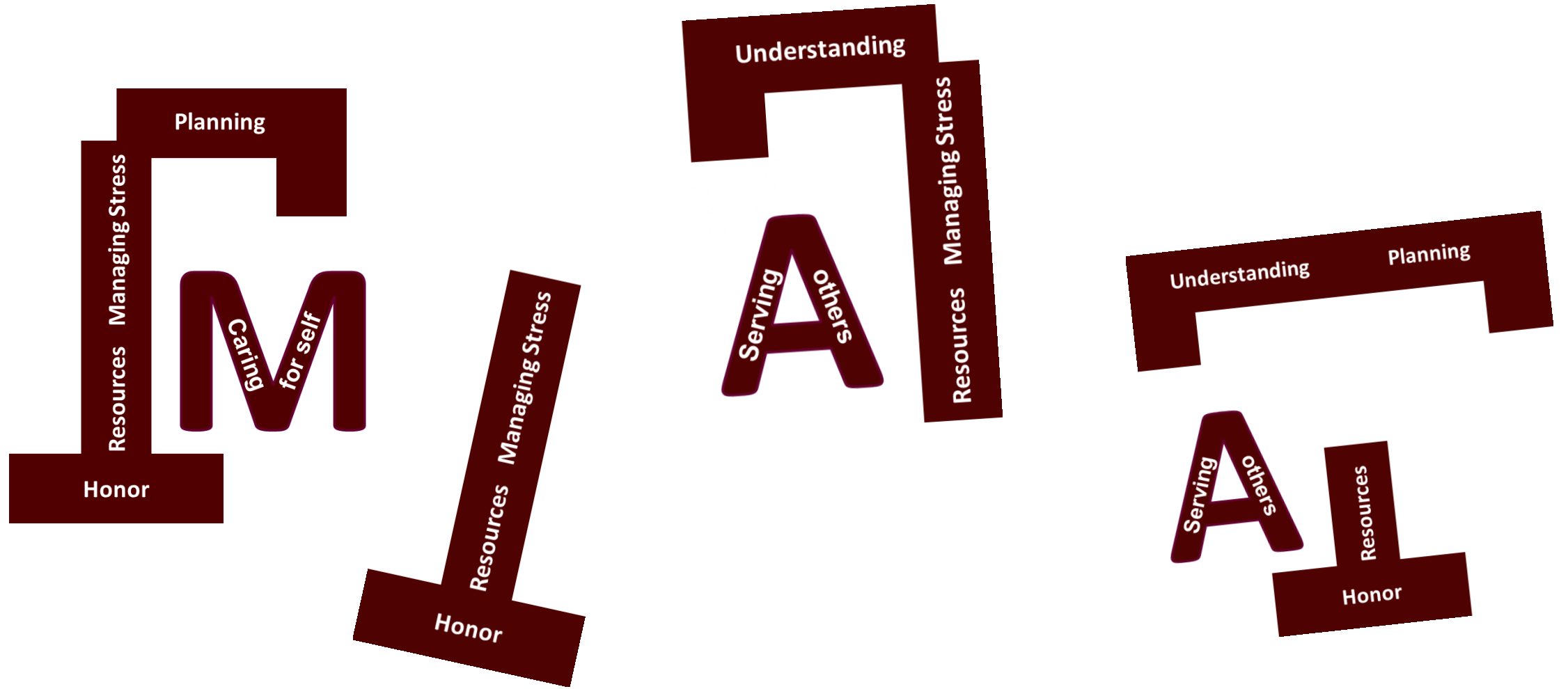
3. Use the

- Acade
- Univer
- Unive

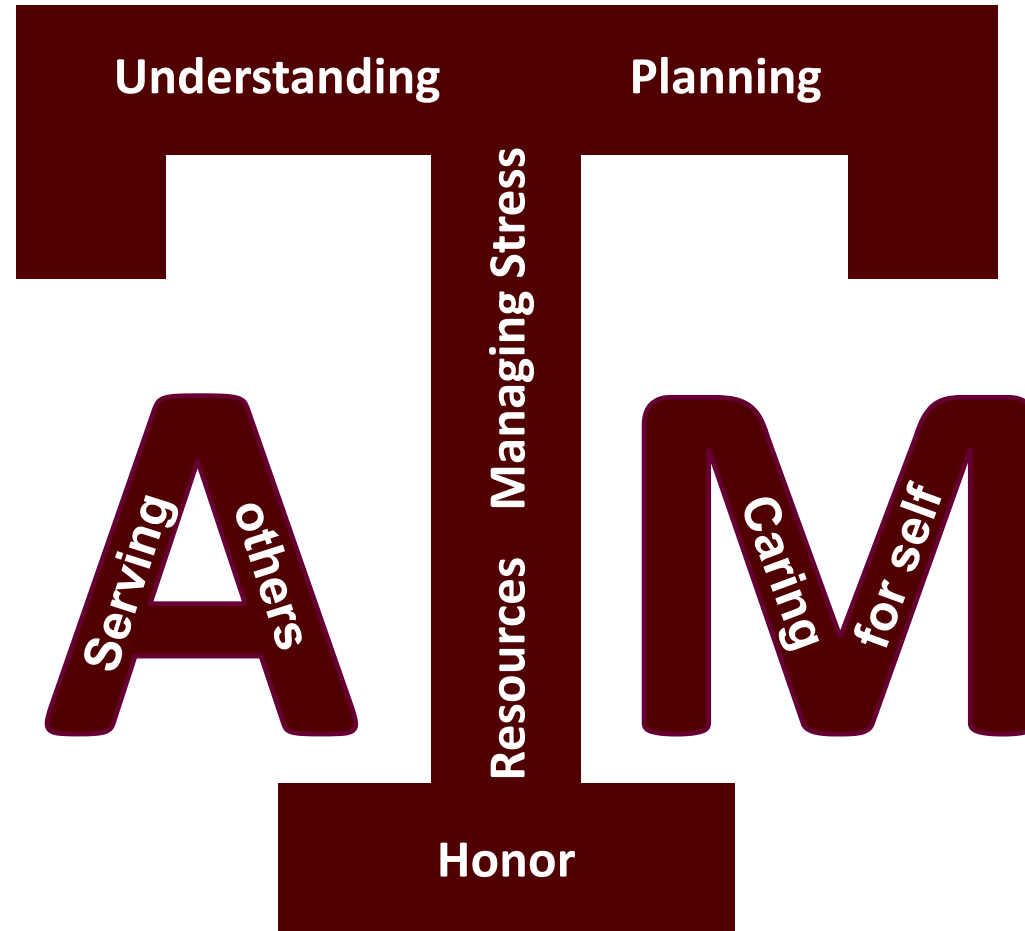
*These slides and many other articles, helps, and info are available at my web page:
<http://dwightroblyer.sites.tamu.edu>*

- 8 High-School Habits That Will FAIL You in College
- 7 High-Impact Tactics for Academic Success
- Study Methods: Which Ones Work and Which Don't
- 24-7 Planning Sheets
- How to Track Your Own Course Grade in Excel
- How to Think Like a Designer
- ...and lots more

A few good choices can make success more possible...



...but *more* good choices make success more probable...



Gig'em!

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Contact me! I'll be glad to chat...



Images downloaded from the following sites:

<http://www.aggieband.com/info/brass.html>

<http://dbclipart.com/stick-figure-clip-art-image-20941/>

<http://www.clipartlord.com/category/space-clip-art/satellite-clip-art/>

<http://airforcelive.dodlive.mil/files/2014/11/Capture.jpg>

<http://www.keywordsuggests.com/>

<http://phdcomics.com>



Is this your brain on exam day?



paisan191/iStock/Getty Images

- You've studied HARD, your brain is FULL
- You've **re-read & reviewed** a lot, so you can **RECOGNIZE LOTS** of stuff
- But that stuff feels like it could "spill" out of your head with the slightest bump
 - ...if you hear some news that distracts you
 - ...if you run into an unexpected question that none of your "stuff" fits
- There is little or no organization
 - Items are not "connected" to others
 - Items are "there," but difficult to locate
- You are anxious and worried

I want this brain on exam day!



<http://www.gettyimages.ca/detail/video/busboy-removes-dirty-plates-stock-footage/91373401>

- You've worked HARD, but also EFFICIENTLY
- You've come to UNDERSTAND and can EXPLAIN LOTS of stuff
- Your knowledge is stacked, nested, CONNECTED
 - Little threat that a "bump" will cause you to "spill"
- Your knowledge is ORGANIZED
 - If you can't immediately recall an answer, you know in which "stack" it should reside
 - Connections between "items" allows you to remember one item, then allow it to lead you to the item you seek
- You are relaxed and confident