



Aggies Engage: Choosing to Succeed

Dr. Dwight Roblyer '84 & '09, Ph.D. Lecturer, Department of Political Science

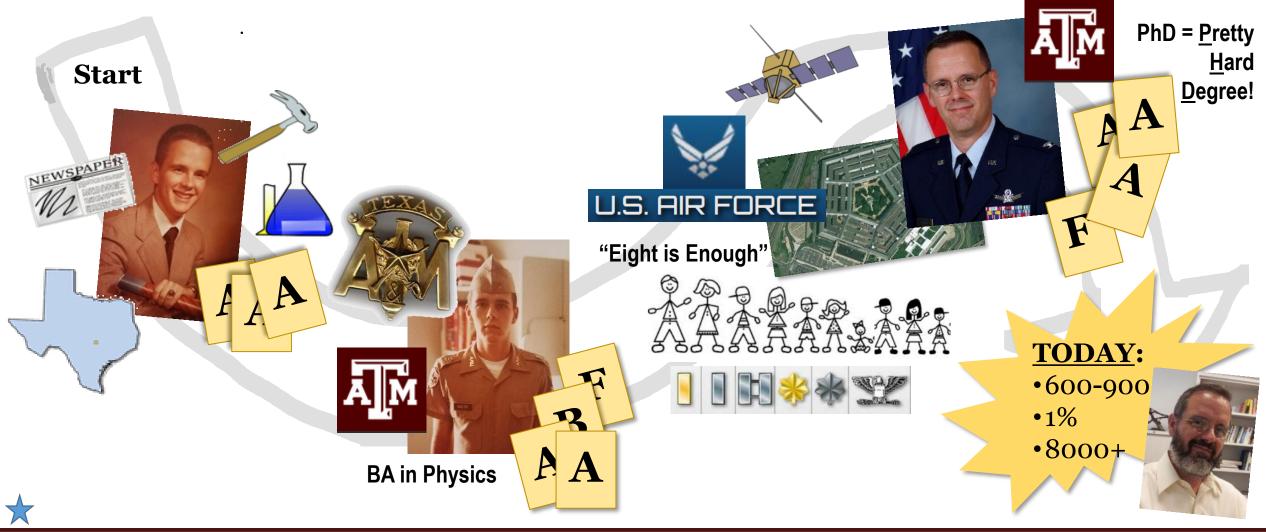
Where you & I are going in this talk...

- 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

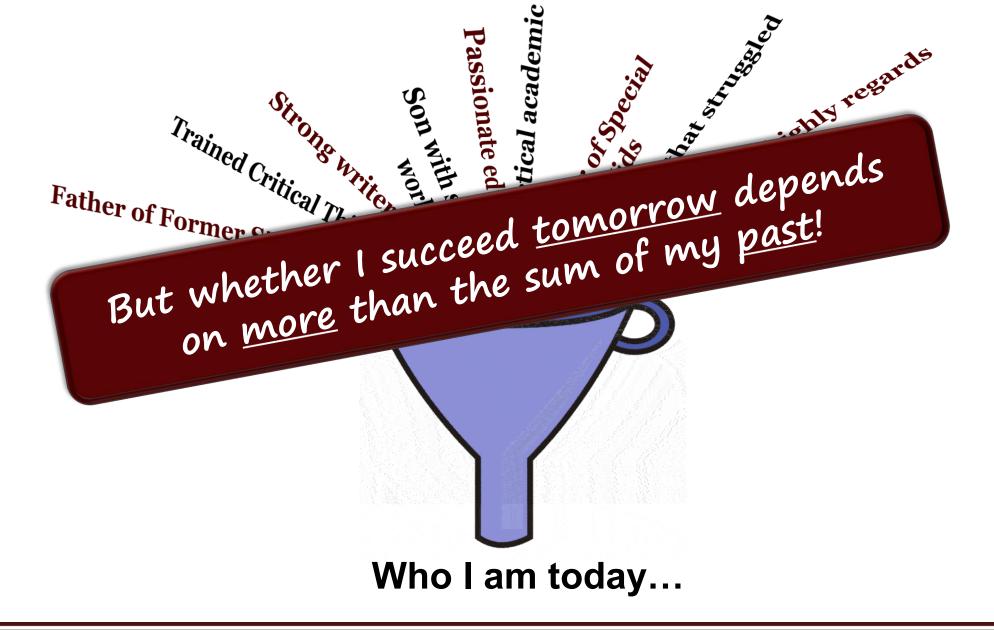
















What is "success" to college students?









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









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







"Great intentions"

"Great efforts"



SUCCESS?





???

SUCCESS?



We don't control most of these

Circumstances

Events, Opportunities and Other's actions







"Great intentions"

"Great efforts"



Circumstances

Events & Opportunities
Other's actions



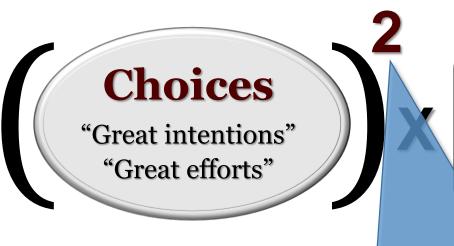
SUCCESS?

These 2 factors <u>interact</u> with each other









Circumstances

Events & Opportunities
Other's actions



...But *CHOICES* affect the outcome <u>more</u>



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

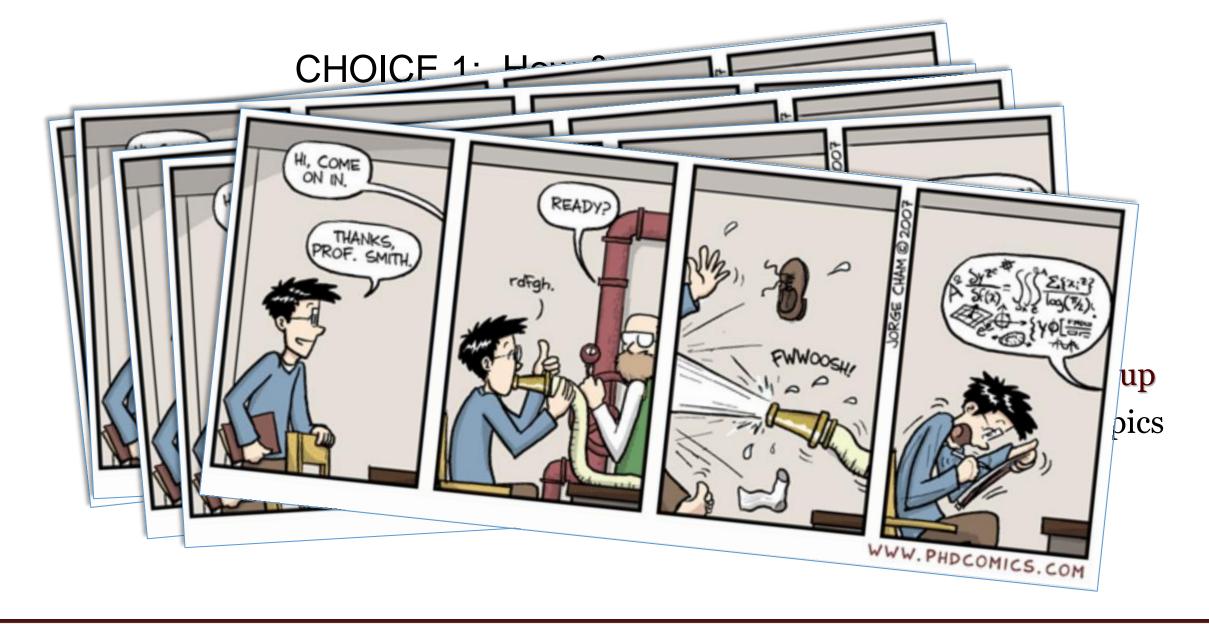
Let others do the work

Constantly repair & prop-up

Wander aimlessly between topics

Follow & scramble









CHOICE 2: Will you plan & prioritize?

Option 1 Option 2

Plan & prioritize

Be proactive

Be in control

Meet deadlines

Lower stress

Do it "on the fly"

Be reactive

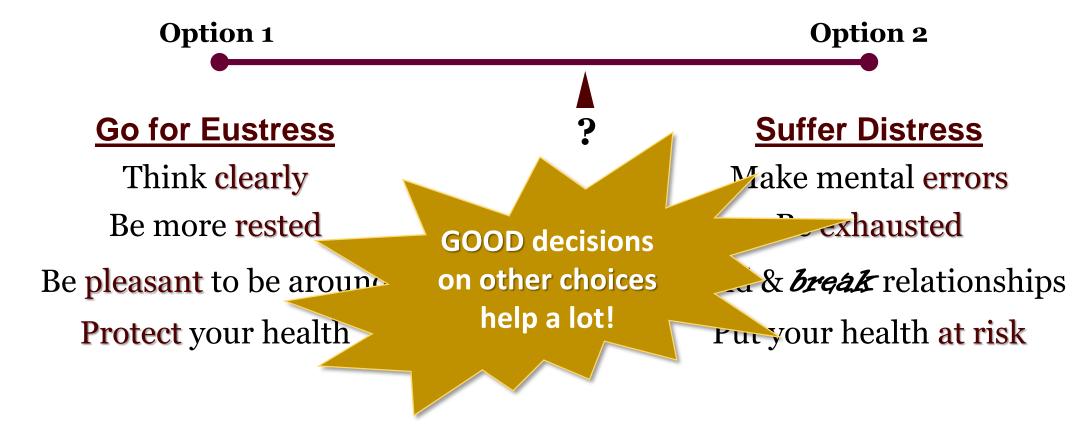
Be controlled

Miss deadlines

Explode with stress!



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







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

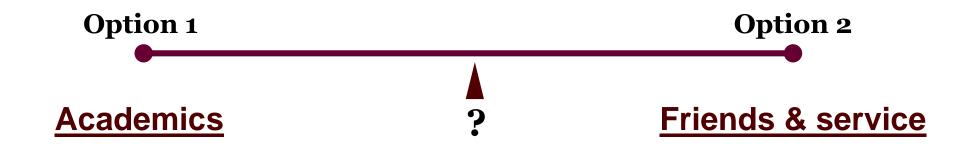
Suppress questions

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





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







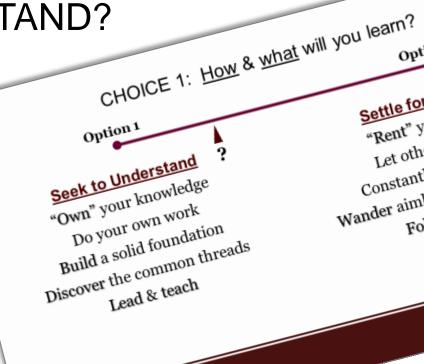
How do you make good decisions for Choices 1-5?





How do you choose to UNDERSTAND?

- Take charge of <u>your</u> 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.
 - <u>Learn to think</u> 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, <u>quiz on the material covered</u>—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....

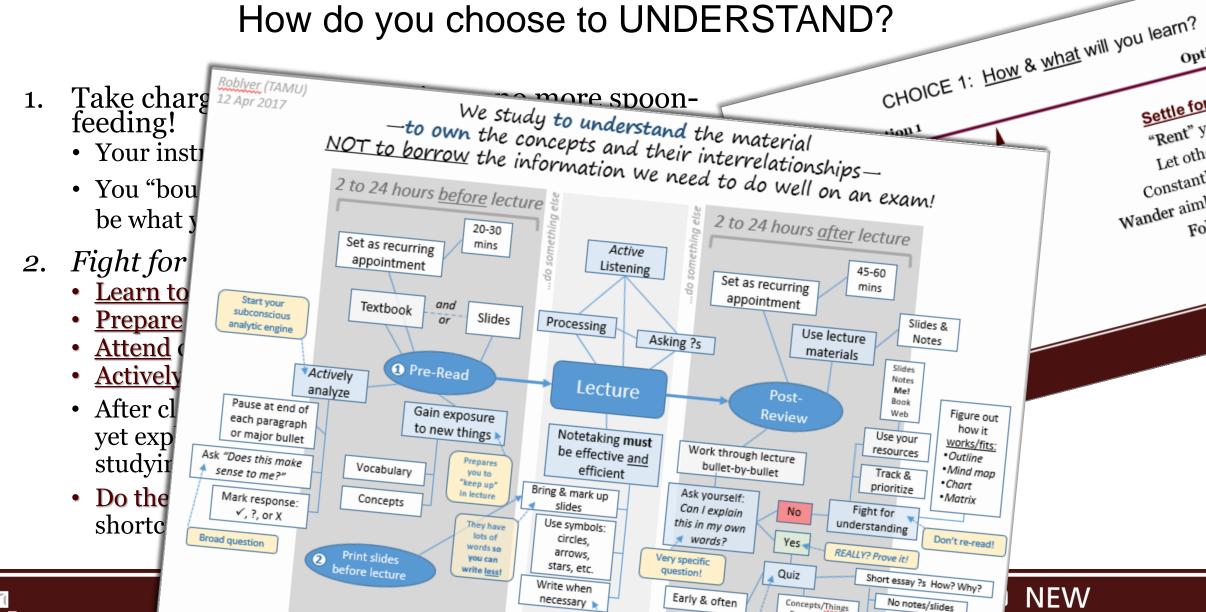








How do you choose to UNDERSTAND?



...3 exposures

Settle for "Rent" y Let oth

Constant Wander aim FO

NEW STUDENT **CONFERENCE**

No notes/slides

With partner or

written on paper <u>or</u>

typed on screen

People/Terms

Components

Similarities

Differences

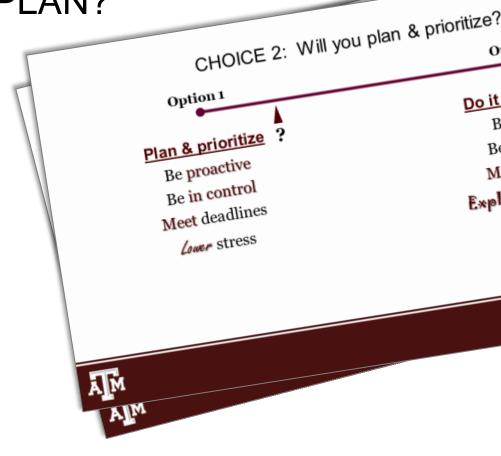
Checks for

"blind spots"

out of "flow" of

lecture—keen it brief!

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









Approximate Schedule of Course Topics and Activities

1. READ your syllabi as contracts—the

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- 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 <u>as you go</u>—not 2 nights be
 - All other commitments: clubs, social, etc.
 - See how little time is actually left!

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Option 1

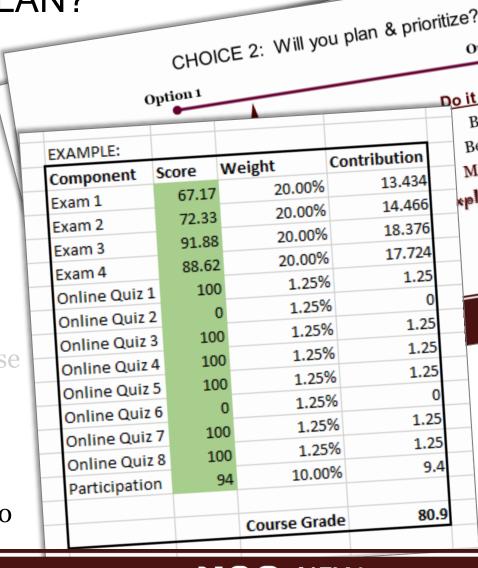






CHOICE 2: Will you plan & prioritize?

- 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









How to choose to MANAGE stress

- 1. Don't forget the basics!
 - Get your sleep

HOME

- Eat well
- Build & use your support network
- Use Student Counseling Service: http://scs.tamu.edu
 - Top-notch insights, advice, and care





- Career Counseling
- Couple Counseling
- Crisis Intervention
- Learning Disability and ADD/ADHD Screenings
- Personal Counseling

- Psychiatric Services
- Self-Help, Outreach, and Consultation

Option 1

Go for Eustress

Think clearly Be more rested

Be pleasant to be around

Protect your health

Stress Management & Biofeedback Services

CHOICE 3: Will you manage stress or will it it

- TAO Therapist Assisted Online
- Testing Services

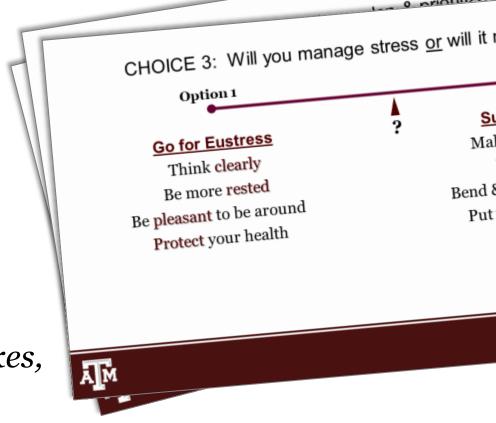


Bend 8

Put

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 <u>will</u> make mistakes, and you <u>will</u> get some poor grades
 - What matters most is what you do after that!
 - Do like a designer and *prototype*: test, assess, adjust, test again...



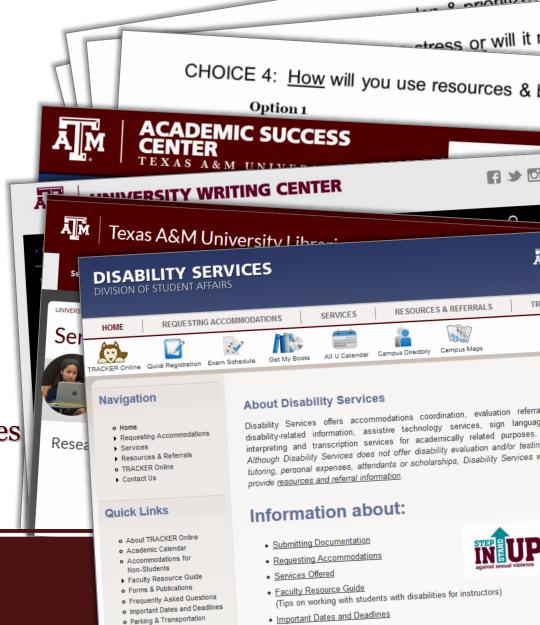






How to choose to USE RESOURCES

- 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 <u>harder than it has to be?</u>



Parking & Transportation





How to choose to use RESOURCES

stress or will it I 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



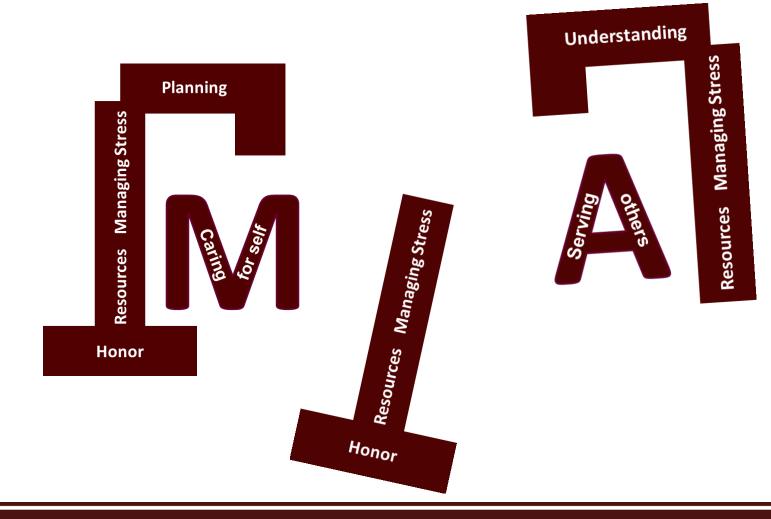
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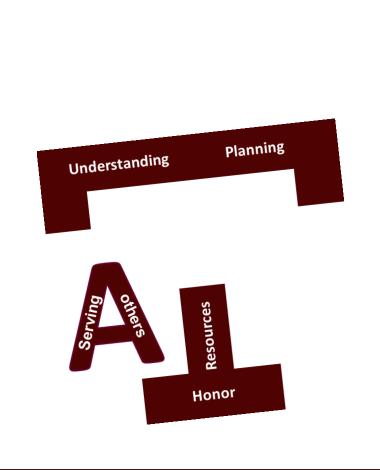






A few good choices can make success more possible...

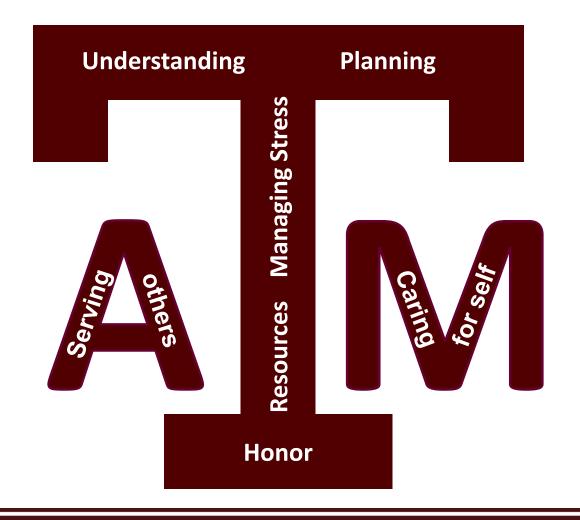








...but more good choices make success more probable...





Gig'em!

Dr. Dwight Roblyer '84 & '09, Ph.D. Colonel, USAF (Retired)

dwight.roblyer@tamu.edu

Office/cell: 979-575-0853

http://dwightroblyer.sites.tamu.edu

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







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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