

THRIVING & SURVIVING 101

Tips & Tools For Navigating Your Way To Academic Success



WELCOME TO THE STUDENT ENRICHMENT SUMMIT

- The Office of Diversity and Multicultural Affairs serves students, faculty, staff and administration through awareness, engagement and involvement in diversity initiatives that celebrate the uniqueness of all individuals and promote a sense of community by virtue of understanding and acceptance of race, ethnicity, culture and gender.
- The office supports and serves the UAH and Huntsville community through outreach initiatives to enhance diversity and inclusion. Services include: mentoring and retention for students of color, leadership opportunities, seminars, workshops, cultural celebrations, diversity liaison, consultants and facilitators.

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AGENDA

- ICEBREAKERS
- GETTING TO KNOW YOURSELF
- FIRST GENERATION VIDEO
- TIPS AND TOOLS FOR NAVIGATING YOUR WAY TO ACADEMIC SUCCESS OVERVIEW
- THOUGHTS FROM UAH PROFESSIONALS
- ODMA FINAL THOUGHTS
- CASE SCENARIOS
- LUNCH
- KEYNOTE PRESENTATION JUDGE GLENDA HATCHETT
“DARE TO TAKE CHARGE: HOW TO LIVE YOUR LIFE ON PURPOSE”



ICE BREAKER

1. Draw a large flower with a center and an equal number of petals for the number of people in your group.
2. Fill in the center of the flower with something you all have in common.
3. Each member will then fill in his or her petal with something about you that is unique-unlike any other member in your group.
4. You cannot use physical attributes such as hair color, weight, etc.
5. Be creative in your ideas and drawings.
6. Once completed, share with your group a little about the attributes that you've chosen, tell who you are, where you are from, your major, and at least one personal/academic strength.

GETTING TO KNOW YOURSELF

FOCUS 2

- FOCUS 2 is an online interactive, self-guided career and education planning system designed to help you make decisions about your future career goals and education plans.
- FOCUS 2 will guide you through an interactive process that enables you to:
 - Assess your career planning readiness, work interests, values, skills, personality type, and leisure time interests.
 - Broaden your career options and discover occupations matching your personal preferences and attributes.
 - Decide which career fields, majors, and training programs are best for you.

<http://www.uah.edu/career-services/services/focus>



FIRST GENERATION VIDEO

PAYING FOR COLLEGE

FAFSA

Complete by deadline date.

Do not leave information blank.

When considering options to pay for your education, remember free money first, your money second and borrowed money last.

FINANCIAL AID

Federal Work Study offers part-time jobs for students with financial need.

Familiarize yourself with policies regarding dropping classes and maintaining the proper GPA to receive and maintain aid.

Fast-web

AWARDS

Note scholarships or grants offering free money without requirements and those having conditions or penalties such as maintaining a certain GPA or the minimum or maximum allowed hours you may take per semester.

Financial Aid web page for listing of endowments, scholarships and other financial links

JOB

Make sure you can balance your class load with your workload.

Weigh the benefits and disadvantages of working on campus vs off campus.

Federal Work Study Positions



ADDING/DROPPING CLASSES MEETING WITH ADVISORS

Always speak with your advisor and a financial aid representative before dropping a class. The more classes you drop, the less assistance you may be eligible to receive later, which means money may not be available for the last semester.

Know the University's deadline date for dropping classes.

Think about it, when you drop classes, you will still have to repay loans, and additional monies will be needed to retake the class later. Repeating classes will cost you twice as much in the end.

Keep in touch with your advisor. It could mean the difference between graduating on time or staying another year...or two.

CLASSROOM PARTICIPATION


Know your syllabus. Become an expert on course requirements and due dates.

Don't cut corners. Go to class. Sleeping in and skipping that 8:00 a.m. class will be tempting at times. Attendance not only includes showing up, but many instructors also take note of late arrivals and early departures.

Don't be afraid to ask questions. Most professors really enjoy interactive feedback, and it lets the instructor know that you are paying attention. Also, sitting in the front of your classes or as close as possible enhances your classroom experience.

Make it a goal during the first week of the semester to **meet at least one new person in each of your classes.** Your college experience is a great opportunity to network.





“YOU CANNOT FAIL WITHOUT YOUR
CONSENT. YOU CANNOT SUCCEED
WITHOUT YOUR PERMISSION.”
—ROB THOMAS



"The most efficient way to live reasonably is every morning to make a plan of one's day and every night to examine the results obtained."
Alexis Carrel

Time Management

- **One of the best ways to manage your time is with a planner.**
 - Write down everything. (Time for working out, lunch, laundry, free time, test, homework assignments, due dates, etc.)
- **Don't overload your schedule with social activities.**
 - Make school your priority. Your education is your JOB. But do allow at least an hour every day to relax and recharge.
- **Plan ahead.**
 - Balance your workload. Avoid all-night cram sessions.
- **Stay dedicated to the time that you set aside for your assignments.**
 - Always add a little extra time for unexpected questions or technical issues.
 - Stay the course...focus...focus...focus
 - Begin with the end in mind. Your goal is to have a successful academic year and to stay the course for graduation.
- **Make checklists.**
 - Cell phones and other technical devices are great; however, printing or writing out daily checklists may be a more helpful way of remembering everything you need to get done.

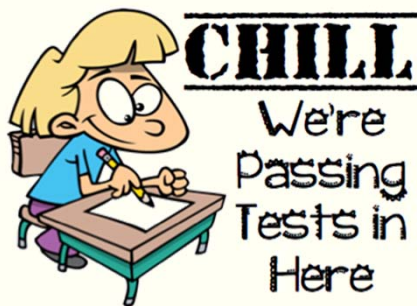


GETTING TO KNOW YOUR PEERS

1. Meet at least three people with similar interests, classification, or majors.
2. Share name, email address, classification and major.
3. These three people have become your accountability partners.
4. At least once every two weeks, contact the people on your list by email to check in and see how classes are going (offer assistance or meet for lunch).

How to Study and Prepare for Exams

- The cure for test anxiety is simple but powerful: **PREPARATION! PREPARATION! PREPARATION!**
- Seek tutoring to help with subjects you don't understand rather than waste hours trying to study and not comprehending the material.
- Preparing is a process that involves taking good notes, focusing on key information, reading, reciting, reviewing and maintaining a positive mindset.
- Find a study zone conducive to your perfect study environment. It is not laying in bed!
- Prior to beginning the test, close your eyes, take a few deep breaths and read over the entire test before answering questions.



Test Taking Tips:

1. Read all directions and questions carefully.
2. Be sure you know what is being asked.
3. Look at all choices before you answer.
4. Eliminate answers you know are wrong.
5. Think carefully and check your work.

Student Success Center

There is no need to sink! Free Support Available!



The **Student Success Center (SSC)** offers free services to assist students in their academic success. SSC offers peer tutoring, Peer Assisted Study Sessions (PASS) and academic coaching.

PASS sessions are facilitated by currently trained students who have successfully completed courses.

The **Tutoring and Writing Program** offers free individual and small group tutoring in a variety of subjects. This program assists students with understanding content and developing learning strategies.

Academic Coaching assists students in improving their intellectual performance. Professional and peer academic coaches help you manage your time, set goals, understand your learning style, improve study strategies, prepare for exams, and reduce test anxiety.

Check out additional resources at this link: <http://www.uah.edu/ssc/resources-for-students>.

Academic Standing



In order to be in good academic standing, students must maintain a grade point average above the Academic Action Threshold (AAT). Freshmen and sophomore students must meet the AAT requirement of 1.9.

Juniors and seniors must meet the AAT requirement of 2.0. Any student whose semester GPA (Grade Point Average) falls below the applicable AAT will face academic warning, probation, or dismissal.

Step 1- **academic warning** falling below the threshold for their classification, or if the overall cumulative is less than the applicable threshold.

Step 2- **academic probation** after a student has been placed on academic warning.

Step 3- **academic dismissal** occurs when students have been placed on academic probation and GPA continues to fall below the AAT requirements.

Check your booklet for steps to compute your GPA.

UAH GPA Calculator

Course Grade	Quality Hours
A	4
B	3
C	2
D	1
F	0

Check out this link to help you stay aware of your GPA:

<http://www.uah.edu/registrar/capp/gpa-calculator>.

Talk to your professor and advisor before deciding to drop a class. Dropping classes can present a lot of challenges such as: receiving less financial assistance in the future, jeopardizing your visa status, reducing scholarship opportunities or prolonging graduation.

Receiving a “W” (withdrawal) on your transcript may also affect internships, acceptance into graduate school or you may have to take out additional loans to retake the class.

Be mindful that making a poor grade or failing a course can lower your GPA and make it harder to bring that overall GPA back up.



MANAGING CRISIS

Disclaimer: If you or anyone you know is having thoughts of suicide, please contact 911 and campus security at 256-824-6911 immediately.

Counseling provides an opportunity to confidentially discuss concerns with a licensed professional who can assist with managing personal or academic challenges.

If you are feeling overwhelmed, depressed, suicidal, struggling with an eating disorder or have problems sleeping, please make an appointment with the Counseling Center. These services are available and free of charge to students.

Effective ways to manage crises:

1. In the midst of a crisis, do not forget to inform your instructors.
2. Talking with professionals offers helpful outside perspectives and solutions you may not have considered.
3. Avoid the fear of social stigmas, self-disclosures and other barriers that prevent you from seeking assistance.

Health and Wellness

Most small medical issues can be addressed on campus at the Student Health Center for a nominal fee.

Did you know the Student Health Center offers:


- Treatment of Acute Illness
- Preventive Health Services
- Health Counseling
- Testing
- Vaccinations



Proper nutrition, exercise and sleep are essential for student success. Limit the amount of “junk food” you eat by choosing healthy snacks and meals.

Walking or biking at least 30 minutes a day not only saves gas and burns calories, but keeps you looking and feeling your best.

Failure to maintain proper health and wellness can disrupt class attendance and assignments as well as put those around you at risk.



Use each letter of your first name to create your own model of positive descriptive terms to help you have a successful academic year.

For example:

B-Bring all your notes to class, be on time for class

R-Re-write your notes, review notes before class, repetition is key

E-Eat a balanced meal, encourage your peers, exercise, encourage yourself along the way

A-Actively participate in class discussions, adopt good study habits, alleviate negativity

TIME TO REFLECT

Meal Plans

Advantages vs Disadvantages for purchasing a meal plan?

Meal Plans

- Students may only request a change in their food selection within the first two weeks of each semester.
- Be mindful to select healthy and nutritional options when dining on campus.
- Campus eating locations offer opportunities to receive balanced meals, try new foods, make new acquaintances, meet friends and network.
- Purchasing a meal plan decreases grocery store purchases, meal preparation time and the temptation of eating fast food.
- Do not routinely treat your friends to lunch and dinner. Your meal plan is real money and may run out before the semester is over if not used carefully.

Budgeting

- Borrow only what is needed to help fund your education. Remember, you will have to pay it back later...with interest!
- Budgeting is a vital life skill that you will continue to use in your personal life. Plan for the unexpected by saving as much as you can now for emergencies and educational need in the future.
- Keep track of your money by creating a weekly and monthly budget. Do NOT follow your friend's advice to "live a little." Save and live within your means.



A LOOK
at the
BUDGET

Roommates and Residence Halls

Golden Rule

Follow the Golden Rule by treating your roommates the way you'd like to be treated.

When applying for housing, complete the questionnaire listing your preferences in an effort to be matched with suitemates who have common interests.

Schedule an initial meeting with your roommates to discuss how to best share common areas and set ground rules.

3 Question Rule

Am I being reasonable in being bothered by this issue?

What's the best way to communicate with my suitemate about this issue?

What are some solutions to this issue so that we both can celebrate a "win-win" resolution?

Final Steps

If all else fails, and the issue is very important to you, talk to your Resident Assistant (RA).

If you are still not satisfied with the recommendations of your RA, speak with your Resident Director (RD).

Your final point of contact is University Housing 256-824-6108.

On Campus

vs

Off Campus

Pros vs Cons

On-Campus

vs

Off-Campus

- Living on campus provides an opportunity to **meet more people**, participate in activities and be closer to all of the events offered on campus.
 - Living on campus offers the opportunity to **live with an extended family**.
 - Living on campus offers a **one time semester fee** that includes rent, utilities, incidentals, etc., off-setting the cost of budgeting living expenses on a monthly basis.
 - You **don't have to get up as early** or navigate traffic to get to classes.
- Having to make the extra effort to drive to campus creates a greater **temptation to skip classes**.
 - You are responsible for managing a monthly budget.
 - Living off campus may appear to be more affordable. Be sure to **factor in the cost of transportation** in order to get to your classes.
 - If you must live off campus, be sure to factor in time to meet and study with others while you are on campus.
 - Off campus students are **still required to purchase a basic meal plan**.

Research supports that students who live on campus tend to perform better academically.



Extracurricular Activities

- Make the most of your time as a Charger. UAH is dedicated to creating an enriching campus life and encourages involvement in extracurricular activities and organizations by providing programs that support student learning, development, and leadership.
- Extracurricular activities help to manage stress.
- UAH offers a variety of clubs and organizations. If you are passionate about a cause or activity and it doesn't exist, create it.
- Campus Recreation provides students with a variety of athletic and recreational activities. By participating, students can achieve an improved level of physical, emotional, and social well-being while at the same time developing and maintaining healthy lifestyles.



Student Leadership

- UAH provides a number of programs and activities designed to cultivate a foundation of leadership skills and give students a voice at the University. Through participation in these programs, students **ignite the leader within**. These opportunities are designed to enhance personal growth, leadership skills and community involvement.
- Many campus departments and organizations are in need of student leadership and volunteers, so **seek campus leadership positions** through departments and organizations such as Student Government Association (SGA), Association for Campus Entertainment (ACE), Lancers and Orientation Leaders (OL).
- **Join community organizations** such as AshaKiran, Boys and Girls Club, Big Brothers and Big Sisters or volunteer tutoring in secondary education, etc.
- Learning vital duties within an organization aids in your development as a leader.
- **When you join an organization, truly be a part of the “team” by volunteering to serve on committees, attending general body meetings, assisting with fundraisers and participating in programs and events.**



GREEK LIFE

The University offers several Greek organizations. Each fraternity and sorority offers its own focus, culture and strength.

Review each organization carefully and familiarize yourself with their rules and initiatives to see if they align with your core values and beliefs.

These organizations contribute to your personal growth through civic engagement and leadership development and offer invaluable networking opportunities.

Be sure to budget dues, activity fees, and conferences as well as plan time to participate in community service.

Membership in a fraternity or sorority takes a large commitment of both time and money.

Members tend to have high GPA's, participate in charitable work and remain on campus during weekends.

Career Services

Use the Career Services office, not just when you are preparing to graduate, but when you are figuring out what you want to do with your life. It's a free service.

Attend Career Services events such as the Career Fair and alumni related functions.

Go to every career fair, even if you've already lined up a job. You want to build relationships with recruiters, and they'll remember your face if you show up every time.

Focus2 is an academic and career planning tool designed to assist students who are exploring majors and careers. This series of self-assessment modules help students better understand their skillset, interest and career match. You can access this tool at: <http://www.uah.edu/career-services/services/focus>.

UAH Career Services support students and alumni by offering services such as:

- Resume and cover letter development
- Interview preparation and mock interviews
- LinkedIn and networking assistance
- Experiential learning, including cooperative education and internships
- STEM cooperative education program for veterans
- Career coaching
- Career events including UAH Career Fair
- On-campus recruiting
- Workshops and information sessions
- Charger Path career management system

Tech Talk

Use appropriate
etiquette in
on-line
communication.

Utilize free Wi-Fi on
campus rather than using
your personal data plan.

Be mindful of lab
business hours.

Don't get distracted by
surfing the internet or
checking social media
platforms during time
set aside for
homework.

Tablets and
laptops are
available for use
at the library.

Don't wait until the last
minute to complete
assignments as
computers may not be
available or labs may
be closed.

Table Talk Review/ Student Success Strategies

- #1-List ways to successfully establish and meet goals
- #2-List ways to manage your time wisely
- #3-List ways to ensure academic success
- #4-List strategies for test taking
- #5-List strategies for note taking
- #6-List strategies for exam preparation
- #7-List strategies for reading your assignments
- #8-List effective ways to balance school, work and activities
- #9-List effective ways to manage finances and pay for school

THE 7 HABITS OF HIGHLY EFFECTIVE COLLEGE STUDENTS

ADAPTED FROM STEPHEN R. COVEY

Developing the following 7 Habits provides a framework for you to balance your studies, social life, job, and other priorities. Also, by living the 7 Habits, you become more effective at forming and maintaining relationships, setting goals, determining your future career and planning how you want to live the rest of your life.

- Habit 1:** Be Proactive—Take responsibility for your life.
- Habit 2:** Begin with the End in Mind—Define your mission and goals in life.
- Habit 3:** Put First Things First—Prioritize and do the most important things first.
- Habit 4:** Think Win-Win—Have an “everyone can win” attitude.
- Habit 5:** Seek First to Understand, Then to Be Understood—Listen to people sincerely.
- Habit 6:** Synergize—Work together to achieve more.
- Habit 7:** Sharpen the Saw—Renew yourself regularly.

“The single most powerful investment we can ever make in life— investment in ourselves, in the only instrument we have with which to deal with life and to contribute.” —Stephen R. Covey

Thriving and Surviving Tips from Faculty and Staff

- Reach out for tutoring help at the first sign of struggle.
- Take advantage of Career Services early in your college program.
- Go to class.
- Do your homework.
- Ask for help.
- Get involved.
- Visit the counseling center for academic, personal and social development.
- Monitor your account, and keep in mind that there are more steps and processes involved than just accepting financial aid.
- Meet people from other places.
- Don't be afraid to ask questions.
- Get to know your professors personally.
- Visit and utilize campus resources.
- Be proactive, not reactive.
- Be strategic in your planning.
- Show professors that you are engaged, interested and professional.
- Get your degree...one assignment, one test, one class and one semester at a time.

ODMA Final Thoughts

Become familiar with the course syllabus.

Review class notes regularly and get clarification about things you do not understand.

Designate time for studying.

Know what resources are available on campus and use them.

Keep up with reading assignments.

Visit with your professors.

Plan in advance for test, projects and papers.

Top 10 Strategies for Success

1. Establish goals.
2. Manage your time wisely.
3. Attend class regularly.
4. Determine your learning style.
5. Take organized lecture notes.
6. Read to increase your understanding.
7. Exam preparation begins on the first day of class.
8. Regard test taking as an opportunity, not an obstacle.
9. Practice self-discipline.
10. Stay positive.

See your goal
Understand the obstacles
Create a positive mental picture
Clear your mind of self doubt
Embrace the challenge
Stay on track
Show the world you can do it

“SUCCESS IS THE SUM OF SMALL EFFORTS REPEATED DAY IN AND DAY OUT.” ~ROBERT COLLIER



CASE SCENARIOS