

LSS 180 – Laker Strategies for Success

Course Syllabus

Winter 2015

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LSS 180 Program phone number: 616-331-3588

Course time and location: **Thursday - 1pm-2pm, 142 North C**

Course Objective: The Laker Strategies for Success program supports first year students in identifying and addressing academic and personal barriers to their academic success. The program will assist students in developing the academic and personal success skills needed to return to good academic standing and have success at Grand Valley. The course will focus on self-awareness, motivation, learning strategies, self-management, stress-reduction, problem solving and goal setting.

In this course you will:

1. Assess and reflect on your learning strengths and current academic behaviors.
2. Identify new learning strategies and techniques that will more effectively meet the demands and expectations of college level learning.
3. Consciously take personal responsibility for your own learning outcomes and experiences through the development of pro-active thinking, language and self-regulated behavior.
4. Discover the role of motivation in success and identify personal internal and external motivators and how to use these to enhance academic success.
5. Improve personal self-management by establishing personal and academic goals and taking control of the time, energy and resources needed to accomplish them.
6. Utilize academic and non-academic resources at GVSU which can assist them in meeting expectations and achieving academic success.

Successful Completion of the program requires that:

- Students attend and participate in all 9 class sessions.
- Students meet individually with their class instructor to discuss their Personal Self-Assessment and Plan for Academic Success
- Students meet with their academic advisor to discuss career goals and their educational course plan

Laker Strategies for Success Course

Attendance at all class sessions is required and will be shared with Living Center Directors.

Instructor Conferences: Each student is required to meet with me outside of class at least once within the first 4 weeks of the program. The conference enables me to get to know you individually and allows us to discuss your individual and unique needs and concerns. Completion of the Personal Assessment and the Plan for Academic Success **must** be completed before the conference. To schedule the conference, please

Advising Meeting: Academic Advising is an important step in successful completion of your academic goals. You will need to meet with an Academic Advisor to discuss your academic goals and course scheduling plan for next year. The Advisor Meeting Form should be signed by the Advisor you meet with and turned in to me before the 8th session.

Weekly Course Outline

Session 1 – Getting on Track

- Program Introduction
- Academic Behavior Survey
- Academic Standards
- Resources

Session 2 Goals – Creating a Vision

- SMART goals
- Vision Boards

Session 3 – Self-Management Skills

- Weekly Time Schedules
- Self- Regulation

Session 4 – Deep Process Learning/Strategies

- The Learning Cycle
- Reading Strategies

Session 5 – Active Learning Strategies cont.

- Note-taking
- Power Study Hour
- Active Strategies

Session 6 – Power of Positive Thinking

- Being Pro-active
- Overcoming thinking that gets in the way

Session 7 – Stress Management

- Identifying stressors
- Developing resiliency

Session 8 – Procrastination/Motivation

- Mid-semester check-up

Session 9 – Planning for Future Success

- Creating Your Advisory Board
- Wrap-up
- Post Academic Behavior Survey