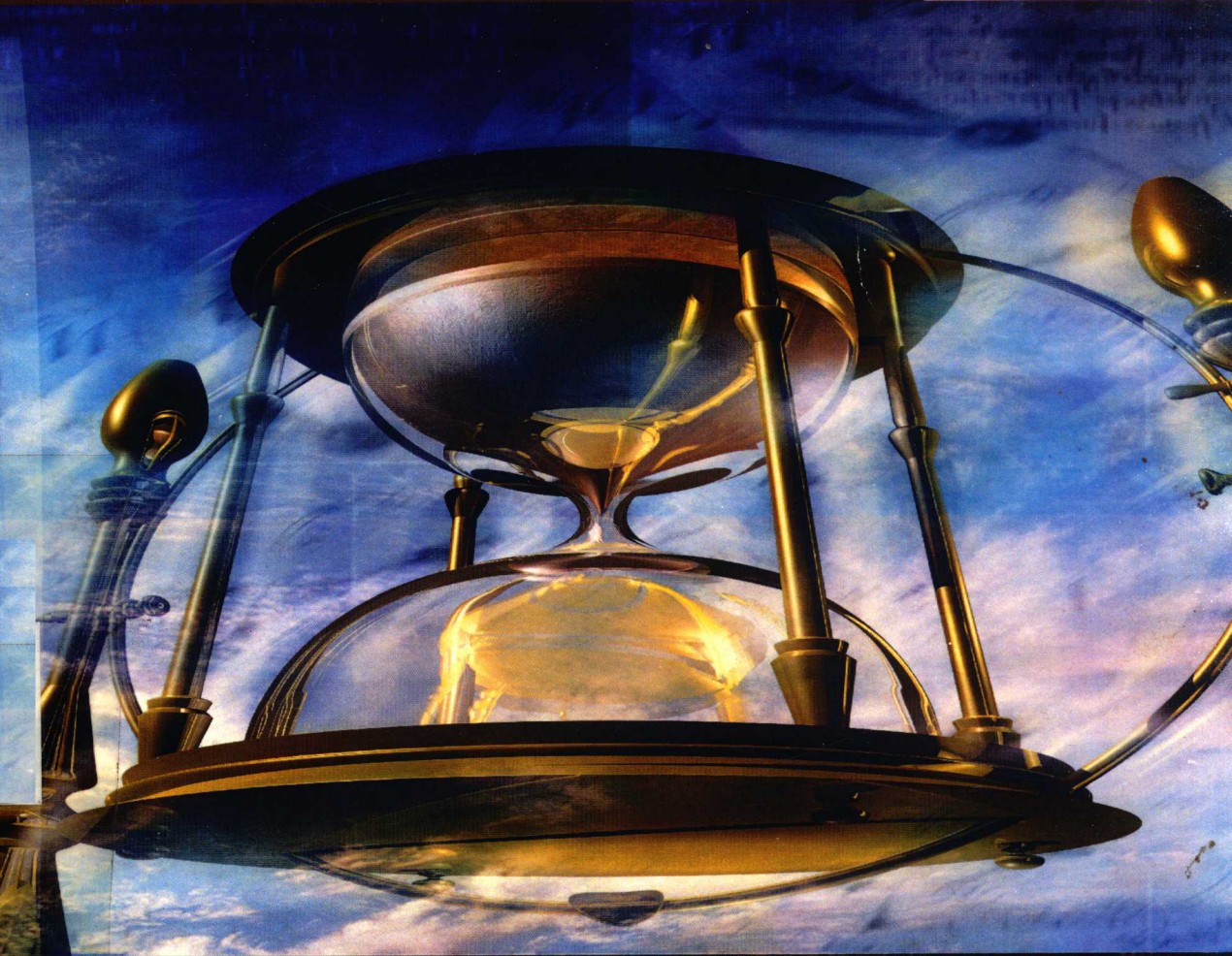


Prepared for
Maricopa
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Colleges

STRATEGIES FOR COLLEGE SUCCESS

CPD 150



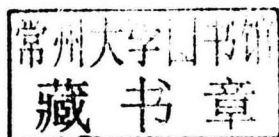
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Strategies for College Success

CPD 150

Prepared for Maricopa Community Colleges

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**Strategies for College Success: CPD 150,
Prepared for Maricopa Community Colleges**

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Choices of Successful Students

For an online self-assessment of these eight principles, go to the *On Course* web site at www.cengage.com/success/Downing/OnCourse6e

Successful Students . . .	Struggling Students . . .
1. . . . accept personal responsibility , seeing themselves as the primary cause of their outcomes and experiences.	1. . . . see themselves as victims, believing that what happens to them is determined primarily by external forces such as fate, luck, and powerful others.
2. . . . discover self-motivation , finding purpose in their lives by discovering personally meaningful goals and dreams.	2. . . . have difficulty sustaining motivation, often feeling depressed, frustrated, and/or resentful about a lack of direction in their lives.
3. . . . master self-management , consistently planning and taking purposeful actions in pursuit of their goals and dreams.	3. . . . seldom identify specific actions needed to accomplish a desired outcome. And when they do, they tend to procrastinate.
4. . . . employ interdependence , building mutually supportive relationships that help them achieve their goals and dreams (while helping others do the same).	4. . . . are solitary, seldom requesting, even rejecting, offers of assistance from those who could help.
5. . . . gain self-awareness , consciously employing behaviors, beliefs, and attitudes that keep them on course.	5. . . . make important choices unconsciously, being directed by self-sabotaging habits and outdated life scripts.
6. . . . adopt lifelong learning , finding valuable lessons and wisdom in nearly every experience they have.	6. . . . resist learning new ideas and skills, viewing learning as fearful or boring rather than as mental play.
7. . . . develop emotional intelligence , effectively managing their emotions in support of their goals and dreams.	7. . . . live at the mercy of strong emotions such as anger, depression, anxiety, or a need for instant gratification.
8. . . . believe in themselves , seeing themselves as capable, lovable, and unconditionally worthy human beings.	8. . . . doubt their competence and personal value, feeling inadequate to create their desired outcomes and experiences.

Preface

On Course is intended for college students of any age who want to create success both in college and in life. Whether you are taking a student success or first-year seminar course, a composition course, or an “inward-looking” course in psychology, self-exploration, or personal growth, *On Course* is your instruction manual for dramatically improving the quality of your outcomes and experiences. In each chapter, you’ll learn essential study skills—reading, note-taking, studying, memorizing, test taking, and writing—for success in college. However, that’s just the beginning. Through self-assessments, articles, guided journals, case studies in critical thinking, and inspiring stories from fellow students, *On Course* will empower you with time-proven strategies for creating a great life—academic, personal, and professional. You are about to learn the techniques that have helped many thousands of students create extraordinary success! Get ready for the only course you’ll probably ever take where the subject of the course is . . . YOU!

New and Proven Features of the Sixth Edition

- **Self-Assessment Questionnaires.** *On Course* begins and ends with a self-assessment questionnaire. By completing the initial questionnaire, you see areas of growth that need attention. By completing the concluding questionnaire, you see your semester’s growth. You have the option of completing the questionnaire either in the text or online. An advantage of the online version is that it gives you an immediate printout of your scores. To access the self-assessment online, go to www.cengage.com/success/Downing/OnCourse6e.
- **Articles on Proven Success Strategies.** Thirty-two brief articles explain powerful strategies for creating success in college and in life. Each article presents a success strategy from influential figures in psychology, philosophy, business, sports, politics, and personal and professional growth. In these articles, you’ll learn the “secrets” of the extraordinarily successful.
- **NEW! Expanded Coverage of Critical Thinking.** When polled, virtually every college educator agrees that critical thinking is essential for success in college and in life. Through Case Studies for Critical Thinking as well as a new essay and journal entry on critical thinking skills, you’ll learn effective ways to solve challenging problems. You’ll also learn valuable reasoning skills that will help you create and analyze persuasive arguments. These skills will sharpen your thinking ability and provide you with greater control over the quality of your life.
- **Guided Journal Entries.** A guided journal entry immediately follows each article, giving you an opportunity to apply the success strategy you just learned to enhance your results in college and in life. *Believing in Yourself* articles and journal activities appear in each chapter, reinforcing the importance of developing strong self-esteem for long-term success.

- **Embracing Change Activities.** These activities encourage you to experiment for a week with one of the specific success strategies you have just learned. In this way, you can assess the results that this new choice creates in your life. In many cases, you'll want to add it to your toolbox of success strategies and use it for the rest of your life.
- **One Student's Story—More Added!** A popular feature in earlier editions, these short essays are authored by students who used *On Course* strategies to improve the quality of their college outcomes and experiences. These stories show the positive and dramatic results possible when you apply what you learn in this course to overcome the multitude of challenges that can sabotage success in college, and beyond. With the addition of seven student stories, this edition now offers twenty-three inspiring student essays.
- **NEW! CORE Learning System.** Discover and apply the secrets of how effective learners learn. All good learners employ four principles that lead to deep and lasting learning. You'll learn how to use these four principles to create your own system for learning any subject or skill.
- **REVISED and EXPANDED! Wise Choices in College.** This feature helps you learn the **essential study skills** necessary to succeed in college—reading, note-taking, studying, memorizing, test taking, and writing. New strategies have been added to provide even more help for deeper learning and better grades. Additionally, you'll find sections on learning college customs and making wise choices with money, both important factors for success in college.
- **Case Studies for Critical Thinking.** Case studies help you apply the strategies you learn to a real-life situation. As such, they help prepare you to make wise choices in the kinds of challenging situations you will likely face in college. Because case studies don't have "right" answers, they also promote critical and creative thinking.
- **On Course Principles at Work.** These sections show how important the *On Course* success strategies are for choosing the right career, getting hired, and succeeding in the work world.
- **Quotations.** Marginal quotations express the timeless wisdom of famous and not-so-famous people regarding the success strategies under consideration in articles throughout the text.
- **NEW! Cartoons.** Created specifically for *On Course* by Rob Dunlavey, cartoons appear throughout the book and are thematically linked with the success strategies being explored. Plus, they're fun!

Support for Students

- **Premium Website at www.cengage.com/success/Downing/OnCourse6e.** This Website includes many resources that will help your understanding of the principles and ideas found in *On Course*. You will find an electronic version of the self-assessments from the text, as well as practice tests, a learning styles inventory, Success Tools that provide various activities that cover various College Success themes, discussion questions, essay topics, and many other exercises that allow for further exploration of text features such as On Course at Work and Wise Choices.

Support for Instructors

- **Additional Premium Website Content. FREE when bundled with new textbooks.** By requesting the free Printed Access Card (PAC) (0495900702) to be packaged with your new textbook order, you and your students will obtain access to new VideoSkillbuilders, interactive video and exercises that showcase real students talking about their struggles and successes in college. More than 15 topics are covered including *Taking Notes to Improve Your Grade*, *Keeping Your Mind and Body in Shape*, *Test Taking*, and *Learning Styles*. Instructors can assign viewing questions for homework and have discussions about the videos in class.
- **NEW! Online Multimedia EBook.** This Online Multimedia Ebook for *On Course* provides an interactive version of the textbook with linked videos, online journaling, and the electronic version of the self-assessment. Request the Printed Access Card (PAC) (0538792639) for an additional fee for the Premium Website with the Online Multimedia Ebook to be packaged with your new textbook order for you and your students to obtain access to the Online Multimedia Ebook as part of the Premium Website.
- **Updated Instructor Companion Site at www.cengage.com/success/Downing/OnCourse6e.** This Website provides educators with many resources to offer a course that empowers students to become active, responsible, and successful learners. Download the Facilitator's Manual (which is also offered in a printed version, also explained below). Also download PowerPoint Slides, view the content from the DVD *On Course: A Comprehensive Program for Promoting Student Academic Success and Retention*, and find a useful transition guide for educators who used previous editions of *On Course*.
- **NEW! Join the New On Course Community Online at <http://community.cengage.com/OnCourse/>.** If you're a college or university educator seeking innovative ways to help students achieve *greater academic success and retention*, this online community is for you! Connect with *On Course* author Skip Downing, educators, counselors, TeamUP Faculty Program Consultants, and the editors—and stay on top of new ideas to teach your first-year students! We invite you to join the community to participate in discussions to learn and share best practices and resources for making a measurable difference in students' lives.

- **Newly Revised Facilitator's Manual.** The facilitator's manual, now offered both in a printed version (0495899461) and online on the Instructor Companion Site, offers educators specific suggestions for using *On Course* in various kinds of courses, and it endeavors to answer questions that educators might have about using the text. One of the most popular elements of this resource is the numerous in-class exercises that encourage active exploration of the success strategies presented in the text. These exercises include role playing, learning games, dialogues, demonstrations, metaphors, mind-mappings, brainstorming, questionnaires, drawings, skits, scavenger hunts, and many others.
- **NEW! PowerLecture CD-ROM for *On Course*** (0495906778). PowerLecture contains a brand new test bank in the ExamView test-generating software, enhanced instructor PowerPoint slides created by *On Course* Ambassador Carmen Eitienne of Oakland University, MI, and a PDF of the Facilitator's Guide. The test bank materials were created specifically for the Sixth Edition by *On Course* Ambassador Dana Murphy of National Park Community College, AR. Use the dynamic software to create customized exams specific to your class!
- ***On Course: A Comprehensive Program for Promoting Student Academic Success and Retention* DVD** (0547002173). This DVD provides instructors with an overview of the problems that keep today's capable students from being successful, complete with an explanation by author Skip Downing about how *On Course* differs from other student success approaches. Additional features on this DVD include a description of the extensive *On Course* learner-centered resources, videos of three students presenting their One Student's Story essays that appear in the text, and a sample *On Course* learner-centered activity, facilitated by Skip Downing. Following the activity, a group of college and university educators discuss how this same activity positively affected their students. Presented in short chapters, parts of this DVD are intended for instructors and other parts are perfect for showing to students.
- **NEW! Online Course Cartridge Materials.** If you're taking your *On Course* class online, you'll want to check out the new course cartridge materials in WebTutor, which can be used with Blackboard, WebCT and Angel platforms. The WebTutor offers a number of instructor resources to complement the main text, including discussion questions and gradebook content. Additional features include journal activities, essay topics, samples of student work, personal research assignments, workplace-related activities, technology exercises, discussion board topics, quizzes, links to the student website, and interactive reflection tasks. Instructors have the option of using the electronic gradebook, receiving assignments from students via the Internet, and tracking student use of the communication and collaboration functions. An access code is required for purchase by your students to reach this material. This resource is available for packaging with a Printed Access Code (PAC), or students can purchase an Instant Access Code (IAC) online at ichapters.com. Talk to your Cengage sales representative for more information. Need help finding your rep? Visit <http://academic.cengage.com>.

- **NEW! Ebook. An Ebook is now available for *On Course*.** Students can download the complete *On Course* textbook at a cost savings at Cengage Learning's Online Bookstore, <http://ichapters.com>.
- **Assessment Tools.** If you're looking for additional ways to assess your students, Cengage Learning has additional resources for you to consider. For more in-depth information on any of these items, talk with your sales representative, or visit the *On Course* website.
 - **College Success Factors Index:** This pre- and post-test determines student's strengths and weaknesses in areas proven to be determinants of college success.
 - **CL Assessment and Portfolio Builder:** This personal development tool engages students in self-assessment, critical-thinking, and goal-setting activities to prepare them for college and the workplace. The access code for this item also provides students with access to the Career Resource Center.
 - **Noel-Levitz College Student Inventory:** *The Retention Management System™ College Student Inventory* (CSI from Noel-Levitz) is an early-alert, early-intervention program that identifies students with tendencies that contribute to dropping out of school. Students can participate in an integrated, campus-wide program. Cengage Learning offers you three assessment options that evaluate students on nineteen different scales: Form A (194 items), Form B (100 items), or an online etoken (that provides access to either Form A, B, or C; 74 items). Advisors are sent three interpretive reports: the Student's Report, the Advisor/Counselor Report, and the College Summary and Planning Report.
 - **The Myers-Briggs Type Indicator® (MBTI®) Instrument¹:** MBTI is the most widely used personality inventory in history—and it is also available for packaging with *On Course*. The standard Form M self-scorable instrument contains ninety-three items that determine preferences on four scales: Extraversion-Introversion, Sensing-Intuition, Thinking-Feeling, and Judging-Perceiving.
- **College Success Planner.** Package your *On Course* textbook with this twelve-month week-at-a-glance academic planner. The College Success Planner assists students in making the best use of their time both on and off campus, and includes additional reading about key learning strategies and life skills for success in college. Ask your Cengage Learning sales representative for more details.
- **Cengage Learning's TeamUP Faculty Program Consultants.** An additional service available with this textbook is support from **TeamUP Faculty Program Consultants**. For more than a decade, our consultants have helped faculty reach and engage

¹MBTI and Myers-Briggs Type Indicator are registered trademarks of Consulting Psychologists Press, Inc.

first-year students by offering peer-to-peer consulting on curriculum and assessment, faculty training, and workshops. Our consultants are educators and higher-education professionals who provide full-time support to help educators establish and maintain effective student success programs. They are available to help you to establish or improve your student success program and provide training on the implementation of our textbooks and technology. To connect with your TeamUP Consultant, call 1-800-528-8323 or visit www.cengage.com/teamup.

- **On Course Workshops and Conference.** Skip Downing, author of *On Course*, offers faculty development workshops for all educators who want to learn innovative strategies for empowering students to become active, responsible, and successful learners. These highly regarded professional development workshops are offered at conference centers across North America, or you can host a one- to three-day event on your own campus. An online graduate course (3 credits) is available as a follow up to two of the workshops. Additionally, you are invited to participate in the annual On Course National Conference, where hundreds of learner-centered educators gather to share their best practices. For information about these workshops, graduate courses, and the national conference (including testimonials galore), go to www.OnCourseWorkshop.com. Questions? Email info@OnCourseWorkshop.com
- **On Course Newsletter.** All college educators are invited to subscribe to the free *On Course Newsletter*. More than forty thousand educator-subscribers worldwide receive biweekly emails (monthly in the summer) with innovative, learner-centered strategies for engaging students in deep and lasting learning. To subscribe, simply go to www.oncourseworkshop.com and follow the easy, one-click directions.

Acknowledgments

This book would not exist without the assistance of an extraordinary group of people. I can only hope that I have returned (or will return) their wonderful support in kind.

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A number of wise and caring reviewers have made valuable contributions to this book, and I thank them for their guidance:

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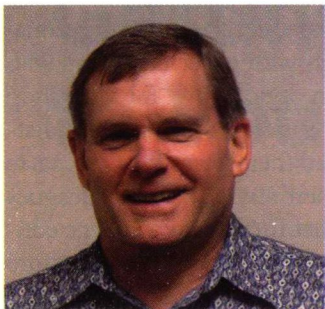
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Mark Williams, The Community College of Baltimore County, MD

Finally, my deep gratitude goes out to the students who over the years have had the courage to explore and change their thoughts, actions, feelings, and beliefs. I hope, as a result, you have all lived richer, more personally fulfilling lives. I know I have.

Travel with Me



On Course is the result of my own quest to live a rich, personally fulfilling life and my strong desire to pass on what I've learned to my students. As such, *On Course* is a very personal book, for me and for you. I invite you to explore in depth what success means to you. I suggest that if you want to achieve your greatest potential in college and in life, dig deep inside yourself where you already possess everything you need to make your dreams come true.

During my first two decades of teaching college courses, I consistently observed a sad and perplexing puzzle. Each semester I watched students sort themselves into two groups. One group achieved varying degrees of academic success, from those who excelled to those who just squeaked by. The other group struggled mightily; then they withdrew, disappeared, or failed. But, here's the puzzling part. The struggling students often displayed as much academic potential as their more successful classmates, and in some cases more. What, I wondered, causes the vastly different outcomes of these two groups? And what could I do to help my struggling students achieve greater success?

Somewhere around my twentieth year of teaching, I experienced a series of crises in both my personal and professional life. In a word, I was struggling. After a period of feeling sorry for myself, I embarked on a quest to improve the quality of my life. I read, I took seminars and workshops, I talked with wise friends and acquaintances, I kept an in-depth journal, I saw a counselor, I even returned to graduate school to add a master's degree in applied psychology to my doctoral degree in English. I was seriously motivated to change my life for the better.

If I were to condense all that I learned into one sentence, it would be this: **People who are successful (by their own definition) consistently make wiser choices than people who struggle.** I came to see that the quality of my life was essentially the result of all of my previous choices. I saw how the wisdom (or lack of wisdom) of my choices influenced, and often determined, the outcomes and experiences of my life. The same, of course, was true for my struggling students.

For nearly two decades, I have continued my quest to identify the inner qualities that empower a person to make consistently wise choices, the very choices that lead to success both in college and in life. As a result of what I learned (and continue to learn), I created a course at my college called the College Success Seminar. This course was a departure from traditional student success courses because instead of focusing primarily on study skills, it focused on empowering students from the inside out. I had come to realize that most students who struggle in college are perfectly capable of earning a degree and that their struggles go far deeper than not knowing study skills. I envisioned a course that would

empower students to develop their natural inner strengths, the qualities that would help them make the wise choices that would create the very outcomes and experiences they wanted in college, and in life. When I couldn't find a book that did this, I wrote *On Course*. A few years later, I created a series of professional development workshops to share what I had learned with other educators who want to see their students soar. Then, to provide an opportunity for workshop graduates to continue to exchange their experiences and wisdom, I started a list-serv, and this growing group of educators soon named themselves the *On Course* Ambassadors, sharing *On Course* strategies with their students and colleagues alike. Later, I created two online graduate courses that further help college educators learn cutting-edge strategies for empowering their students to be more successful in college and in life. To launch the second decade of *On Course*, the *On Course* Ambassadors hosted the first *On Course* National Conference, bringing together an overflow crowd of educators hungry for new ways to help their students achieve more of their potential in college and in life. Every one of these efforts appeals to a deep place in me because they all have the power to change people's lives for the better. But that's not the only appeal. These activities also help *me* stay conscious of the wise choices I must consistently make to live a richer, more personally fulfilling life.

Now that much of my life is back on course, I don't want to forget how I got here!

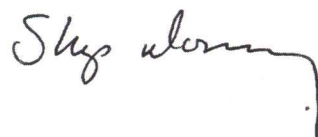
A handwritten signature in dark ink, appearing to read "Step Wolcott", with a long, sweeping horizontal line extending to the right.

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