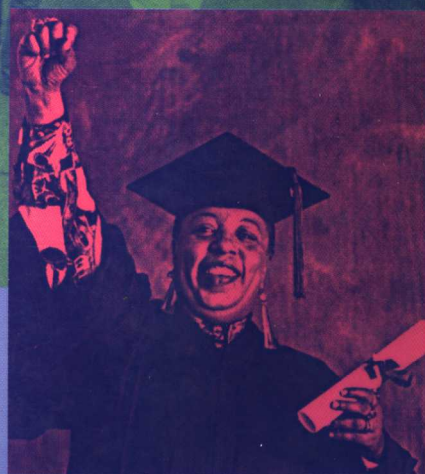
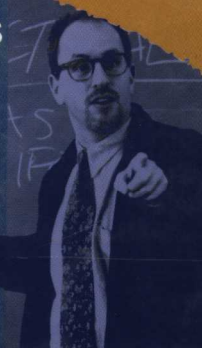
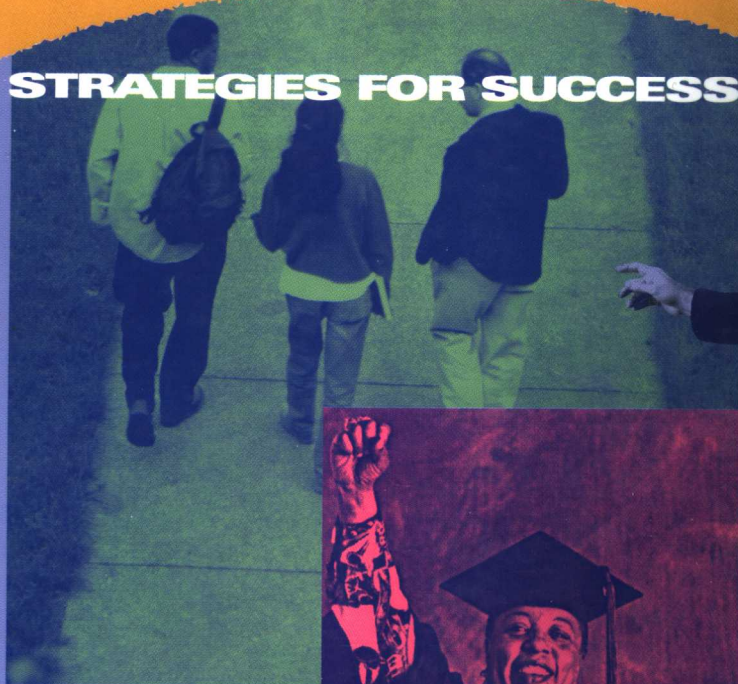


YOUR COLLEGE EXPERIENCE

WCE

4TH EDITION

STRATEGIES FOR SUCCESS



John N. **GARDNER**
A. Jerome **JEWLER**



Your College Experience

STRATEGIES FOR SUCCESS

Fourth Edition

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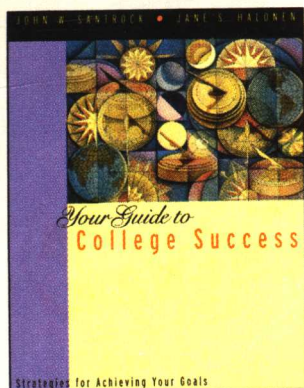
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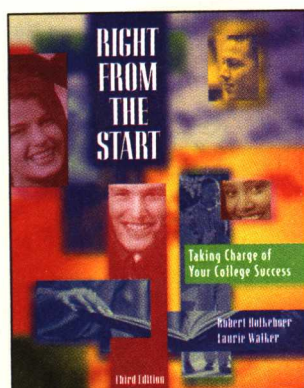
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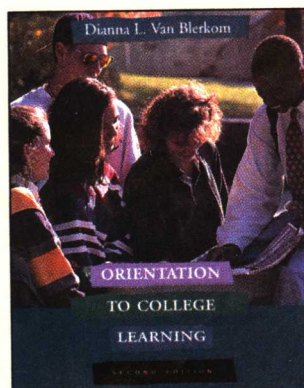
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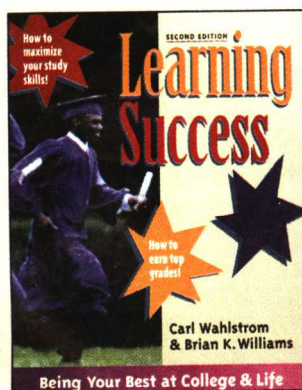
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Just as first-year students everywhere are forever learning new ways to succeed, so we are discovering new ways to help them. Each of us began college not knowing if we were going to make it through. Our beginnings were shaky, yet by using common sense and relying on the advice of others we did succeed. Not once during our college years did we realize what a powerful effect our college experiences would have on the rest of our lives. We dedicate this fourth edition to those of you who are just beginning this journey. We believe much good advice lies within these pages, advice we wish we had been privy to during our college years. All we ask is that you strive to follow as much of it as you can.

Foreword to the Instructor



By Vincent Tinto
Distinguished University Professor
Syracuse University

I have been involved as a researcher and consultant in studies of student retention and retention programs for nearly 30 years. In that time, I have come to learn four important lessons about the character of successful retention strategies.

First, retention is the result of successful education. Students who learn, stay.

Second, becoming a successful learner takes time and skills, both academic and social. It is not easy, but it is doable.

Third, environment matters. Students who are involved, both academically and socially, are not only more likely to stay, but are more likely to learn while staying.


Fourth, the first year of college is a critical period for student learning and persistence. It is a period of transition and adjustment, both academically and socially, during which students acquire important skills that furnish the foundation for subsequent learning. It is a period when involvement matters most, and when learning is most readily shaped by educational programs designed to provide students with learning experiences that are motivating, challenging, and involving.

In this regard, I have also discovered that few individuals are more qualified to speak to the needs of new students and the first-year experience than Professors John Gardner and Jerry Jewler. They have been working with new students and with faculty who teach those students for more than 25 years. In that time, they have acquired knowledge that few can match of what works and what doesn't.

That knowledge is contained within the pages of this book and in the programs their work has inspired. The first section introduces students to the goal-setting process, provides them with a set of "keys to success" that are noted throughout the book, stresses the benefits of collaborative learning and the value of a liberal education, and explains the process of thinking critically.

The second section provides students with the basic academic skills they will need to survive college: time management, note-taking in the classroom, reading textbooks for information, studying for exams, using the library and technology to gather and organize knowledge, speaking with confidence in the classroom, a problem-solving method for math and the sciences, and choosing academic majors and careers.

The final section deals with matters of a more personal nature: values clarification, appreciating diversity, developing relationships, managing stress, sexual decisions, alcohol and drugs, and money management.



At the end of each chapter are numerous exercises instructors may assign at will. Annotations in the Annotated Instructor's Edition suggest other activities for classroom use, and the Instructor's Resource Manual provides additional ideas for teaching each chapter of the book.

I can't imagine a more comprehensive introduction to the college experience. So, as I have recommended to students, let me also recommend that you take Gardner and Jewler's advice seriously and use it as a guide to your own thinking about the education of new students on your campus. As I have found in my own institution, where I teach our version of the first-year seminar, their advice works.

Foreword to Students



By Vincent Tinto
Distinguished University Professor
Syracuse University

So you're just beginning—or returning to—college. What now? Well, if you feel a bit unsure of yourself, unsure of what to expect and what to do, take comfort in the fact that most of your peers feel the same way. More to the point, you should take comfort in the fact that you are beginning a path that has been trod by thousands of others before you. Their experience and the lessons they convey will prove invaluable to you as you begin or resume your college career.

This book, edited by two of the nation's leading authorities on the college experience, represents the accumulated wisdom of those students who preceded you. Through the authors' words, these students speak and share their wisdom about what you can do to make the most of your college experience.

So my advice to you is simple. Read this book and take its advice seriously. Ask yourself how you can apply the lessons learned by former students to your college career.

Pay particular attention to the Keys to Success in Chapter 1. If you can follow them, you should have no difficulty surviving college. Indeed, you will flourish.

In the first section of this book, Chapters 1, 2, and 3, you'll find help with the goal-setting process and a set of "keys to success" in college. You'll learn about the benefits of collaborative learning and the value of a liberal education, and you'll explore the process of thinking critically.

In Chapters 4 through 13, you'll find the skills essential to being a successful learner: time management, learning in the classroom, how to read a textbook, how to study for exams, how to use the library and the Internet for research, and other important information, including a comprehensive look at career planning.

Finally, Chapters 14 through 20 introduce you to the personal side of college: developing values, appreciating diversity, making friends, managing stress, managing money, and dealing with sexual decisions, alcohol, and drugs.

As you read this book, be aware that your college has a variety of specialists whose job is to help you adjust to the academic demands you will face. Most students require some form of help during the first year of college. It's quite normal, because college presents different challenges from high school.

Colleges are gold mines of knowledge and information. Tap into that information. Don't let your college years go by without exploring the many wonderful resources and knowledgeable people on your campus.

Explore the library and discover how it links you to knowledge well beyond the boundaries of your campus and your nation. Get to know faculty, not just from your program, but throughout campus. Choose a few courses that sound interesting, that intrigue you, and attend them not for the sake of your academic program, but for yourself! Treat yourself to knowledge. It's low in fat and high in vitamins and minerals.

And don't worry if you're not sure about your major. Most students are either undecided about a major when they enter college or change their minds at least once. Being undecided is actually more common than knowing what you want to do for the rest of your life. So if you don't know, don't panic. But don't be passive. See the specialists in your career center. Get involved with activities that take you beyond the classroom and perhaps beyond the college. Seek summer internships in areas that might interest you. Many students have discovered their careers during such internships.

College is also a time of personal growth. Although this makes the college experience wonderful, it can also make for stormy weather. But storms pass, so hold on. And when times are stormy, reach out for help. Stay connected to other people, and remember once more: you are not the only one going through this.

You will have few other times in life when you can explore and learn as you can do in college, so take advantage of the next few years. Be sensible. Be smart. And above all, enjoy.

Preface to Instructors



■ THE KEYS ARE ESSENTIAL

As founders and dedicated supporters of the First-Year Experience movement for nearly thirty years, we have always kept two ideas foremost in our minds:

- All students can succeed in their first year of college.
- As educators and scholars, it is our responsibility to provide the best possible support for their efforts.

Research by scholars at the National Resource Center for the First-Year Experience at the University of South Carolina and at other institutions continues to show that first-year college students are most likely to succeed and continue in college if they

- Get to know at least one faculty or staff member on campus
- Make friendships and form groups that support their college goals
- Learn ways to define and accomplish goals for academic and career success
- Manage their time to best effect
- Master the fundamental learning skills required in college
- Pass beyond “survival” thinking to an attitude of critical thinking and intellectual growth
- Master basic writing skills as an integral tool of college learning

The *Keys to Success* that you see listed on the inside front cover of this text are still the book’s guiding principles, as they are for outstanding college success courses across the country. Every chapter of this book begins by letting the student know how studying the chapter and completing its activities will help them acquire and master specific key skills.

From its first edition, this text has been based on these keys to success, which in turn are based on the most reliable research into the foundations of success in college. With extensive input from adopting instructors, exercises have been created and continually improved to broaden students’ experience and skills in self-assessment, goal-setting, critical thinking, use of digital technology, collaborative learning, class discussion, journaling and other forms of writing, and classroom presentation.

We view this fourth edition as a major advance over previous editions. We think you’ll agree!

■ NEW IN THIS EDITION

A Shorter, Crisper Text

With this edition we have consolidated the contributions of dozens of experts from around the country into a shorter format and a completely

unified voice. By combining some topics and streamlining others, and by other changes mentioned below, we have reduced the length of the book while at the same time expanding the coverage of several important topics. One great strength of *Your College Experience* has always been its reliance on a multitude of experts in their fields. With this new revision, we believe we make that expertise more accessible to student readers.

Unified Text and Expanded Activities

Following the advice of numerous reviewers, we have changed the chapter format by moving the exercises to the end of each chapter. Marginal callouts beside the text show where and how each exercise applies to implement the ideas of the text. One advantage of this new arrangement is that students can now read the chapter text without interruption. Another advantage is that we have been able to expand the number of exercises and make clearer how they build on one another. New also to the comprehensive edition is a special full-page *Resources* activity at the end of each chapter as well as a journal page that allows students to write their responses to the journal questions.

Internet and InfoTrac College Edition

Also new to this edition are *Internet* activities for every chapter, allowing students to practice multiple uses of the Internet, from e-mail, to chat groups, to using the World Wide Web for personal and academic research. In addition, each chapter ties into the unique resources of *InfoTrac College Edition*, an extensive, professional Internet database of over 600 journals with full-text articles. By using this text, your students have 24-hour access to comprehensive and up-to-date research information for all their course work.

New Chapter on Critical Thinking and Writing

Prior editions have integrated William T. Daly's four-phase approach to critical thinking in discussions and exercises throughout the chapters. In this edition we add to that a full chapter on critical thinking and writing early in the text, to provide a broader context for Daly's approach and more discussion and activities to introduce critical thinking as a key objective for first-year students. We also make explicit the crucial role of writing as both a tool for critical thinking and an effective method to reinforce learning.

New Chapter on Alcohol and Other Drugs

Every instructor in college success knows how difficult it is to address this issue realistically and positively with traditional-age first-year students. This edition offers a new approach that focuses primarily on binge drinking, now recognized nationally as the most serious public health issue on American campuses.

Expanded Chapter on Math and the Sciences

This redesigned chapter emphasizes the importance of scientific thinking and mathematical skills and logic, not only for majors, but for all students.

It connects the ability to master such skills with the ability to land a good job after graduation and reminds students that most employers require skills involving words and numbers. Entering students whose mindset is, I can't do math, will be encouraged by the approach this chapter takes. Using word problems, the chapter encourages students to work logically through the steps of arriving at the right solution.

New Focus on Collaborative Learning

Research increasingly indicates the importance of collaboration for student learning and retention. In this edition, Joe Cuseo of Marymount College, whose research specialty is collaborative learning, has added special text and activities throughout the chapters to enable students to work effectively in teams. Collaborative learning has been linked to higher levels of student comprehension and success in math, science, and technology. It helps students to develop their speaking and writing skills and encourages independent, self-directed learning. Collaborative college learning also prepares students for the teamwork required in today's workplace.

■ SUPPLEMENTS AND SUPPORT

A complete resource package for instructors accompanies this text.

Instructor Resources

Toll-Free Phone Consultation: 1-800-400-7609 For helpful advice on information about our products and services.

Instructor's Resource Manual Includes background on the college success course; background on book-specific features; an overview of the six learning themes emphasized throughout the text; academic research-based material supporting the six learning themes; teaching strategies based on the six learning themes (including strategies for encouraging active involvement from students, effective questioning strategies, effective assignments); chapter-by-chapter teaching tips; test items and transparency masters.

World Class Testing Tools A fully integrated collection of test creation, delivery and classroom management tools! You can generate tests randomly, select specific questions, and write or import your own questions. You can also choose the method to deliver the tests—via diskette or local hard drive, LAN, or Wadsworth's Internet server. The tutorial feature allows students to answer sample test questions and receive immediate feedback as to why a particular answer was wrong. The test management software allows you to automatically extract and track data from online tests, practice tests, and tutorials. For more information and a demonstration, visit <http://www.worldclasslearning.com>.

College Success PowerPoint This cross-platform CD-ROM contains text and images to illustrate important concepts in the college success course. Use this CD in conjunction with your own PowerPoint program for the additional flexibility of adding your own slides, making changes or deleting existing slides and rearranging the slide order.

College Success Transparency Acetates 50 color transparencies featuring helpful checklists, charts, and key points about college success topics to help organize your classroom presentation.

The Keystone The exclusive newsletter of the Wadsworth College Success program. Published twice during the academic year, the Keystone brings you ideas and information about events and resources from colleagues around the country.

The Wadsworth College Success Course Guide This helpful resource covers a range of subjects, from building support for a first-year course to administering the course and reshaping it for the future.

Workshops and Training

College Success Workshops Wadsworth offers multiple training options to best meet your needs, including regional workshops, customized on-site workshops, and workshop offerings by authors Gardner and Jewler. Call 1-800-400-7609 for more information on creating a workshop just right for your program!

Teaching College Success: The Complete Resource Guide An *exclusive* to Wadsworth, *Teaching College Success* is the perfect tool to create your own tailored training program for college success instructors! Designed as a stand-alone resource or as a reference, this training package focuses on faculty development and common issues related to teaching the first-year seminar across institutions. Contains a complete set of training modules and a PowerPoint CD-ROM. *Teaching College Success* includes a blend of content information (the nature of the college success course, relevant theoretical approaches, and current national data) and experimental activities for trainers to try with training groups and later with students. Sampler package 0-534-53644-1. Full product 0-534-53640-9.

Video Resources

CNN Today: College Success *Exclusive* to Wadsworth, this innovative video program presents segments on key topics in college success, produced by the award-winning educational team at CNN. Perfect for "lecture launchers," these tapes are updated on a yearly basis.

Your College Experience: Strategies for Success Video Series This twelve-part video is designed to teach and stimulate lively group discussions. Based on the nationally acclaimed University 101 first-year seminar course directed by John Gardner at the University of South Carolina.

A World of Diversity A powerful two-video set on communication and conflict resolution between cultures. Reviewed by African-American, Asian-American, and Latino-American and other multicultural scholars for language authenticity and content accuracy.

Wadsworth Study Skills Videos *Volume 1: Improving Your Grades* features students talking to students and involves viewers in the issues that

contribute to their success. It is divided into five parts designed to help students get what they want out of college: Choosing an Approach to Learning, Making Decisions About Your Time, Learning in Your Classes, Making Sense of Textbooks and Taking Tests. *Volume 2: Notetaking* features a series of college lectures which provide students with the opportunity to practice their notetaking skills and instructors with the opportunity to assess student skills.

Wadsworth College Success Video Series An extensive selection of videos from Films for the Humanities and Sciences on stress management, reading improvement, time management, healthful eating and nutrition, substance abuse prevention, AIDS, maximizing mental performance, and many others.

Internet Resources

InfoTrac College Edition Designed to help your students make the best of the Internet, Wadsworth's *exclusive* InfoTrac College Edition provides them access to full-length articles from more than 700 scholarly and popular periodicals, updated daily. Four-month subscription free to adopting instructors.

World Class Course The easy and effective way to create your own dynamic web site! Post your course information, office hours, lesson information, assignments, sample tests and links to web content, including student enrichment materials from Wadsworth. Updates are quick and easy and customer support is available 24 hours a day, seven days a week. More information is available at <http://www.worldclasslearning.com>.

Success Online

<http://www.success.wadsworth.com>

This new web service provides current and helpful professional resources including:

- Training information for instructors of new and established college success courses
- Course Tools to easily create a web site for your own course
- InfoTrac College Edition—online access to more than 700 popular and scholarly periodicals, updated daily
- Online Instructor's Manuals and PowerPoint slides
- The ability to create your own custom textbook online, by selecting individual chapters or sections from Wadsworth texts and combining them with your own campus materials
- Additional student resources

College Success Internet-at-a-Glance This handy one-page laminated pocket reference for students has a host of URL addresses related to college success topics such as study skills, learning styles, health, financial management, and career choice—to give your students a guided tour of the Internet! Available free when packaged with Gardner and Jewler's *Your College Experience*, 4th Edition.

College Success Guide to the Internet Written especially for college success students, this practical guide includes step-by-step instructions and tips for learning to use the Internet and a substantial collection of sites grouped by key topics discussed in the college success course, such as health issues, study skills, time management, test taking, and more.

Time Management Resources

Franklin-Covey Day Planner, Collegiate Edition This ultimate daily planner—consisting of a binder, 365 daily pages, 12 monthly tabs, a personal information section, a zippered pouch, and much more—is designed to help students manage their college and professional careers! Includes a training audiotope for students that explains time management principles and how to use the planner. Available at an *exclusively* low price when packaged with Gardner and Jewler's *Your College Experience*, 4th Edition.

■ ACKNOWLEDGMENTS

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