

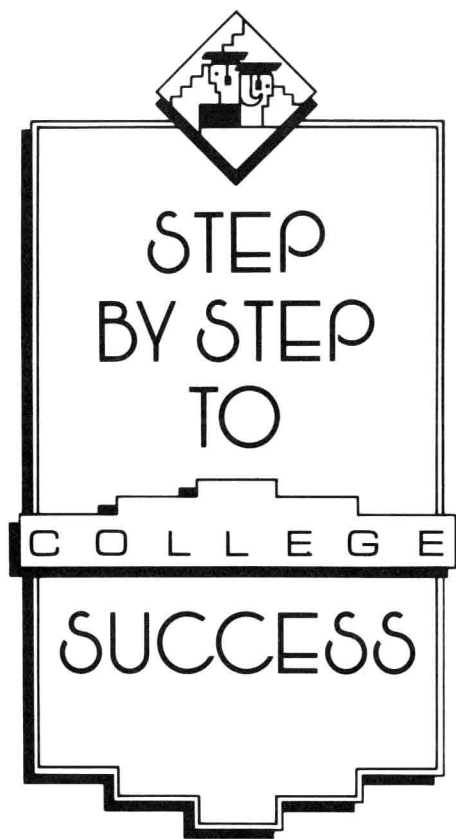
# STEP BY STEP TO

C O L L E G E

# SUCCESS

A. JEROME JEWLER  
JOHN N. GARDNER





A. JEROME JEWLER

Co-director, University 101 Freshman Seminar Program  
Professor of Journalism  
University of South Carolina, Columbia

JOHN N. GARDNER

Director, University 101 Freshman Seminar Program  
Associate Vice President  
for University Campuses and Continuing Education  
Professor of Library and Information Science  
University of South Carolina, Columbia

ENGLISH EDITOR John Strohmeier  
EDITORIAL ASSISTANTS Holly Allen, Sharon McNally  
PRODUCTION EDITOR Harold Humphrey  
TEXT AND COVER DESIGNER Julia Scannell  
PRINT BUYER Karen Hunt  
COPY EDITOR Linda Purrington  
COMPOSITOR Kachina Typesetting, Inc.  
SIGNING REPRESENTATIVE Susan Wilson

© 1987 by Wadsworth, Inc. All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transcribed, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the publisher, Wadsworth Publishing Company, Belmont, California 94002, a division of Wadsworth, Inc.

Printed in the United States of America

2 3 4 5 6 7 8 9 10—91 90 89 88 87

Library of Congress Cataloging-in-Publication Data

Jewler, A. Jerome.

Step by step to college success.

1. College student orientation. 2. College freshman—United States. 3. Study, Method of.  
4. Academic achievement. I. Gardner, John N.  
II. Title.

LB2343.32J48 1987 378'.18 86-24729  
ISBN 0-534-07998-9



STEP  
BY STEP  
TO

C O L L E G E

SUCCESS

This book could not have been possible without the assistance of our many colleagues in the University 101 program at the University of South Carolina and elsewhere, who made major contributions to our earlier work, *College Is Only the Beginning*. We would therefore like to thank Ed Ewing, Charles Curran, Jim Burns, Linda Salane, Barbara Alley, Jim Lancaster, Ray Edwards, Richard Wertz, Mary Beth Love, Ruthann Fox-Hines, Kevin King, Randy Lamkin, Linda Morphis, Mike Shaver, Tom Shandley, Mark Shanley, Dennis Pruitt, and Hilda Owens. Again, we thank Belle Jewler and Donna Gardner for giving us the time to develop this new volume of sage advice for entering college students. We are grateful to Frances Rauschenberg of the University of Georgia and Dr. John Lewis of West Georgia College, who reviewed the manuscript and made helpful suggestions.



# PREFACE



## A GUIDE TO THE FIVE JOURNEYS IN THIS BOOK

Among the famous pathways of our time, there's the yellow brick road, the road to ruin, the primrose path, and easy street. This journey is something else entirely. It's a step-by-step route through one of the most significant events in your life: the freshman year of college.

What makes the freshman year such a milestone in the lives of individuals? As you follow the path through these pages, you will find out. But for now, let us simply say that those of you who choose college are also choosing a plan for the rest of your lives. In college, you will have the time to learn to live on your own for perhaps the first time in your life. In college, you will be making decisions you have never had to make before. In college, you'll be meeting people from all walks of life, from different cultural backgrounds, from different parts of America and the world. In college, you will be taught by men and women who are acknowledged specialists in their fields, and many probably won't come from your hometown or even your home state. College will offer you the opportunity to grow dynamically in at least six directions at once: intellectually, vocationally, emotionally, spiritually, physically, and socially. That isn't an easy task by any means, and it helps to have a plan. This book is intended to help you develop that plan.

The idea behind this book, therefore, is really a very simple one. It is that college, like all things in life, works best when you are prepared to reap all its rewards and benefits. We who have put this little volume together have been dedicated to helping freshmen succeed in college for a combined total of nearly forty years. We administer the best-known freshman seminar course in the country. With this experience behind us, and as former freshmen ourselves, we're in a position to offer sound advice to those of you who are just now thinking about college, or who are just about to begin your freshman year.

Our advice, in a nutshell, is this:

First, be certain you understand why you're going to college. Learn to develop a positive attitude toward learning, one you can fully believe in and can become genuinely excited about.

Next, clarify your needs. Be absolutely certain you know what you need to get out of college.

Then, use those needs as a plan to obtain the most from your college years.

It can be done, and you can do it! And doing it right can make the difference between just going through the motions of going to college, and getting all from college that college has to offer—a whole lot more, by the way, than most college students ever receive.

If you're reading this book on your own, read at your leisure and work through some of the suggested exercises. If you're reading it as part of a group or class, become involved with your group in as many activities as possible.

Now, here's your road map. This book is divided into five trips, or journeys. Each journey consists of a number of small steps. We emphasize "small" because the best learning takes place when it's organized into small steps or chunks.

The first journey is called, appropriately, "Preparing for the Rest of the Trip." Just as you need to pack and make other plans for a real journey, so you need to make preparations for this one.

The second journey is called "Setting the Stage for Learning to Take Place." We know the best learning takes place when students are in a learning environment that makes them eager to learn and eager to participate in that learning, and where there is a bond of trust between teacher and learner. That's why this journey will take you through a series of steps designed to build a sense of community in the classroom.

Only when you feel that good about learning can you make the most out of the three remaining trips. The third trip, "Discovering What a Freshman Needs to Know Most," is the basis for everything that follows. Steps in this journey will help you determine what you really need to know, what skills you need to sharpen, and how to begin planning for the years ahead. It's one of the most important journeys, so take it slowly, and make the most of it.

The fourth trip, "Finding the Answers," is one in which you'll be making many stops along the way. All around you, all over your campus, are the people, the facilities, the resources, and the groups to help you get what you need and to aid in your total development, not only as a student, but as a human being.

Finally, you'll embark on your fifth and final trip, "Becoming Responsible for Your Personal Growth." You'll look back on what you have done and where you have been, and reflect on what you've gained, how you've grown, and what lies ahead.

We have already suggested that, as authors of this book, we are well qualified professionally to provide this advice. What we need to add is that we were once college freshmen, too, and each of us, in our own way, experienced a freshman year filled with frustration and misery, emotions which, fortunately, were replaced by enthusiasm, excitement, and love of learning and of our newfound life situations.



It almost caused at least one of us to drop out forever. While you're wondering which of us that was, we think it's time you began your journey.

A. Jerome Jewler  
John N. Gardner  
January 1987

---

# CONTENTS

PREFACE A GUIDE TO THE FIVE JOURNEYS IN THIS BOOK

vii

---

## JOURNEY ONE

PREPARING FOR THE  
REST OF THE TRIP

3

### STEP 1

5

Discover Your Own Reasons for Going to College

EXERCISE Suggested Follow-up

6

### STEP 2

7

Now See What Others Say about the  
Value of College

EXERCISE 1 Second Draft

12

EXERCISE 2 College Fears

13

EXERCISE 3 What Is Higher Education? Things to Think About

15

---

## JOURNEY TWO

SETTING THE STAGE FOR LEARNING  
TO TAKE PLACE

19

### STEP 3

23

Find Out How College Is Different from High School

EXERCISE 1 How College May Differ from High School	29
EXERCISE 2 What I Liked about High School	29
EXERCISE 3 Computing a Grade-Point Average	29
STEP 4	31
Join a Group. Discover What You Are and Who They Are.	
EXERCISE 1 The Strengths Exercise	34
EXERCISE 2 How You Developed Your Values	36
EXERCISE 3 A Values-Based Interview	36
EXERCISE 4 Another Way of Declaring Your Values	37
EXERCISE 5 The Choice	37
STEP 5	41
Realize That Your Professors Are People Who Once Were Freshmen, Too	
EXERCISE 1 Interviewing a Professor	51

---

<b>J</b> OURNEY THREE	
DISCOVERING WHAT A FRESHMAN NEEDS TO KNOW MOST	53
STEP 6	55
Writing Effectively. The Key to Discovery.	
EXERCISE 1 Writing about Writing	60
EXERCISE 2 Nonstop Freewriting	61
EXERCISE 3 Looping	61
STEP 7	63
Learn How to Speak "College"	

STEP 8	65
Learn What's Out There for You	
EXERCISE 1 Needs and Resources. Making a Match.	72

---

## JOURNEY FOUR

FINDING THE ANSWERS	75
---------------------	----

STEP 9	77
How to Improve Your Study Skills	
EXERCISE 1 Choosing Study Methods	85
EXERCISE 2 Group Sharing of Study Methods	85

STEP 10	87
Your Academic Advisor. The Person with the Answers.	
EXERCISE 1 Rating Your Advisor	94
EXERCISE 2 Giving Thanks Where Thanks Are Due	95
EXERCISE 3 Shaping the Ideal Advisor Relationship	96

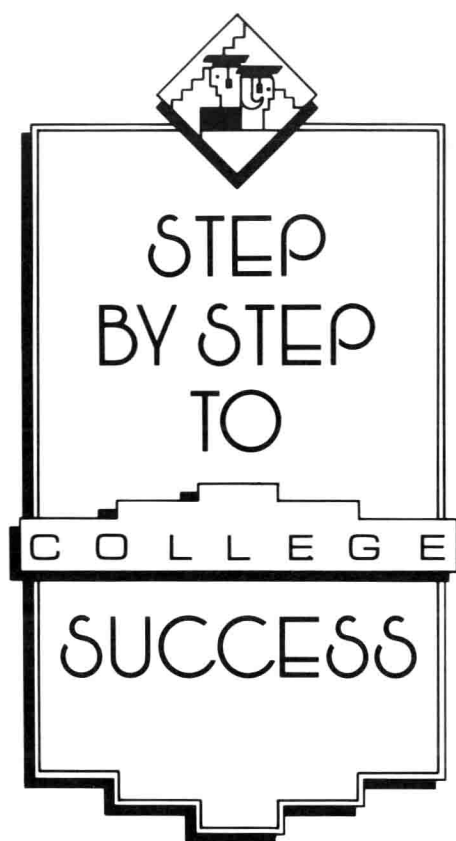
STEP 11	97
Your Academic Major, Your Future Career	
EXERCISE 1 Field Research on Careers and Majors	104
EXERCISE 2 Personality Mosaic	104

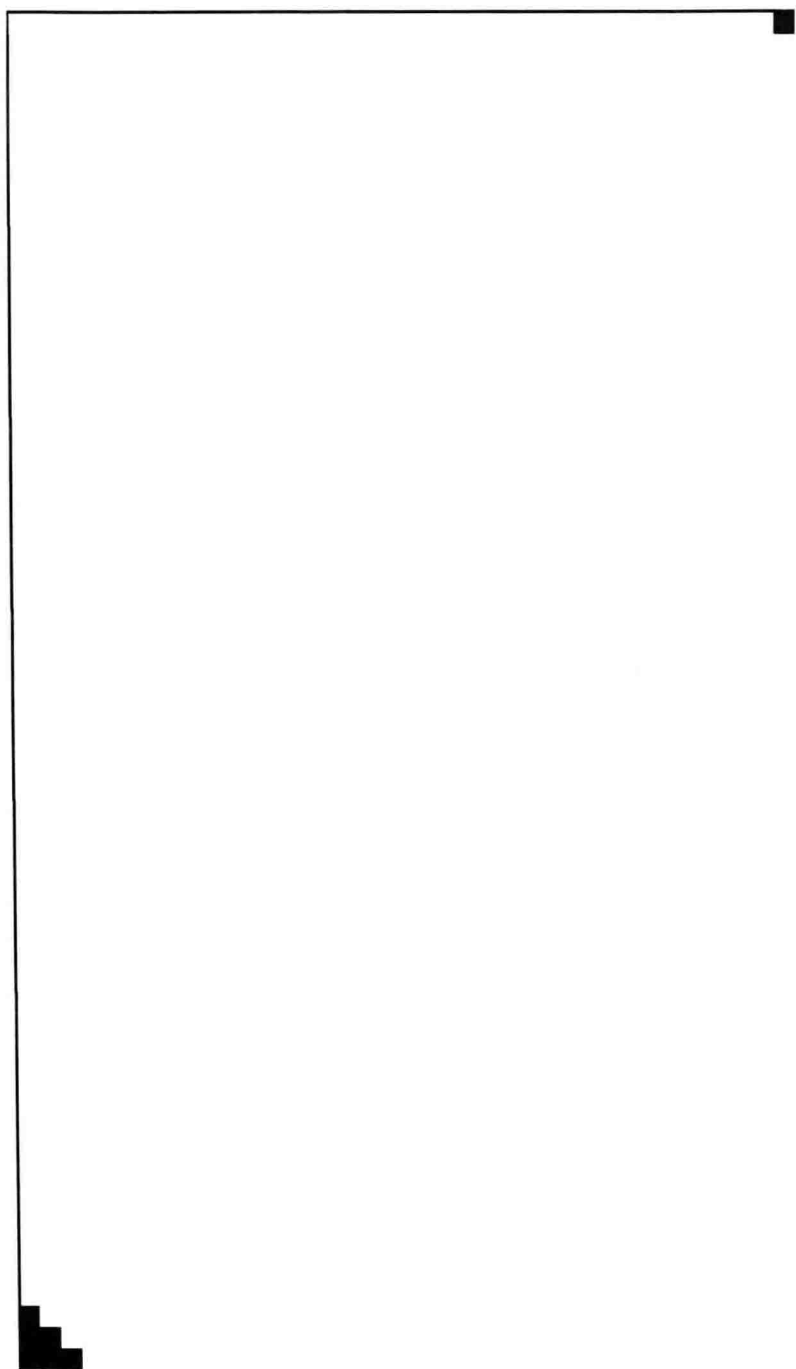
STEP 12	111
Using Your College Library for Better Papers, Enhanced Learning, and Higher Grades	
EXERCISE 1 The Library Search, from A to Z	115

STEP 13	121
Finding the Money for College. Managing It After You Get There.	
EXERCISE 1 Constructing Your Personal Budget	129
EXERCISE 2 Steps in Applying for Financial Aid	132
STEP 14	133
Becoming More Comfortable with Yourself and Others	
EXERCISE 1 A Brief Relaxation Exercise	141
EXERCISE 2 Discovering Your Campus Counseling Center	142
EXERCISE 3 Identifying Behaviors	142
STEP 15	145
When You Feel Your Best, You Do Your Best	
EXERCISE 1 Breaking the Pattern	150
EXERCISE 2 Breaking into an Exercise Routine	150
STEP 16	151
Alcohol, Drugs, and the Issue of Responsibility	
EXERCISE 1 Alcohol. Facts vs. Myths.	159
STEP 17	163
Making It Feel Like Home	
EXERCISE 1 Comparing Living Options	168
EXERCISE 2 Learning about Other Lifestyles	168
STEP 18	169
Avoiding that Left-Out Feeling. Activities and Leadership.	
EXERCISE 1 Relating Activities to Personal Development	174
EXERCISE 2 Learning Leadership Skills Firsthand	175
EXERCISE 3 A Class Survey of Campus Activities	175

---

<b>J</b>	<b>OURNEY FIVE</b>	
	BECOMING RESPONSIBLE FOR YOUR PERSONAL GROWTH	177
	STEP 19	179
	Successfully Completing Your Freshman Year. Options.	
	EXERCISE 1 Setting Goals for the Future	184
	EXERCISE 2 A Fantasy Trip into the Future	185
	GLOSSARY	187







# JOURNEY ONE

## PREPARING FOR THE REST OF THE TRIP

One of our basic assumptions about both traveling and learning is that it always helps to know where you're going and why you're going there. That's why we begin our adventure by asking you to, literally, take the first step. Once you've done that, we'll provide you with some additional and, we believe, surprising information about the value of college, and we'll follow that with some activities that will help you get a firmer grasp on who you are, what you want out of college, and what you expect to derive from the many life experiences still awaiting you.

One word of caution: Please don't jump ahead to the second step until you have completed the first. That's sort of the rule of thumb in this book. If you skip steps, or jump haphazardly through this book and meander back and forth along the route, we can't promise you'll reach your destination in optimum condition!

Trust us! And turn the page to begin.