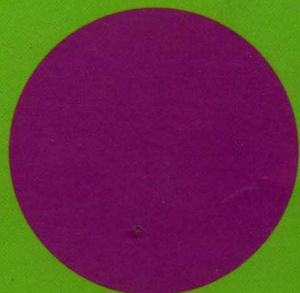
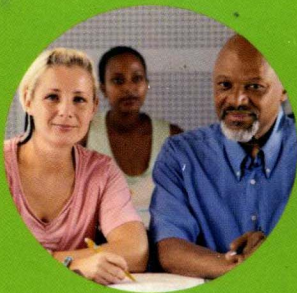
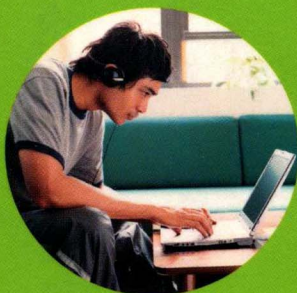
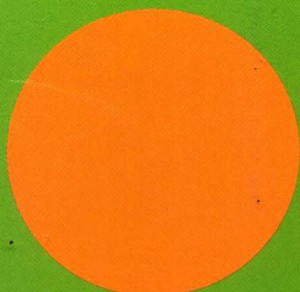
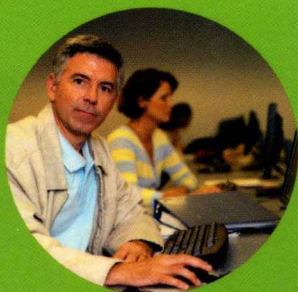
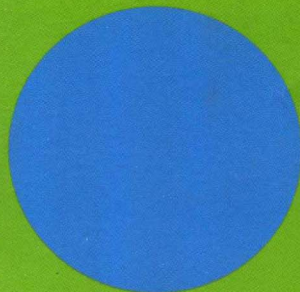


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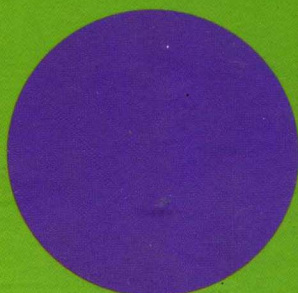
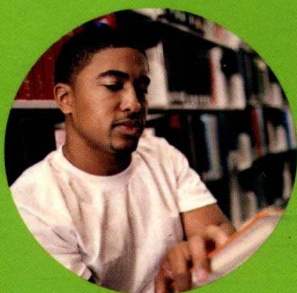
STRATEGIES FOR SUCCESS



John N. Gardner

A. Jerome Jewler

Betsy O. Barefoot





Your College Experience

Strategies for Success

Seventh Edition

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Your College Experience: Strategies for Success, Seventh Edition
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Printed in the United States of America
3 4 5 6 7 09 08 07 06

Library of Congress Control Number: 2005904923

Student Edition: ISBN 1-4130-1856-4

Loose-leaf Edition: ISBN 1-4130-2071-2

Thomson Higher Education
25 Thomson Place
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About the Authors



John N. Gardner brings unparalleled experience to this writing partnership for American higher education's authoritative text for first-year seminar courses. John is the recipient of his institution's highest award for teaching excellence. He has twenty-five years of experience directing and teaching in the most respected and widely emulated first-year seminar in the country, the University 101 course at the University of South Carolina. John is universally recognized as one of the country's leading university educators for his role in initiating and orchestrating an international reform movement to improve the beginning college experience, a concept he coined as "the first-year experience." He is the founding executive director of two influential higher education centers that support campuses in their efforts to improve the learning and retention of beginning college students: the National Resource Center for The First-Year Experience and Students in Transition at the University of South Carolina (www.sc.edu/fye), and the Policy Center on the First Year of College in Brevard, NC (www.fyfoundations.org). The experiential basis for all of his work is his own miserable first year of college on academic probation, an experience he hopes to prevent for this book's readers.

A. Jerome Jewler is a best-selling author, educator, and friend to students. As a distinguished professor emeritus of the College of Mass Communications and Information Studies as well as co-director of the University 101 first-year seminar, including its faculty development component, at the University of

South Carolina, Columbia, he has guided advertising students through the creative and writing processes and has helped hundreds of new students determine their goals. As University 101 co-director, he planned and conducted training workshops for first-year seminar instructors, has won a Mortar Board award for teaching excellence, and was recognized as USC Advisor of the Year and nationally as the Distinguished Advertising Educator in 2000. While not working on this book—which isn't very often!—he teaches younger children as a docent for the South Carolina State Museum.

Betsy O. Barefoot is a writer, researcher, and teacher whose special area of scholarship is the first-year seminar. During her tenure at the University of South Carolina from 1988 to 1999, she served as co-director for research and publications at the National Resource Center for The First-Year Experience and Students in Transition. She taught University 101, in addition to special-topics graduate courses on the “first-year experience” and the principles of college teaching. She conducts first-year seminar faculty training workshops around the U.S. and in other countries and is frequently called on to evaluate first-year seminar outcomes. Betsy currently serves as co-director and senior scholar in the Policy Center on the First Year of College in Brevard, NC. In this role she led a major national research project to identify “institutions of excellence” in the first college year. She currently works with both two- and four-year campuses in evaluating all components of the first year.

Preface to Students



This book is different from all your other textbooks. In fact, it may be the most important book you'll read as you begin your college experience because it's about you and improving your chances for success in college and beyond.

We know that college can be very difficult and that you will face many challenges ahead. But we also know that if you read this book carefully and act upon its many suggestions, you will immediately improve your chances of doing well in college and in life.

The very fact that you even have this book means that your campus offers a course designed to help first-year college students. One thing we have learned is that if you successfully complete this course, your chances of continuing in college and completing your degree are greater than those for students who do not take advantage of this opportunity. So we hope you will take this course seriously and let the course and this book help you navigate smoothly through your beginning college experience.

Why listen to us? For one thing, all three of us have dedicated our higher education careers to helping improve what educators have come to call "the first-year experience." Many professionals in our field would probably describe us as three of the country's leading experts on promoting student success in college and as champions for new college students. All three of us met and became friends and coworkers at the University of South Carolina. All three of us taught USC's well-known University 101 first-year seminar, where we practiced many of the strategies we now recommend in this book.

While we know a great deal about student success, there is no way the three of us could know everything. So we have sought and found a number of expert contributors. You will see them acknowledged at the beginning of many chapters. We believe there is no other book on the topic of college success that can give you a wider range of knowledge and experience.

Enhanced Strategies for Success



We open this book by introducing a comprehensive set of strategies for success and elaborate on them throughout the book. These strategies are grouped around five topics to underscore the book's major concepts.

Plan Ahead! Among the most important things you must learn in college is how to be prepared. This means knowing how to manage your time, showing up for class on time, having work done on time, and sticking to a weekly schedule, among other things. You can see we're going to be serious about time!

Take Charge of Learning! We all learn differently; in this section you'll find how you learn best. You will be introduced to many types of learning theories and have the chance to try a number of different learning styles and techniques. Other chapters in this section will introduce you to critical thinking and engagement with learning—two very important skills you should understand and practice.

Sharpen Your Skills! More specifically, we're talking about taking notes, reading textbooks, developing memory skills, taking exams, improving your writing and speaking, and learning how to research a topic. Sounds like a tall order, but you will be better able to manage these skills after reading these six chapters that will walk you step-by-step through critical processes that can mean the difference between success and failure.

Get Connected! Going to college will help you plan for the future, select friends wisely, and appreciate people of different cultures. In this section, you'll learn how to begin the career planning process, choose friends who will have a positive impact on your life, and interact with others whose backgrounds and cultures are different from yours.

Know Yourself! To conclude, we cover two topics that will help you understand yourself better. One—values—is philosophical, but develops into a discussion of such practical things as service learning and money management. The second—wellness—is straightforward “talk” about caring for your body and your mind. If those aren't in good working order, how can you manage to do well in your courses?

With the purchase of a new textbook, you receive a valuable passcode that allows you access to the website for **iLrn® College Success**.

iLrn College Success is an exciting new online learning and teaching tool designed to increase student success in the classroom. **iLrn** will grant students and instructors quick and easy admission to numerous resources: Assess! (self-assessments); Write! (electronic journals that encourage students to reflect on their progress); Consider! (essay questions and exercises); Practice! (Test Your Knowledge interactive quizzes); and Test Yourself! (practice test questions).

The **College Success Factors Index (CSFI)** is accessible via the **iLrn College Success** website. This exclusive student assessment tool measures eight indices that can affect student adjustment to college life. This program is an excellent pre- and post-test for incoming students and helps individual instructors tailor their course topics to appropriately address student needs.

So, armed with this textbook and **iLrn College Success**, you are ready to begin.

Welcome to college! We sincerely believe that this textbook can help you move closer to achieving your life goals.

John N. Gardner
A. Jerome Jewler
Betsy O. Barefoot

Preface to Instructors

The most widely emulated course aimed at helping first-year students succeed—University 101—was born in 1972 on the Columbia campus of the University of South Carolina. John Gardner, one of the authors of this text, was appointed to direct the course; the coauthors of this edition have joined the program across the years. The course has grown into an international movement known as The First-Year Experience®. Now versions of University 101 are taught at hundreds of campuses around the world. This book is based on our collective experience in teaching thousands of first-year students, and we are confident that if students read and heed the information herein, they will be more successful in college.

Seeing what an immediate difference this course had made for our own students at a major public research university, we set out to bring this same critical information to a wider audience of students in two-year and four-year, not-for-profit, and proprietary higher education settings. We also saw our work as contributing to this country's overall efforts to enhance student retention and graduation rates.

The content of this book, its topics and strategies, are based on a growing body of literature about the kinds of experiences that are more likely to enhance student success and retention in college. Our intent always has been to write in a way that conveys both respect and admiration for students by treating them as the adults we know they are, while recognizing their continued need for challenge and support.

Whether you are considering this textbook for use in your first-year seminar or already have made a decision to adopt it, we thank you for your interest and trust that you will find *Your College Experience: Strategies for Success* a valuable teaching aid. While our text was written primarily for students in first-year seminar courses, we hope it will also guide you and your campus in understanding the range of issues that, for better or for worse, can affect student success. Whether you are a first-time adopter of *Your College Experience* or someone who has used previous editions, we want you to know the essential features of this text and the major differences between this edition and the previous ones:

Organization

We open this book by presenting a comprehensive set of strategies for student success. In this new edition, these strategies are grouped into five sections to underscore the book's major concepts.

Plan Ahead! Among the most important lessons in college is how to be prepared. This means knowing how to manage time, showing up for class on time, having work done on time, and sticking to a weekly schedule, among other things. You can see we're going to be serious about time!

Take Charge of Learning! We all learn differently; in this section your students will find how they learn best. In a new and expanded chapter, "How We Learn," they will be introduced to many types of learning theories and have the chance to try a number of different learning style instruments. Other

chapters in this section introduce the concepts of critical thinking and engagement with learning.

Sharpen Your Skills! More specifically, we're talking about taking notes, reading textbooks, developing memory skills, taking exams, improving writing and speaking, and learning how to research a topic. This may initially sound like a tall order to your students, but in six chapters we walk them step-by-step through the critical processes that can mean the difference between success and failure.

Get Connected! Going to college should help students plan for the future, appreciate people of different cultures, and choose friends wisely. In this section, your students will learn how to begin the career planning process, how to choose friends who will have positive impacts on their lives, and the value of living as part of a diverse community.

Know Yourself! To conclude, we offer two topics that will help students understand themselves better: One—values—is philosophical, but develops into a discussion of such practical things as service learning and money management. The second—wellness—is simply straight talk about caring for mind and body.

Chapter Features

Each chapter includes these distinctive features:

- **In this chapter you will learn:** This summary of key concepts guides the student through the chapter content to follow.
- **Self-assessments:** This brief exercise asks students to evaluate their initial level of understanding of the chapter topic. In the seventh edition, the self-assessments that open each chapter consistently use positive statements.
- **Turning Point:** In this edition, we feature authentic student voices and photos, commenting in a few short sentences on a major “turning point” in their first year of college.
- **Where to Go for Help:** This feature directs students to helpful resources on campus and online.
- **Achieve It! Setting Goals for Success:** This new goal-setting instrument appears at the end of the main body text of each chapter. This feature asks students to think of a goal related to the chapter content, to devise a plan for achieving the goal, and to write the plan down.
- **Try It! Exercises:** Each chapter includes short-answer exercises and a group exercise called “Working Together.”
- **Write about It! Your Personal Journal:** This end-of-chapter feature invites students to comment on their personal and academic progress (and anything else they want to write about).

What's New in the Seventh Edition

Chapter 1: Strategies for Success

- This chapter includes new content about making sensible choices for college success.
- Students are now advised to use a computer calendar or PDA as a backup planning device.

- The chapter provides additional advice on avoiding plagiarism.
- Students are now encouraged to change advisors if the relationship is not a good one.
- A broader comparison of high school vs. college mentions diversity and the difficulty of managing time in college.

Chapter 2: Time Management

- The Self-Assessment exercise is all new.
- There is a new section on setting priorities.
- A new section focuses on overcoming procrastination and includes material on the psychological reasons behind the problem.
- A new exercise focuses on “Comparing Class Schedules.”

Chapter 3: How We Learn

This chapter has been almost completely rewritten to include:

- New coverage of these learning styles models: field dependence/independence; Kolb inventory; multiple intelligences; and VARK. With the Myers-Briggs Type Indicator™, the chapter now includes five learning styles models.
- Coverage of learning disabilities: types of disabilities, warning signs that a student may have LD, and where to go for help with LD.

Chapter 4: Engagement with Learning

This chapter underwent a major revision, moving the focus from *active learning* to *engagement with learning*. Updates include:

- A new section on the benefits of engagement.
- Material on using study groups in math and science courses, moved from the previous edition’s Chapter 11.
- A new section titled “A Good Teacher Wants You to Succeed.”
- A new exercise, “Ways to Be Engaged.”

Chapter 5: Critical Thinking

The chapter places greater emphasis on the importance of critical thinking for job candidates and in the workplace, including:

- A new section on appreciating the value of a liberal education.
- Enhanced coverage of logical fallacies.
- Coverage of how to generate creative ideas.
- A new exercise on learning about liberal education.

Chapter 6: Listening, Note-Taking, and Participating

- The Self-Assessment includes a question about downloading material from teachers’ websites before class.
- “The Before Class: Prepare to Remember” section advises students to use active learning to gain a better understanding of what the instructor thinks is important.
- New figures demonstrate outline, paragraph, and list forms of note-taking, all using the same lecture. These supplement an example showing the Cornell method.

- Material has been incorporated from the previous edition's Chapter 11, providing coverage on taking notes in math and science courses.
- The "After Class" section advises students to refer back to the textbook for diagrams and other figures that will supplement lecture material.
- Two new exercises have been added, "Using Your Five Senses to Learn" and "What System of Note-Taking Works for You?"

Chapter 7: Reading Strategies

- The chapter includes new material on reading textbooks, including specific sections on social science and humanities texts.
- Material on reading math and science texts has been incorporated from the previous edition's "Thinking Mathematically and Scientifically" chapter.
- There is a new section on reading primary source material.
- Specific material on reading for ESL students has been added.
- A new exercise focuses on the differences between high school reading and college reading.

Chapter 8: Improving Your Memory

This topic is new to the seventh edition. The chapter includes:

- New material on how memory works and myths about memory.
- Strategies for improving memory, aids to memory, mnemonics, and whether technology is a help or a hindrance to memory.

Chapter 9: Taking Exams and Tests

- This chapter features a new section on the advantages of using flash cards to study.
- There is a new, extensive section on test anxiety.
- The chapter provides extensive coverage of the following types of tests: fill-in-the-blank, machine-scored, computerized, open-book, and take-home.
- Coverage of problem-solving tests and laboratory tests has been moved here from the previous edition's Chapter 11, "Thinking Mathematically and Scientifically."

Chapter 10: Effective Writing and Speaking

- More intensive focus is given to the writing process.
- Material drawn from the work of Peter Elbow and Niko Silvester has been added.
- The chapter includes a new section on e-mail, and the difference between it and formal writing.
- Also new is an end-of-chapter exercise, "Write, Pair, Write, Share."

Chapter 11: Research and College Libraries

This chapter includes two new exercises on ethical behavior and research.

Chapter 12: Majors and Careers: Making the Right Choices

Features include:

- New material on careers in the new economy—with a focus on the need for innovation.
- A new section on the two-year college student's career timetable.
- More emphasis on how values affect a student's choice of major and career.

- A new section on types of skills, including content skills, transferable skills, and soft skills.
- Several new exercises: “Work Shadowing,” “Using Your Career Library,” “Investigating an Occupation,” and “My Current Thinking about Career Choice.”

Chapter 13: Relationships

- The chapter includes a new section on college and friendships.
- There is an enhanced marriage and parenting section.
- “You and Your Parents” now includes new material on “helicopter parents” and blended families.
- New material has been added on living safely on campus.
- A new exercise, “Looking for Love,” asks students to evaluate what people see as their “ideal” by examining personal ads.

Chapter 14: Diversity: Appreciating Differences among Us

The chapter examines the concept of diversity, how our beliefs are formed, ethnicity and culture, multiculturalism and diversity in higher education, the history of diversity on campus, and groups on campus that can broaden one’s views of diversity. There are new sections on discrimination, insensitivity, and prejudice on campus and how to fight hate. All of the exercises are new.

Chapter 15: Exploring Your Values

- Statistics comparing American quality of life since 1970 have been updated.
- Additional material is provided on service learning’s value.
- New information is given on how values relate to money management.

Chapter 16: Staying Healthy

This chapter has been extensively rewritten with the help of a new contributor, Michelle Murphy Burcin of the University of South Carolina.

- The chapter now includes coverage of emergency contraception.
- A new birth control table is more concise and easier to understand.
- Coverage is provided on how to help a drunk friend.
- New statistics on tobacco use in college are given.
- Warnings on the dangers of ritalin abuse have been added.
- Heroin and methamphetamine abuse are now covered.
- New exercises include “Doing a Weekly Check” and “Working Together: Recommendations for Stress Management.”

Supplements: Teaching Aids for Instructors . . .

Annotated Instructor’s Edition, Your College Experience: Strategies for Success, Seventh Edition (1-4130-2072-0)

This full textbook includes annotations and suggestions for teaching, annotated by Jason Finkelstein of Bronx Community College.

Your College Experience: Strategies for Success, Seventh Edition, Loose-leaf Version (1-4130-2071-2)

Customize *Your College Experience* with your own campus-specific materials using this three-hole punch version of the text. This version is unbound and comes with a front and back cover, with each page three-hole punched for easy customization.

Instructor's Manual and Test Bank, Your College Experience: Strategies for Success, Seventh Edition (1-4130-2067-4)

Prepared by Suzanne Hamid of Lee University, the Instructor's Manual and Test Bank includes chapter objectives, teaching suggestions, additional exercises, test questions, a list of common concerns of first-year students, an introduction to the first-year experience course, a sample lesson plan for each chapter, and various case studies relevant to the topics covered. New to this edition is material on how to run a peer mentoring program.

ExamView® Computerized Test Bank, Your College Experience: Strategies for Success, Seventh Edition (1-4130-2069-0)

Create, deliver, and customize tests (both print and online) in minutes with this easy-to-use assessment and tutorial system. ExamView offers both a Quick Test Wizard and an Online Test Wizard that guide you step-by-step through the process of creating tests, while the unique "WYSIWYG" capability allows you to see the test you are creating on the screen exactly as it will print or display online. You can build tests of up to 250 questions using up to twelve question types. Using ExamView's complete word processing capabilities, you can enter an unlimited number of new questions or edit existing questions.

Multimedia Manager 2007 (1-4130-2791-1)

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Videos

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10 Things Every Student Needs to Know to Study (1-4130-1533-6)

This 60-minute video covers such practical skills as note-taking, test-taking, and listening, among others.

10 Things Every Student Needs to Succeed in College (1-4130-2907-8)

This 60-minute video compilation illustrates ten valuable and highly effective practices every student needs in order to engage in a successful college experience. Topics include successful time management, recognizing and understanding learning styles, and written/spoken communication.

Student Resources

iLrn® College Success

iLrn College Success is an exciting new learning and teaching tool designed to increase student success in the classroom. Accessed through a PIN-coded website available with the purchase of a new textbook, iLrn will grant students and instructors quick and easy admission to numerous resources: Assess! (self-assessments); Write! (electronic journals that encourage students to reflect on their progress); Consider! (essay questions and exercises); Practice! (interactive quizzes); and Test Yourself! (practice test questions).

The College Success Factors Index (CSFI), accessible via the iLrn College Success website

This exclusive student assessment tool measures eight indices that can affect student adjustment to college life. This program is an excellent pre- and post-test for incoming students and helps individual instructors tailor their course topics to appropriately address student needs. For more information about the CSFI, please visit www.success.wadsworth.com and click on the link to the College Success Factors Index website. The Instructor's Manual and Test Bank that accompanies this text offers detailed information about CSFI.

See www.success.wadsworth.com for more information about iLrn College Success today!

Acknowledgments

Chapters 2, 6, 7, 9: Jeanne L. Higbee, *University of Minnesota, Twin Cities*

Chapter 3: Tom Carskadon, *Mississippi State University*

Chapter 10: Constance Staley, *University of Colorado, Colorado Springs*; and Robert Stephen Staley II, *Colorado Technical University*

Chapter 11: Charles Curran and Rose Marshall, *University of South Carolina, Columbia*

Chapter 12: Philip Gardner, *Michigan State University*; Linda Salane, *Columbia College, South Carolina*; Stuart Hunter, *University of South Carolina, Columbia*

Chapter 13: Tom Carskadon

Chapter 14: Juan Flores, *Folsom Lake College*

Chapter 15: John M. Whiteley and James B. Craig, *University of California, Irvine*; Edward Zlotkowski, *Bentley College*; and Andrew Luptak, Steve Crook, and Karl Knorr, *Concordia University, Wisconsin*

Chapter 16: Michelle Murphy Burcin, *Providence Hospitals and the University of South Carolina, Columbia*; Sara J. Corwin, JoAnne Herman, Bradley H. Smith, Rick L. Gant, and Georgeann Stamper, *University of South Carolina, Columbia*

Special thanks also to reviewers of this edition whose wisdom and suggestions guided the creation of this text:

Richard Conway, *Nassau Community College*
 Joyce Deaton, *Jackson State Community College*
 Gigi Derballa, *Asheville Buncombe Technical Community College*
 Lisa Donato, *Essex Community College*
 Diane Frazier, *Colby Community College*
 Charles Frederick, *Indiana University*
 Melanie Harring, *University of Wisconsin, Oshkosh*
 Judy Jackman, *Amarillo College*
 Rebecca Jordan, *University of Kentucky*
 Harriet McQueen, *Austin Peay State University*
 Jaseon Outlaw, *Arizona State University*
 Bea Rogers, *Monmouth University*
 Christel Taylor, *University of Wisconsin–Waukesha*
 Susan M. Vladika, *Marywood University*
 Linda S. York, *Wallace Community College*

Reviewers of the previous edition:

Anne Hawthorne, *Cuyahoga Community College*
 Bill Horstman, *Mesa State College*
 Elizabeth S. Kennedy, *Florida Atlantic University*
 Karen M. Kus, *East Carolina University*
 Judith M. Lang, *Whitworth College*
 Polly McMahon, *Spokane Falls Community College*
 Anna Roope, *Virginia Tech*
 Diane L. Savoca, *St. Louis Community College*
 Vicki Stieha, *Northern Kentucky University*
 Mary Walz-Chojnacki, *University of Wisconsin–Milwaukee*
 Phyllis N. Weatherly, *Floyd College*

Finally, all this could not have happened without the Thomson Wadsworth team that supported our text, guided us through the writing and production, and worked at least as hard as we did to make *Your College Experience* the premier text in its field. Our special thanks to:

Carolyn Merrill, Executive Manager for College Success, for her exceptional editorial vision of what this text could be, her vast knowledge of the market—especially what first-year seminar instructors want and what the students need—and her consummate professional skills in leading a complex project with a large author/production staff and keeping us all focused on the task at hand.

Cathy Murphy, Development Editor, for her significant investment in this project, her high standards, and her creative and thoughtful contributions.

We also thank Susan Badger, CEO of Thomson Higher Education; Sean Wakely, President of Thomson Higher Education; Eden Kram, Assistant Editor; Joe Gallagher, Technology Project Manager; Samantha Ross, Senior Production Project Manager; Abigail Greshik, Project Manager, Pre-Press Company, Inc.

Most of all, we thank you, the users of our book, for you are the true inspirations for this work.

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