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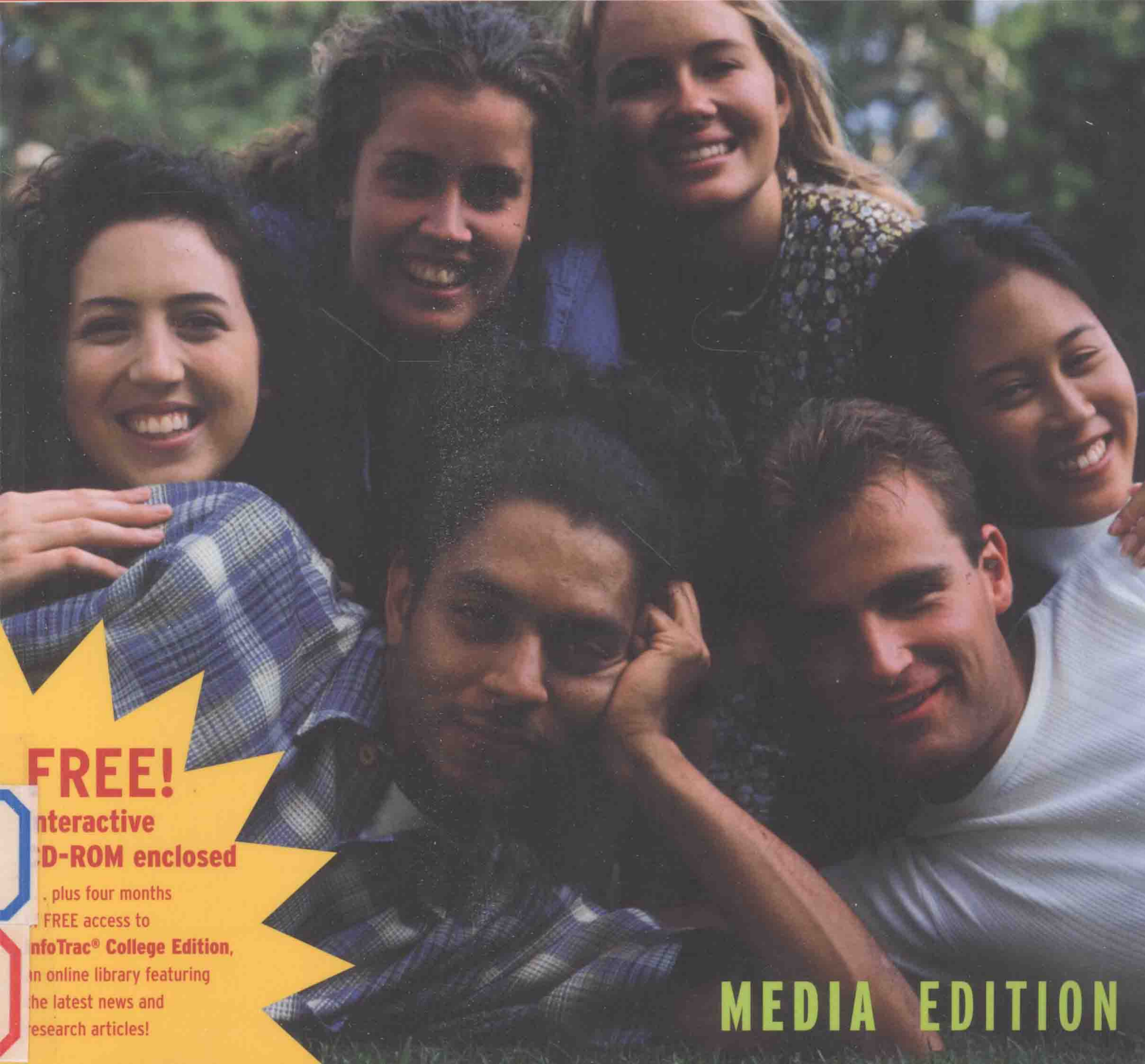
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MEDIA EDITION

Your College Experience

Strategies for Success

MEDIA EDITION
FIFTH EDITION

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Foreword to the Instructor

By Vincent Tinto

DISTINGUISHED UNIVERSITY PROFESSOR
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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 30 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, **Strategies for Success**, introduces students to the goal-setting process and the value of a liberal education, and provides them with a set of "strategies for success" that are developed subsequently throughout the book.

The next section, **Plan Ahead!**, focuses on time management, one of the most critical skills for college success. This is followed by **Take Charge of Learning!** which points out the benefits of active participation and becoming familiar with how you learn best.

In **Hone Your Skills!** you'll discover how to bring your study skills up to college level. Critical thinking, writing, taking notes, reading textbooks, preparing for exams, team learning, and conducting research are all covered within the chapters of this section.

Next, **Get Connected!** looks at the more personal side of college success. You'll explore courses and careers, academic advisors or counselors, relationships with friends and family, and the value of getting involved on campus. You'll also learn how becoming actively involved with students of diverse backgrounds can be an education in itself.

Finally, in **Know Yourself!** you'll read about managing stress, campus safety, money issues, sexuality, and alcohol and other drugs.

Each chapter opens with a self-assessment tool and includes values, critical thinking, and careers features. At the end of each chapter are Internet exercises (Search Online!), including one calling for the use of InfoTrac[®] College Edition, plus additional exercises based on active and collaborative learning strategies that 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, yet concise, introduction to the college experience. So, as I would recommend 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.

Preface to Students and Their Instructors

To Students: Best wishes on this journey, one of life's most important. You can and will make it if you diligently practice the advice and skills within these covers. And when a task seems impossible, stop what you're doing, try to relax for a moment, and keep repeating, "If everyone else can do it, so can I." And we'll bet you can.

—John N. Gardner and A. Jerome Jewler

Just as first-year students are forever learning new ways to succeed, we as dedicated textbook authors are forever discovering new ways to help them. Both of us had shaky beginnings in college, yet by using common sense and relying on the advice of others, we made it. Not once during our college years did we realize what a powerful effect those college years would have on the rest of our lives.

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

- We believe that every student admitted to college possesses the ability to succeed.
- As educators, we are responsible for providing dedicated support to that belief, customized as much as possible to the unique needs of individual students.

This new fifth media edition of *Your College Experience* continues to focus on these vital goals. We have received tremendous assistance in this major revision by the input of instructors who have used this text before, reviewers, our Wadsworth editorial staff, new experts who assisted us in the preparation of many of these chapters, and of course, students.

Enhanced Strategies for Success

Research done at the National Resource Center for the First-Year Experience and Students in Transition at the University of South Carolina and at other institutions continues to show that students are more likely to succeed if they follow the strategies in this text. These Strategies for Success inform each of the chapters. We introduce them in Chapter 1, in a summary chart for student reference on the inside front cover of this book, and on the accompanying CD-ROM. In this new edition, these 31 strategies are grouped into five categories to help clarify the major concepts in this book:

- **Plan Ahead!** Among the most important things a student must learn in college is how to manage time to avoid cramming for exams, getting too little sleep, or studying day and night with no fun breaks. Without planning, college can turn into a frightening maze of due dates that creep up too soon, missed classes, and sheer exhaustion.

- **Take Charge of Learning!** If students don't take charge, no one else will. Students will discover there are good ways and bad ways to study, and the good ways aren't any harder than the bad ways. We'll help students uncover critical thinking skills they may never have used before and learn to communicate those thoughts in writing more clearly.
- **Hone Your Skills!** Active participation is one of the key talents for taking charge of learning and life. Learning is more exciting and productive for both students and instructors when students proudly speak up in class.
- **Get Connected!** It is critical in college to establish and maintain connections. Students will discover the numerous benefits of participating in campus life, studying with a group, meeting with their teachers outside of class, and choosing a good advisor or counselor. Such connections can lead to some wonderful friendships as well as success in classes.
- **Know Yourself!** Uh . . . don't we already know ourselves? But what about potential? What about doing things to stay healthy? What about developing a set of personal values one can proudly share with others? Those things are part of this book, too.

Other New Features of This Edition

Unified Voice

In this major revision, we have consolidated the contributions of many experts from around the country into a single voice. One great strength of *Your College Experience* has always been its reliance on a multitude of experts whose knowledge comes from highly specialized studies in their particular fields. At the same time, the editors have worked diligently to ensure that this book is written for its intended audience—the new college student.

Customized Learning with a CD-ROM Boost



The interactive CD-ROM that accompanies this edition of *Your College Experience* has been significantly revised and technologically upgraded with new email capabilities and a saving function. The CD features include more Internet exercises and enhanced self-assessments designed to personalize the learning process. The CD also includes exercises from the text, crossword puzzles, InfoTrac[®] College Edition activities, and journal writing. Links to additional Internet resources and Bonus exercises make the CD-ROM a valuable accompaniment to the text.

New Material on Succeeding in Online Courses

A new appendix that appears at <http://success.wadsworth.com>, the College Success Web site, takes students step-by-step through the online course process and helps them determine whether online education is the best choice for them.

Updated Material throughout the Chapters



- **Critical Thinking.** Now an entire chapter presents new information on this key topic.
- **Study Skills.** Chapters on time management, listening and learning, reading textbooks, and making the grade have been revised.

- Chapters on using the library, working with computers, and understanding math and science have been updated.
- The chapters on courses and careers, diversity, values, alcohol and other drugs, and managing money have all been extensively revised.

New Chapter Features

- **Self-Assessment.** Students complete an inventory prior to reading each chapter and are asked to return to that inventory when they finish the chapter to see if they would answer any items differently.
- **Examining Values.** We believe that the values that students bring to college and those they develop during college are the basis for lifetime behaviors. The chapter on values is enhanced throughout the text by a new feature that gives students continuing challenges about how to approach both personal and academic decisions.
- **Critical Thinking.** The new “Critical Thinking” feature in each chapter poses a situation related to the topic of the chapter and asks students to work toward a solution using critical thinking.
- **Speaking of Careers.** We know that most college students are concerned about how their education will prepare them for the world of work. In “Speaking of Careers” we suggest how the knowledge in each chapter will help them long after they have bid farewell to campus.

Collaborative Learning

Although individuals must be able to make it on their own, we know how essential it is to learn how to work together. Collaboration is vital in business as well as in colleges and universities. Studying with one other person or with a small group seems to benefit everyone who participates. Backed by the research of collaborative learning specialist Joseph Cuseo of Marymount College, this edition provides an ample supply of exercises and tips to encourage students to study and learn together. Exercises marked with an  are useful group study exercises, and those marked with an  are suitable for class discussions.

Internet Connections

Each chapter contains Internet exercises, including at least one that uses InfoTrac[®] College Edition. Chapters 10 and 11 (“Your Campus Library: Thriving in the Information Environment” and “Computers: Going Online for Personal Success”) provide updated information on how to conduct a search as well as how to evaluate the quality of material on the Internet.

Additional Exercises

Exercises for individuals and for teams appear at the conclusion of each chapter. Many of these exercises engage students in writing and critical thinking.

Teaching Aids for Instructors

A complete resource package for instructors accompanies this text. For additional advice and information about College Success products and services that will help you teach your course, call the Toll-Free Consultation Service: 1-800-400-7609.

Instructor's Manual with CD-ROM

Each chapter of this flexible and unique Instructor's Manual includes additional exercises, test questions, tips on teaching, a list of common concerns of first-year students, and a case study relevant to the topics covered. Available in both print and CD-ROM format, the Instructor's Manual contains Microsoft® PowerPoint® slides and CNN video clips in an easy-to-use search engine. 0-534-59388-7

College Success Workshops

Wadsworth offers on-campus regional training designed to focus on the unique demands of teaching college success courses. These workshops provide active learning exercises you can use to enhance your course and provide an opportunity for instructors and administrators to exchange ideas. Go to <http://success.wadsworth.com> for more information.

Toll-Free Consultation Service

A special toll-free consultation phone line is dedicated to help instructors of first-year students and to provide information on Wadsworth products and services. (1-800-400-7609)

Custom Publishing Options

Faculty can select chapters from this and other Wadsworth College Success titles to bind with your own materials into a fully customized book. For more information, contact your Wadsworth/ Thomson Learning representative or visit <http://success.wadsworth.com>.

Examview® Computerized Test Bank

Examview is a premiere test-building program that allows instructors to quickly create tests and quizzes customized to individual courses. Examview's *Quick Test Wizard* guides you step-by-step through the process of creating and printing a test in minutes. Tests can contain up to 250 questions using 12 unique question types. 0-534-59389-5

Wadsworth College Success Transparency Package

The package contains fifty color transparencies that feature charts, checklists, and key ideas from college success topics designed to accentuate classroom presentations. 0-534-56408-9

Teaching College Success: The Complete Resource Guide

Designed as a stand-alone resource or as a reference, this training package by Constance Staley focuses on faculty development. It includes PowerPoint® slides and print resources, along with experiential activities. Sampler Package: 0-534-53644-1; Full Product: 0-534-53640-9

Video Presentation Resources

CNN Today: College Success Video Series. An exclusive series of video clips have been created specifically for use in college success courses by Wadsworth and CNN, the world's leading 24-hour global news network. Tapes are updated yearly and

serve as provocative “lecture launchers.” Ask your College Success sales representative for details.

College Success Films for the Humanities Collection. This collection contains topical videos from a range of sources on subjects relevant to college success courses, including academic success, communication, careers, drugs and alcohol, and making healthy choices. Ask your College Success sales representative for details.

Wadsworth Study Skills Videos. Volume I: Improving Your Grades features students talking to students about the behaviors that contribute to their success. *Volume II: Lectures for Notetaking Practice* features a series of college lectures that provide students the opportunity to practice their notetaking skills. Volume I: 0-534-54983-7; Volume II: 0-534-54984-5

A World of Diversity Videos. This powerful two-video set addresses communication and conflict resolution between cultures. Volume I: 0-534-23229-9; Volume II: 0-534-23230-2

Student Resources

Interactive CD-ROM

The CD-ROM that accompanies the text gives students the option of doing exercises electronically and provides links to valuable resources on college success topics. 0-534-593-879



InfoTrac[®] College Edition

Every new copy of this text includes a four-month subscription to this online library. InfoTrac[®] College Edition offers an easy-to-search database of the latest news and research from many well-known academic journals and popular magazines.



College Success Factors Index

This unique online assessment tool allows students to easily identify the behaviors and attitudes that will help them succeed in college. Instructors can use this tool to track students' progress in the course. Housed on the Wadsworth Web site.

The Wadsworth College Success Resource Center

The College Success Web site at <http://success.wadsworth.com> offers a variety of downloads and links designed to enhance the freshman seminar for students.

WebTutor[™] on WebCT and Blackboard

WebTutor is a web-based teaching and learning tool that offers instructors the opportunity to track student progress, hold virtual office hours, and post syllabi online. WebCT: 0-534-593-852; Blackboard: 0-534-593-860

Unbound Version of *Your College Experience*, Fifth Edition

Students can easily create their own course-specific binder using this three-hole-punched version of the text. Allows students to create their own customized reference guide by adding material how and when they choose. 0-534-593-836

Franklin Covey/Premiere Agenda Planners

Wadsworth offers inexpensive planners designed specifically for college students by the experts in time management.

Acknowledgments

Although this text speaks through the voices of its two editors, it represents major contributions from many others. We gratefully acknowledge those contributions and thank these individuals whose special expertise has made it possible to introduce new college students to “their college experience” through the holistic approach we deeply believe in.

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John N. Gardner



A. Jerome Jewler

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