

G A R D N E R

J E W L E R

YOUR **COLLEGE** **5** TH EDITION

EXPERIENCE

STRATEGIES FOR SUCCESS

EXPANDED READER



# Your College Experience

## *Strategies for Success*

**EXPANDED READER  
FIFTH EDITION**

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# 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 teachers and student advocates 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 loyal 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 edition of *Your College Experience Expanded Reader* continues to focus on these vital goals. We have received tremendous assistance from the input of instructors who have used this text before, reviewers, our Wadsworth editorial staff, survey respondents who have shared their insights, 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 continue 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. In this new edition, these 30 strategies, introduced in Chapter 1, are grouped into four categories to help clarify the major concepts in this book:

- **Take Charge of Learning!** If students don't take charge, who 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 take charge of managing their time, uncover critical thinking skills they may never have used before, and learn actively instead of passively.
- **Hone Your Skills!** What skills? All the needed ones, such as listening in class, reading textbooks, studying for exams, speaking and writing, using the library, using computers, succeeding in math and the sciences, and taking online courses.
- **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. They'll learn the value of growing up in a diverse society and how to avoid stereotyping people.
- **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? Or managing stress? Or dealing with sexual decisions? Or making choices about alcohol? Those things are part of this book, too.

## **Also New to This Edition!**

- A chapter on succeeding in online courses takes students step-by step through the online course process and helps them determine whether online education is the best choice for them.
- Students complete a self-assessment inventory prior to reading each chapter. They are asked to return to that self-assessment when they finish the chapter to see if they would answer any items differently after studying the chapter.

## **Teaching Aids for Instructors**

For information on the complete resource package that is available for instructors, as well as 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.

## **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**

1-800-400-7609

Special toll-free consultation phone line dedicated to help instructors of first-year students and provide information on Wadsworth products and services.

## **Custom Publishing Options**

Faculty members 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 representative or visit <http://success.wadsworth.com>

## **Wadsworth College Success Transparency Package**

Fifty color transparencies that feature charts, checklists, and key ideas from college success topics designed to accentuate classroom presentations.  
ISBN 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. ISBN for 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 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**

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: ISBN 0-534-54983-7; Volume II: ISBN 54984-5

## **Student Resources**

### **College Success Factors Index**

This unique online assessment tool, designed by Ed Hallberg, 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**

<http://success.wadsworth.com>

The College Success Web site offers a variety of downloads and links designed to enhance the college success seminar for students.

## **Acknowledgments**

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John N. Gardner



A. Jerome Jewler

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# College Makes the Difference

TAKE CHARGE OF LEARNING!	HONE YOUR SKILLS!	GET CONNECTED!	KNOW YOURSELF!
<ul style="list-style-type: none"> <li>• Show up for class</li> <li>• Have work done on time</li> <li>• Set up a daily schedule</li> <li>• If full-time student, limit work week to 20 hours; work on campus if possible</li> <li>• If stressed, enroll part-time</li> <li>• Choose instructors who favor active learning</li> <li>• Assess how you learn best</li> </ul>	<ul style="list-style-type: none"> <li>• Improve your reading, note-taking, and study habits</li> <li>• Develop critical thinking skills</li> <li>• Improve your writing</li> <li>• Participate in class</li> <li>• Practice giving presentations</li> <li>• Learn how to remember more from every class</li> <li>• Learn from criticism</li> <li>• Take workshops on how to study</li> <li>• Get to know your campus library and other information sources</li> <li>• Embrace new technologies</li> </ul>	<ul style="list-style-type: none"> <li>• Study with a group</li> <li>• Get to know at least one person on campus who cares about you</li> <li>• Get involved in campus activities</li> <li>• Learn about campus helping resources</li> <li>• Meet with your instructors</li> <li>• Find a great academic advisor or counselor</li> <li>• Visit your campus career center</li> <li>• Take advantage of minority support services</li> <li>• Enlist support of your spouse, partner, or family</li> </ul>	<ul style="list-style-type: none"> <li>• Take your health seriously</li> <li>• Have realistic expectations</li> <li>• Learn how to be assertive yet tactful</li> <li>• Be proud of your heritage</li> </ul>