OPTIMIZING YOUR 2ND YEAR COLLEGE EXPERIENCE

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Adelante Program
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CA State University, Long Beach
Research indicates the more you utilize your brain, the more neuro-pathways you’ve formed. You’re already smarter this year than when you first started college.

Keep that “I can do it” attitude and stay focused on your goal…

Thoughts become things. Make getting into the university of your choice your dominant thought and you will bring it into your life.
TIME MANAGEMENT

- Set up a daily schedule and stick to it.
- If you’re attending classes full time, try not to work more than 20 hours a week.
- Assess and improve your study habits. Find out what’s the most optimal time for you to study.
- Learn new study techniques to enhance your use of time and learning.
ASSESS AND IMPROVE YOUR STUDY HABITS

♦ Take a course on study skills such as Personal Development 3.
♦ Find out about your own learning style.
♦ Develop effective listening skills.
♦ Utilize different memory techniques such as mnemonics, association, visualization, and mind mapping.
♦ Use positive self-talk or affirmation.
LEARNING STYLES

Information input and processing is unique to all of us. Knowing how to maximize your learning style and making use of another mode of learning will make you a more successful student.

Three main learning styles are:

- Auditory
- Kinesthetic
- Visual
LEARNING STYLES
AUDITORY

♦ This type of learner’s mode of processing information is through sound.

♦ Concentrate on these activities:
  – Listen more vs. talking
  – Focus on what your teachers are saying
  – Repeat and hear yourself say information you want to remember
  – Group study is an opportunity to hear and remember information
LEARNING STYLES
KINESTHETIC

♦ This learning mode prefers physical activity and a hands on approach

♦ Concentrate on these activities:
  – Role playing
  – Making models, charts, graphs, and diagrams
  – Add rhythmic movements when studying
  – Take notes, use index cards and post-it notes
  – Group study
LEARNING STYLES
VISUAL

◆ This learning mode process information best through the sense of sight.

◆ Concentrate on these activities:
  – Reading text
  – Seeing pictures, charts, maps, and other images
  – Using different colored markers and ink pens to take notes
  – Visualizing ideas in your mind
IMPROVE YOUR LISTENING SKILLS

- Studies show we spend 80% of our conscious hours communicating and at least 45% of that time listening.
- Listening is learned first, used the most of all communication skills, but taught least.
COMMON DETERRENTS TO EFFECTIVE LISTENING

♦ Assuming in advance that the subject is boring, unimportant, irrelevant, too complicated, too demanding, or too simple.
♦ Communication overload
♦ Listening only for the facts and skipping the details.
♦ Talking more than listening to assume presence and power.
♦ Daydreaming or fantasizing
10 KEYS TO EFFECTIVE LISTENING

- Work at listening
- Be flexible; use other senses
- Resist distractions
- Keep your mind open
- Hold your fire – check your emotions
- Judge content, not delivery
- Find areas of interest
- Listen for ideas
- Exercise your mind
- Capitalize on faster thoughts slower speech
FIND A SUPPORT NETWORK

- Enlist the support of your partner, friend, or family.
- Find faculty and staff support on campus.
- Utilize special services offered on campus such as child care, advocates, mentoring, and minority support services.
- Develop peer support through classes, organizations, clubs, athletics, or study groups.
NETWORKING OPPORTUNITIES

✦ Visit your instructor and counselor during their office hours and solicit their experience.
  – The letters of recommendation you will be seeking will only be that much better if you make yourself known.

✦ Search for internship opportunities. Join clubs associated with professional organizations or national affiliates.

✦ Attend conferences and seminars in the field you plan to major in.
EARNINGS AS A FACTOR

♦ Your earnings will be directly proportional to the level of education you achieve.
  – The following two tables demonstrate the quality of life you choose with attainment of one or more higher education degrees.
EARNING POTENTIAL WITH HIGHER EDUCATION DEGREE

Education pays

<table>
<thead>
<tr>
<th>Unemployment rate in 2008</th>
<th>Median weekly earnings in 2008</th>
</tr>
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<tbody>
<tr>
<td>9.0</td>
<td>Less than a high school diploma</td>
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<tr>
<td>5.7</td>
<td>High school graduate</td>
</tr>
<tr>
<td>3.7</td>
<td>Associate degree</td>
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<tr>
<td>2.8</td>
<td>Bachelor's degree</td>
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<tr>
<td>2.4</td>
<td>Master's degree</td>
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<tr>
<td>1.7</td>
<td>Professional degree</td>
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<tr>
<td>2.0</td>
<td>Doctoral degree</td>
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</tbody>
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### LIFETIME EARNINGS POTENTIAL WITH HIGHER EDUCATION DEGREE

#### 8E: The Impact of Education on Individuals:

**Lifetime Earnings**

*Source: Federal Reserve Bank of Dallas, 2005*

<table>
<thead>
<tr>
<th>Education Level</th>
<th>Estimated Lifetime Earnings</th>
<th>Difference Compared to High School Graduate</th>
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<tbody>
<tr>
<td>Less than 9th grade</td>
<td>$976,350</td>
<td>-$478,903</td>
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<tr>
<td>High school dropout</td>
<td>$1,150,698</td>
<td>-$304,555</td>
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<tr>
<td>High school graduate</td>
<td>$1,455,253</td>
<td>$0</td>
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<tr>
<td>Some college, no degree</td>
<td>$1,725,822</td>
<td>$270,569</td>
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<tr>
<td>Associate degree</td>
<td>$1,801,373</td>
<td>$346,120</td>
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<tr>
<td>Bachelor’s degree</td>
<td>$2,567,174</td>
<td>$1,111,921</td>
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<tr>
<td>Master’s degree</td>
<td>$2,963,076</td>
<td>$1,507,823</td>
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<tr>
<td>Doctoral degree</td>
<td>$3,982,577</td>
<td>$2,527,324</td>
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<tr>
<td>Professional degree</td>
<td>$5,254,193</td>
<td>$3,798,940</td>
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EMBRACE NEW TECHNOLOGIES

› Utilize the help available at the campus computer center (Lib. Sci. 101 & 102)
› Become familiar with the use of software programs that will aid in homework and project assignments.
› Learn new computer applications through Community Services courses or Saturday classes.
YOUR HEALTH MATTERS

- How much sleep do you need?
- What decisions you make concerning drugs, alcohol, and sex?
- Is a proper diet necessary for academic success?
- How do you deal with stress?
- Utilize the Student Health Services center for health and mental health concerns (G8-111).
- Nourish your mental/spiritual side.
SETTING GOALS

♦ Select a goal and state it in measurable terms.
♦ Determine whether the goal is achievable.
♦ Be genuine about why you want this goal.
♦ Why is this goal worthwhile to you?
♦ Anticipate any challenges you might encounter.
♦ Devise a strategy to achieve the goal.
GOAL SETTING SHEET

VALUES. What do you value most in life?

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

LONG TERM GOALS

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

SHORT TERM GOALS

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

OBJECTIVE/ACTIVITIES. What specific steps are you going to take to achieve your goal?

<table>
<thead>
<tr>
<th>SEQUENCE</th>
<th>OBJECTIVE/ACTIVITY</th>
<th>DEADLINE</th>
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<th>BARRIERS</th>
<th>SOLUTION</th>
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Source: Roadways to Success Fourth Edition
UTILIZE THE LAW OF ATTRACTION

- The law of attraction states *like attracts like*, so make your thoughts count and attract the things you want.
- “Your current thoughts are creating your future life. What you think about the most or focus on the most will appear as part of your life.”
<table>
<thead>
<tr>
<th>QUOTE</th>
<th>AUTHOR</th>
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<tr>
<td><strong>SUCCESS ON YOUR COLLEGE JOURNEY</strong></td>
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<td>Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.</td>
<td>Albert Schweitzer</td>
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<td>“All that we are is a result of what we have thought.”</td>
<td>Buddha</td>
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<td>I don't know the key to success, but the key to failure is trying to please everybody.</td>
<td>Bill Cosby</td>
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<td>“Take the first step in faith. You don’t have to see the whole staircase. Just the first step.”</td>
<td>Dr. Martin Luther King, Jr.</td>
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<tr>
<td>Success is the sum of small efforts, repeated day in and day out.</td>
<td>Robert Collier</td>
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