

Academic Excellence

The Academic Success
Center's newsletter
geared toward student
success

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Communications Revolution: Class of 2014 'Mindset List'

By Susan Sheiner, ax5983@wayne.edu

The Class of 2014 may be leading a communications revolution. According to *The New York Times*, the Class of 2014 does not use wrist watches, and rarely uses e-mail, because it is "just too slow." The article by Nick Bilton reported on Beloit College's '[Mindset List](#)' describing the habits and trends of this year's incoming freshmen.

Wayne State University faculty and staff responded to the article with clear assertions of the importance of traditional methods of communication. In short, the practice of avoiding e-mail can short change students.

"Students need to check their Wayne State University e-mail for important information like academic or financial holds," Academic Advisor, Kim Clextion said.

In Journalism, we tell them they must sign in to their Wayne State University e-mail and use Blackboard because that's how we communicate with them, said WSU Journalism Professor and Department Chair, Benjamin Burns.

Burns advises his students to hold on to traditional methods as well. "The best education you can get is the interaction you get with a live instructor," he said.

"Students should be very careful with the whole concept of social media..."

"You never understand the context or learn as much if you simply use the new technology to access information. Communication is all about human contact," Burns said.

"People are constantly using their phone, iPod, iPad and immersing themselves in it, even when they are in class, or at a conference," he said. "The new technology has become a substitute for cigarette smoking."

Journalist and WSU faculty, Jack Lessenberry adds, "Students should be very careful with the whole concept of social media. They have no idea that employers look at that. People have limited time, including them. How much time do they want to spend using these forms of social networking?"

Lessenberry's advice to the Class of 2014 includes finding a mentor. "In today's world, it is certainly important to come away with a body of knowledge, but it is also important to find allies and mentors," he said. "It is also advisable to take a history class, because it is important to understand where you came from to understand where you are going."

"Our challenge is to educate the students well and preserve traditional values," said Burns. "In Journalism, we understand the communications revolution, because we have been experiencing it."

WAYNE STATE
UNIVERSITY
Academic Success Center



Memory Improvement for the Harried and Hurried

By Chardin Claybourne, ay1414@wayne.edu

There are a number of techniques available to the savvy student in getting the best use out of their memory. As with most study skills, results will depend upon an accurate analysis of their strengths and weaknesses, their ability to adapt the skill to their specific purposes, and their diligence in the application of theory into practice. With effort, practically anyone can see measureable improvements in their memory in moderate time.

In *Memory 101 for Educators*, author Marilee Sprenger makes two statements worth recalling: "Forgetting is easier than remembering" and "Intention increases retention." A person will remember things they value; something given high importance will be easier to remember. When committing information to memory, an appropriate level of focus and attentiveness is the cost for recall and recognition. Before studying, concentrate on the reason why learning the information is important. This will provide both intention and attention.

There is no logic in believing improve-

ment occurs without practice. To learn information, it must be reviewed on a regular basis. Some students know they should study 2-3 hours outside of class for every hour spent in class (or for every credit hour, for students taking online courses). Successful students realize this is a minimum number, and find ways to expose themselves to the material often. Whether a quick review of note cards or a perusal of a chapter, these students use all the available time and prioritize learning over trivial pursuits. The number of exposures to the material will vary, but every time intentional study occurs, memory solidifies.

It is not enough to have intention and exposure. Practice *does not* make perfect. *Perfect practice* makes perfect. The quality of study has the ability to improve or inhibit memory, and thus, academic performance. Discerning what information has been learned flawlessly through review and where gaps in knowledge remain is an important step. What good is it only to practice that which has been learned and

memorized? A yeoman's effort must also be given to the weakest areas to become the best self.

As with any goal, it will take dedication and time. Persistence is crucial to reaping the rewards of the effort given. To paraphrase artist Jean-Jacques Cadet: While amateurs practice until they get it right, professionals practice so much, they cannot get it wrong. Apply a similar mindset and an improved memory will be the result.



Critical Thinking: Solving the Riddle for Success

By Lisa Dillon, as9189@wayne.edu

Start with this riddle: Decapitate me and all becomes equal. Then truncate me and I become second. Cut me front and back and I become two less than I started. What am I?

In order to successfully solve the riddle above, one must be able to engage in a self-corrective, self-directed, and self-monitored way of thinking, which is known in education as "critical thinking." A critical thinker constantly evaluates the information being received and takes an active role in cultivating conclusions and solutions to everyday problems.

The ability to think critically is paramount to our academic success. We need to know how to look for missing information that instructors may leave out of a class lecture to challenge our ability to glean what is absent. We also need to be able to synthesize new uses for existing information. According to Becoming A Master Student author, David Ellis, "Critical Thinking is demonstrating that acquired knowledge can be applied across situations."

Without the ability to think critically, individuals are subject to the whims of others, feeling what we are told to feel, subject to deception and complacency. Those who do not think critically will make inaccurate assumptions, be unable

to foresee consequences, and will not be able to put together sound conclusions. In essence, we would not be maximizing what makes us so unique as humans: our cognitive capacity. As students, the ability to think critically every time we are in class is especially important because of the recurring demand for synthesizing new information.

Like any good skill, critical thinking must be routinely tested and practiced if it is to stay sharp. One should learn to identify the critical thinking areas that may need improvement (identifying assumptions, deduction/induction, evaluating arguments, or interpretation) and look for ways to strengthen your skills. For further reading, go to www.criticalthinking.org.

The Academic Success Center offers a workshop on Critical Thinking regularly. Please see the schedule at: http://www.success.wayne.edu/workshop_list.php.

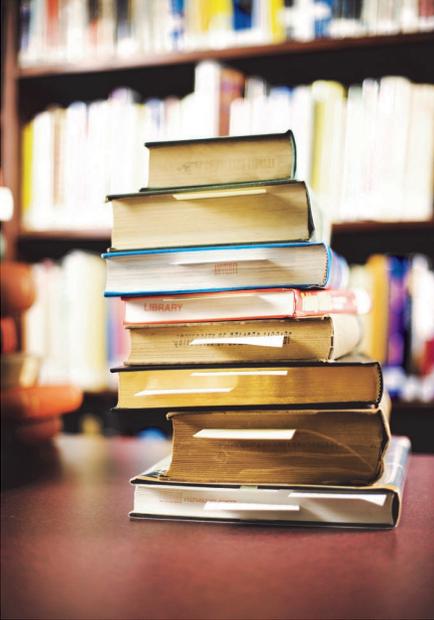
Answer to riddle: seven [even (equal) eve (2nd person, according to the Bible) V (Roman numeral five; two less than seven)]

Source: Ellis, D. (2006). *Becoming a Master Student*. New York: Houghton Mifflin

New Study Habits Can Boost Success

By Denise Thomas, ac9970@wayne.edu

Let's face it, being a college student can be challenging. It takes dedication, determination and hard work to successfully complete a college degree. But how do you insure you will do your best? The *New York Times* article on good study habits, "Forget What You



Know About Good Study Habits," by Benedict Carey sheds new light on a familiar topic (September 6, 2010). If you want to stay on top of your game, you can incorporate these suggested principles to your everyday study routines. They will help you build a foundation for success.

Space your study time. Everyone understands that study time is required to ensure educational excellence and personal growth. Putting in the study hours is important, but do you have the most optimal study techniques? Spacing your study time leads to better recall of the material in comparison to the cramming method of studying. One hour of study time now, an hour in two days another hour in three days and a study session in a week is proven to be the most effective way to recall studied material.

Choose optimal study locations. You should have several comfortable and appealing study locations; perhaps a colorful room with cheerful decor or a room with a good view to a court yard. Varying your study location and having visually appealing locations helps the recall process. Multiple associations of the studied material is formed when studying in a pleasant and varied location which leads to

better retention. Your chosen study location also impacts study results. Are you going to a dull, cluttered room or cubby in a secluded area every time you crack a book? This type of environment is not inviting or visually stimulating.

Do not multi-task. Please, no texting, surfing the net or checking voice mail while studying. Rapidly changing your attention between tasks, hence multi-tasking, has become habit forming for many college students. Without our technologically advanced multi-media gadgets does boredom set in? Perhaps. When switching tasks like reading a text book and then texting a friend, neither task is done with the same accuracy as if the task was completed solely by itself. So, why jeopardize your study time? Stick to one commitment, like studying, and turn off the gadgets.

Incorporating good study techniques into your daily activities creates efficiency. Incorporating efficiency into your busy school schedules is a win-win situation. So, study each subject frequently throughout the week, in varying comfortable locations and leave your electronic gadgets at home. Your stellar performance is right around the corner.

Usc 0992: Launch Your Career

By Nannette McCleary Shaw, ab7639@wayne.edu

Recognizing that new college graduates are facing a vastly different economy than ever before, Wayne State has approved a new course to assist students in finding and developing career opportunities. The first pilot section of UCS 0992 – *Launch Your Career* is being taught this fall and another is scheduled for Winter 2011. It is an eight week, 0 credit course, offering S and U grades to enrolled students. The course is hands-on, offering practical knowledge for students who are looking to apply their educational experience to the real world. In other words, the goal for this course is to help prepare students for internships, cooperative education, or any first-time professional work experience.

This course is also designed to teach effective job-seeking skills by allowing students to create and implement career action plans that relate to their personal and professional goals. Along with an introduction to Career Services, students in the class will be encouraged to participate in the career development process through activities that build work readiness, including

networking and interviewing skills as well as developing a marketable resume.

To learn more about this course and other career resources, contact Career Services at (313) 577-3390, or visit 1001 Faculty/Administration Building between 8:30 AM-5 PM or online at www.careerservices.wayne.edu. Counselors are also available for individual appointments for those who would like personal assistance in developing career plans for success.



By Kate Bernas, ab9599@wayne.edu

As an urban university, Wayne State University recognizes its mission to provide service to the surrounding community. There are many volunteer opportunities for students to volunteer, feel good about themselves and share their passions with others. The following list, in alphabetical order from the Dean of Students Office (<http://www.doso.wayne.edu/volunteer/index.html>) represents some of the best opportunities that WSU has to offer.

1. Alpha Phi Omega Fraternity- APOZetaPi@gmail.com

Alpha Phi Omega National Service Fraternity is a national, co-ed service fraternity that has set the standard for college campus-based volunteerism since 1925. The purpose is to help members develop leadership skills, experience friendship on many levels, and provide service to humanity.

2. Alternative Spring Break Detroit- <http://www.doso.wayne.edu/volunteer/asbd.html>

Alternative Spring Break Detroit is a week long program dedicated to learning about, and volunteering in, the Detroit community. ASBD raises awareness, dispels stereotypes, shows how volunteering and community are linked and breeds an understanding of the vibrant character of our urban core.

3. American Red Cross Club- redcrossclub@gmail.com

The Wayne State University (WSU) American Red Cross Club, dedicated to the American Red Cross Mission and Humanitarian Principles, offers campus students opportunities for self-development and service projects in partnership with the South-eastern Michigan Chapter and Blood Region.

4. Circle K International- circlek@wayne.edu

Circle K is the largest and oldest co-educational service, leadership development and friendship organization club for college/university students. Sponsored by a Kiwanis club, it is a student-led organization that draws its members from the student body and welcomes any student who is interested in service, is of good character and possesses leadership potential.

5. Habitat for Humanity- habitat@wayne.edu

Habitat for Humanity Campus Chapter is affiliated with Habitat for Humanity Detroit. Its goal is to promote awareness, educate, and involve students in developing solutions for a variety of problems that affect the Metro Detroit community. The Campus Chapter helps students become part of the community by

participating in monthly builds, where members construct homes for families, and informational sessions to raise awareness.

6. Project Volunteer- wsuprojectvolunteer@yahoo.com

Project Volunteer is a student community service organization at Wayne State University whose primary focus is to participate in volunteer projects to help improve the Detroit Area. Working with local organizations such as PBJ Outreach, Greening of Detroit, and Habitat for Humanity, PV helps to make a positive difference in the community at large.

7. The Student Chapter of United Way

<http://volunteer.truist.com/uwsem/volunteer/>

So you want to volunteer? You've come to the right place. Through the United Way volunteer site, you can search for volunteering opportunities in the city that are sponsored by the WSU Dean of Students Office or Wayne State University.

8. WSU Student Ambassadors-

http://www.doso.wayne.edu/volunteer/student_ambassadors.html

The Ambassador program brings together students from various academic disciplines and cultural backgrounds and serves to enrich and enhance leadership, communication skills, personal growth, and professional development for its members while creating long lasting ties with their future alma mater.

9. Up Till Dawn- <http://doso.wayne.edu/urbanvolunteers/index.htm>

This student led, student run, fund-raiser is hosted by over 150 colleges and universities nationwide. Up 'til Dawn unites faculty, students, and their local communities with a goal to help the children of St. Jude by educating the community about St. Jude while raising money through a variety of activities. At the end of the fund-raising year, campuses host a finale event and stay "Up 'til Dawn" celebrating their achievements.

Rotaract- rotaractwsu@gmail.com

Rotaract is a Rotary-sponsored service club for men and women ages 18-30. The purpose of Rotaract is to provide an opportunity for young men and women to enhance the knowledge and skills that will assist them in personal development, to address the physical and social needs of their communities, and to promote better relations between all people worldwide through a framework of friendship and service. Rotaract club meetings feature speakers, special outings, social activities, service project work, discussions or visits to other clubs.

Mission Statement

The mission of the Comerica Academic Success Center is for all Wayne State University undergraduate students to become self-determined, motivated, and independent learners. To support students' success in the University environment, the Academic Success Center provides individualized services and the tools to develop effective learning skills.

Free services of the Academic Success Center include:

- Tutoring and Supplemental Instruction
- Individual Support with a Learning Specialist
- Study Skills Enhancing Workshops

Thank you to our editorial board:

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Angela Zanardelli, Editor.

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