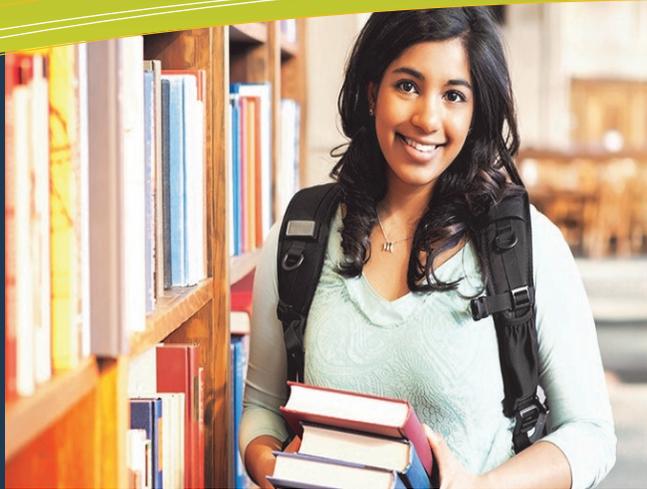


# Academic Excellence

The Academic Success  
Center's newsletter  
geared toward student  
success

## Winter 2013 Issue



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## Semester Jump Start: Get Ahead, Stay Ahead

By Lawrence B. Robinson Jr.,  
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We all have the power to create our own experiences. Your decisions and what you do with your time influences the productivity, the richness, and the level of satisfaction you gain from your college experience. Focusing on the areas of academics, career experience, and personal development will help you lay a strong foundation for success.

Striving for academic success is the first move that will help you get off to a good start. Wayne State University has a center dedicated to helping students achieve academic success. The Academic Success Center (ASC) is located in suite 1600 of the Undergraduate Library and is staffed with professionals who can help you create a successful academic experience. Students should visit the Academic Success Center within the first three weeks of classes in order to stay ahead. The ASC offers individual tutoring for many course subjects as well as supplemental instruction. The ASC also offers one on one study skills counseling and study skills workshops. Visit [success.wayne.edu](http://success.wayne.edu) for more information.

Visit Career Services, located in the Faculty Administration Building, where you will meet professional career counselors who have the skills to assist you in finding work experience in your career field. They can assist you with career development, internships, co-ops, and

positions on and off-campus. It is critical to learn as much about your career as possible because employers look for students who have professional experience.

Lastly, managing your personal development is the most crucial step. Finding yourself and becoming the best person you be is the most gratifying accomplishment. Your best resource is the Wayne State University campus, which fosters an environment for students to discover and sharpen the characteristics that make them unique. Get involved by joining a student organization or by participating in intramural sports. Every day you can strive to learn more about yourself while also taking actions that put you closer toward your goals. Managing your personal growth and development will give you the confidence you'll need to succeed.

Remember, graduate schools and employers look for students who are well-rounded. Establishing a focus on academics, career development, and personal growth will put you ahead. When you achieve and gain momentum in these three areas, you will maximize the worth of your college experience.

WAYNE STATE  
UNIVERSITY  
Academic Success Center



# The Benefits of Group Counseling

By Theresa Carano, am3164@wayne.edu

Have you ever experienced a morning when everything went wrong, and you said to yourself, "It's going to be a BAD day..." Minor inconveniences can easily snowball into a bad day with the wrong mindset. You may already be attending workshops with the Academic Success Center to assist you in improving your study skills, however, academic stress can also cause struggles in our personal lives, and, more often, our personal difficulties can directly effect our academic performance.

Counseling and Psychological Services (CAPS), located in the Student Center Building, can help students learn to cope with emotional issues that may affect their academics. And, just as the workshops at the ASC can help with your study skills, groups and workshops at CAPS can help you with personal issues. Here are some benefits of group counseling:

1. Students can discuss issues with their peers who may better understand student issues.

2. Students can learn from others who have similar problems. Another student in the group may have gone through a situation similar to yours, and can offer support.

3. Students can gain multiple perspectives from other group members. Other group members can provide guidance about your situation.

4. Students can pick up new skills that they can use in their daily lives, including social and interpersonal skills, which will help create and sustain strong relationships.

5. Students can find acceptance of their issues, because other groups members may understand what it's like to be in your position.

6. Groups are often the most effective counseling method to treat the types of concerns that university students are facing. Students often find the perspective and the support of their peers beneficial.

CAPS groups and workshops are offered FREE to all registered students at Wayne State University, and cover a

variety of topics that

address student concerns. In group therapy, students meet with peers and a group counselor to receive therapy from each other in a safe, confidential environment. Some group topics include dealing with grief and loss, adjusting to college, and relationship exploration. Workshops offer students the opportunity to learn more about different mental health topics, in a psychoeducational seminar. Some of our workshop topics include improving self-esteem, stress management, and relaxation training.

To learn more about our groups and workshops, visit our website, <http://caps.wayne.edu>, or come to CAPS in 552 Student Center Building between 9am-4pm to speak with the Counselor on Duty.



## Does Your Major Matter?

By Nannette McCleary Shaw, ab7639@wayne.edu

Is a technical or professional degree really better than a liberal arts degree? While many salary surveys seem to support this claim, it is foolish and naïve to assume any academic major, by itself, can lead to a successful career. It can also be shaky to choose careers based on predicted demand. For example, many students select "hot" majors with the assumption that demand equates to job security. It does not.

Education does not determine professional opportunity. Today's organizations are challenged by the costs of a fast-paced economy that values talented individuals who can creatively innovate. Entry-level jobs in most careers require 3-5 years of experience in addition to a college degree, many with no specific academic background required. While industries like healthcare and technology offer growing opportunities, work is more project-based and not necessarily secure in the traditional "9-5 with benefits" sense. Rather, security comes from knowing how to

adapt personal skills and abilities to the ever-changing needs of employers.

This means students, regardless of their curriculum, will need to make every experience count. Consequently, liberal arts majors may have a disadvantage, because many of these degrees do not require internships or other experiential learning opportunities like most professional and technical programs. On the other hand, liberal arts offers interdisciplinary and integrative knowledge that better prepares students with critical thinking, team-building, problem-solving, and management skills—all of which are in very high demand in today's job market.

Of course, the missing piece to the new formula for career success is the proactive plan that connects superior academic performance to quality experiences, whether they are directly or indirectly related to the desired career. To learn more about employment opportunities and the skills needed to be competitive after graduation, contact Career Services at (313) 577-3390, visit the office in 1001 Faculty/Administration Building or online at [www.careerservices.wayne.edu](http://www.careerservices.wayne.edu).

## Utilizing Your Libraries

By Crystal Jolly, az1182@wayne.edu & Zsa-Zsa Booker, at0811@wayne.edu

Have you ever had to write a research paper for a class and needed help finding sources on your topic or citing sources in a particular citation format? As a college student, one can be certain these kinds of challenges will arise if they haven't already. The Wayne State University Library System (WSULS) is equipped to meet a wide range of academic needs in the WSU community, from the first-year student who may be a beginner in research, to the seasoned researcher, who may be a faculty member in a specific discipline.

WSULS is here to support your academic endeavors through providing you with access to scholarly information and services to facilitate your success at Wayne State. Wayne State librarians have devoted energy, resources, and time to create library resources. In addition to the resources WSULS has to offer, libraries on campus are ideal places to study alone or with friends or colleagues. There are study rooms, hundreds of computers

and desks, and even a media room for those who are working with more advanced productivity software. Below is a list of highlighted resources that may be useful to you.

**Subject Research Guides** - provides students looking for resources the opportunity to search for them based on their research topic. [www.lib.wayne.edu/resources/guides/](http://www.lib.wayne.edu/resources/guides/)

**Assignment Planner** - allows students to plan ahead by breaking up a research paper into a time management calendar. The best part about Assignment Planner is that students are also given links to resources along the way. [www.lib.wayne.edu/services/instruction/calculator/](http://www.lib.wayne.edu/services/instruction/calculator/)

**Citation Assistance**- gives students reference tools needed for any style of writing so there is no need to buy a citation manual. [www.guides.lib.wayne.edu/content.php](http://www.guides.lib.wayne.edu/content.php)

[pid=248390&sid=2051643](http://pid=248390&sid=2051643)

**Citation Management** - offers students many software options for citation management through the Computing & Information Technology Software Clearinghouse for a discounted price, while also giving students free options as well. [www.lib.wayne.edu/resources/software/](http://www.lib.wayne.edu/resources/software/)

**Did you know that WSU has a School of Library and Information Science? For more information about programs and careers in Library and Information Science, visit [slis.wayne.edu](http://slis.wayne.edu)**

## Textbook Reading: What College Students Should Know

By Zsa-Zsa Booker, at0811@wayne.edu

Textbook reading in college is a skill that college students rarely perfect. Not having these skills could mean that you spend more time reading and rereading than necessary, and valuable time is, in turn, wasted. The next time you pick up your textbook consider the following tips which can help you comprehend your reading materials in a more efficient manner:

**Before you read, perform a pre-read.** Scan the material, examine the chapter summary, read headings, note illustrations, and preview chapter questions.

**Break-up your reading assignments into manageable sections.** After the sections have been divided, try to tackle one section at a time. Reading too much information at once can sometimes result in low levels of comprehension.

**Take a short 5-15 minute break between each section.** These breaks are necessary to help you to maintain an optimal level of concentration.



**Take light notes after each section.** Notes should be taken after you have read the material and have a good understanding of important ideas from the content.

**Review your textbook notes often.** This will guarantee that you retain the new information which you learned. This can also aid in maintaining a higher level of focus during lecture.

Practice these tips consistently to discover a more effective method for textbook reading.

By Jazmine Wesley, ec3736@wayne.edu

- 1. Manage your time** — One of the biggest sources of stress is over commitment! Make sure you carry and use your planner in order to maximize your time.
- 2. Identify your stressors** — By taking stock of the stress in your life, you will be able to fully accept responsibility for the role you play in creating or sustaining it. Don't be afraid to challenge those stressors.
- 3. Get rid of negative talk** — Words have power. Negative thinking and speaking will leave you feeling zapped mentally and physically. Try utilizing positive self-talk which will enable you to truly feel a heightened level of optimism. Constantly use positive self-talk and remember, no negative thoughts allowed.
- 4. Start meditating** — It works! Start by choosing a distraction reduced environment. Make sure that you are in a comfortable position but avoid lying down as this will make you sleepy. Next, choose a point of focus. A meaningful word or phrase works. Last but not least, make sure you control and maintain your breathing.
- 5. Limit stress with good nutrition** — Think before you grab a big mac before a big exam. Refined sugars can leave you feeling run down and can boost stress levels. Skipping meals can also have detrimental effects on your body. Pair an apple with string cheese or a small salad for a healthier option.
- 6. Limit stress with adequate sleep** — Approximately 71% of college students are sleep deprived. A lack of sleep can result in poor food choices, inability to concentrate, and can boost stress levels. Research suggests 7-9 hours of sleep per night is accurate for maintaining a healthy sleep cycle.

**7. Set realistic goals** — Setting realistic goals will help you to realize limitations. Start with short-term goals and build your way up to long-term goals. Do your best and be prepared to accept the outcome.

**8. Start exercising** — Pilates, jogging, yoga, basketball- You name it! Exercise can cause a chemical release of endorphins into your blood stream. This often creates a euphoric or happy feeling to resonate throughout your body. The more energy you produce, the better you should feel.

**9. Adopt a healthy lifestyle** — Take care of yourself and your body. Choose a daily activity to perform and stick with it. Going for a daily walk, writing in a journal or curling up with a good book are all great ways to reduce tension and stress.

**10. Utilize on-campus resource** — CAPS (Counseling and Psychological Services) offers personal and group counseling. Take advantage of this FREE resource. [www.caps.wayne.edu/home.htm](http://www.caps.wayne.edu/home.htm)



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## 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:**

Kate Bernas, Zsa-Zsa Booker, Chardin Claybourne, Jazmine Wesley, and Angela Zanardelli, Editor.