Avoiding Interruption: How to Study in Peace on Campus

by Angela Zanardelli, Graduate Student Assistant, Academic Success Center, azanardelli@wayne.edu

Why is it that every time you attempt to study you are interrupted? How come your phone is ringing off the hook as soon as you get to the library? Why do you get so distracted when you try to write a paper at Starbucks? Well, the answer is simple. Your behaviors may welcome interruption.

If you are studying in the library, why is your phone not on silent? This is an unwanted interruption to both you and others around you. And if it is on silent, why is it right in front of your face where you stare waiting for it to light up? It’s up to you to decide when people can get a hold of you. You have all the right to turn off your cell phone and take the time you need to complete your task. You should never feel guilty about putting your school needs first.

And the Starbucks issue, do you feel that writing a paper in Starbucks is effective for you? Unless you have the concentration skills of a Buddhist monk then you’re not going to write an A paper at Starbucks. It is so important to recognize in which environment you learn best. If you are someone with stellar focus and do study easily in Starbucks then more power to you. If you know that you don’t concentrate well in areas where a lot of people are coming and going, don’t try to study there. It’s that simple.

You know that your time is very limited in college so it’s up to you to make the most of your time. You also know where and when you’re effective. It’s up to you to take control of your study situation and set boundaries. Once you learn to avoid unwanted interruptions you will make better use of your time and studying will no longer be a marathon event. You have the choice, putting yourself first is not a crime. With regards to academia, it’s a must.

Formulate a Plan for Success at these Free Workshops

Free workshops are available to the entire campus community. Why not attend one to boost your quotient for success?

Writing the Term Paper, Tuesday July 19th, 3:00
Effective Reading, Wednesday July 19th, 11:00

Memory, Thursday July 20th, 11:00
Vocabulary Building, Tuesday July 25th, 3:00
Concentration, Thursday July 27th, 1:00
Test-Taking, Tuesday August 8th, 11:00
Finals: Plan Your Way to an A, Wednesday August 9th, 2:00
Mastering the Balancing Act

"It only takes a few minutes to prioritize your life."

by Angela Zanardelli, Graduate Student Assistant, Academic Success Center, azanardelli@wayne.edu

Forget going out with your friends, you can't even find time for dinner. And don't even think about working out, you're too tired to move from staying up all night studying. And your boyfriend/girlfriend, they're just going to have to wait as well. You don't have time for anything, after all, you're a college student.

Does this sound familiar? Many students are faced with similar scenarios while in college. Some days seem to disappear at warp speed. The last thing on your mind is finding an opening in your schedule to work on managing your time. However, it only takes a few minutes to prioritize your life. Prioritizing is a must-do time-management step that students frequently skip. It's a quick process and can make a world of difference. Just follow these steps:

1) Identify your priorities. Common priorities of the average student include work, school, family, friends, and personal time. Not everyone's priorities are the same. Many students have the priority of religion or children or certain hobbies. Once you have identified your priorities, move on to step 2.

2) Rank your priorities. Yes, priorities range in order of importance so you must rank them accordingly. This can be difficult for some but is a necessary step in prioritizing your life. Which priority is the most important to you and takes the most of your time? That would be number one in the ranking. Use the same idea to rank your remaining priorities.

3) Identify the activities that accompany your priorities. Each priority comes with activities. For example, the activities that accompany school are spending time in class, study groups, individual study or paper writing. When it comes to family, activities can include time on the phone and family functions.

4) Schedule your priorities and their activities. Once you identify the activities that accompany your priorities, you can begin your scheduling. Get a planner or day calendar and take control of your time. Once you have all of your activities scheduled, it will be much easier to see when you are booked or the blocks of time you have available. Following your new "priority schedule" is guaranteed to result in more effective, and less stressful, days.

Survival Tips for Academic Success

"Your professors and classmates are more likely to respect you if you show up to class on time."

by Rebekah Johnson, Student, School of Business Administration, r.johnson@wayne.edu

One important hurdle college students must overcome is themselves—prior experience, learning difficulties, or fear of academic failure. College education tests you academically, but it is a more challenge of motivation, strength and initiative. In my three years at Wayne State, I have learned several things:

1) Take your education seriously. You're worth it! Education is important and valuable. Get all the education that you can—it increases your employability and transforms you into a leader and role model.

2) Learn how you learn. Practice studying different ways—recording lectures or taking notes, reading the book or reviewing notes, studying alone or in a group—it all contributes to your understanding of course material. If you need tutoring, never hesitate to seek it at the Academic Success Center. Your tuition dollars pay for the service — why not use it?

3) Break Up Studying. Hours of studying continuously may be detrimental. Take frequent breaks for exercise, listening to music, or even watching a favorite TV show.

4) Make Professors your Allies. Let them know who you are, and especially seek them out if you need help or have a question. Never dismiss a professor as being "distant" or "uncaring." Most professors will give one-on-one instruction and help you with any concerns or problems you have. Bedfording professors also ensure you will have great references when applying for graduate school or a new job.

5) Have Integrity. Your professors and classmates are more likely to respect you if you show up to class on time, Continued on page 3
Realize the Potential of Your Study Group
by Melanie Duda, Graduate
Student Assistant, Academic
Success Center,
mjduda@wayne.edu

How many of you make use of the expertise of your peers when studying for your classes? While it is easy to see education as competition (competition for the highest grades, to set the curve, to earn more money in your future career, etc.), it can be much more effective to think of learning as a cooperative effort. Students have different skills, and you can learn a great deal from others. In addition, studying in a group can make learning more fun, and make short amounts of time more effective.

For best results, form your study group with care

1. Choose people who are in the same section of your class.
2. Choose students who participate actively in class.
3. Limit the size of your group.

How can you create an effective study group? First, choose people who are in the same section of your class. Second, choose students who participate actively in class by taking notes, asking questions, and listening. You may want to hit up the front row for group members! Remember to be selective in your choice. For example, your friends are great, but they might not make the best study group. Third, limit the size of your group. The most effective groups have 4 or 5 people. A very small group might not bring enough minds to the table but a group that is too large is unwieldy and can cause scheduling difficulty.

When you have your superstar student group together, schedule a casual initial session to determine the effectiveness of the group. At the beginning of the session, you should set ground rules, prioritize goals, and create an agenda. These are vital to an effective study group. If the initial session comes off without a hitch, you can set up a regularly scheduled meeting. Your group should hold meetings as often as necessary to meet your goals. Keep the meetings to a manageable length, usually 60-90 minutes. Remember to take short breaks to maintain concentration. Above all, do not allow your study time to degrade into a discussion of the World Cup or that weird girl at the weekend party. Monitor your performance, and stay on task.

As a group, you can develop active learning techniques to study the material. These can include comparing notes to fill in blanks, pooling questions to create a practice test, pretending to be the professor and teaching the rest of the group, creating mock debates to discuss major concepts, and playing review games, such as Jeopardy. Remember to share the workload and make sure all members participate equally.

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Survival Tips for Academic Success

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Show effort and respect for the professor and other students. Keep your academic integrity intact by citing your research correctly. Don’t cheat on exams, even online ones. Keeping your integrity ultimately will pay off in a good academic reputation.

6) Work Hard. And then work harder. Hard work pays off. Understand that grades are earned, not given simply because you registered for the course. Don’t expect that any course will be easy. Your hard work in school often reappears in other areas of your life, career and family.

Life in college means high tuition bills, long nights, and many cups of coffee, but following these tips can help you achieve academically. Hard work will get you where you want to go, but only if you...

Get on Track with a Visit to Your Advisor
Make an appointment by calling (313) 577-8889 or take advantage of Drop In Tuesdays.
Mission Statement

The mission of the Academic Success Center is to help students become independent and motivated learners. To support students' success in the University environment, the Academic Success Center aims to provide individualized services and the tools to develop effective learning skills.

Services that the office offers include:
- Tutoring
- Supplemental Instruction
- Individual Support by a Learning Specialist
- Study Skill Enhancing Workshops
- Accessibility Services such as Alternative Testing

Thank you to our editorial board:
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ASC’s TOP TEN:
Keeping you up to date on campus life

Top Ten Places to Study on Campus

1. Purdy-Kressge Library
2. Law Library
3. Polish Room in Maccogian Hall
4. 3rd floor Undergraduate Library
5. Any classroom setting
6. Science and Engineering Library
7. Sculpture garden between McGregor Conference Center and Community Arts Building
8. Third floor of Student Center
9. Study lounge on third floor of Education Building
10. Study lounges on upper floors of Old Main

Next issue, cheap eats on and around campus. Have suggestions? Email us at ACSNEWS@LISTS.WAYNE.EDU