

Academic Excellence

A Newsletter of the Academic Success Center

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Sizzling Summer Workshops

by Susan Shelner, ax5983@wayne.edu



Summer is the ideal time to sharpen your study skills; especially with the new and improved workshop series offered by the Academic Success Center (ASC). As always the workshops are free and now include new topics such as *Summeritis: Getting Back on Track* and *Making the Most of your Lecture*. “We really want to get the word out about this great resource,” said Angela Zanardelli, Learning Specialist for the ASC.

There are over 14 workshops scheduled from June through August that can help you enhance your memory, expand your vocabulary and even take effective notes. These one hour

workshops cover *Stress Management*, *Effective Test Preparation*, and *Success in the Sciences*. In addition, the ASC is offering a special workshop on personal finance for students: *Dominating the Dollar: Student’s Guide to Personal Finance*, in collaboration with the Office of Student Financial Aid.

For a complete list of subjects visit http://www.success.wayne.edu/workshop_list.php where you can RSVP. Workshops meet in the Academic Success Center, 1600 David Adamany Undergraduate Library. After checking in, students will be escorted to the presentation room.

“So far, several workshops have been very popular. In fact, we’ve had to move them to a larger venue.” Zanardelli said.

Workshops are open to all Wayne State OneCard holders and are free of charge. For more details visit the ASC website at success.wayne.edu or call (313) 577-4195.

“The workshops are free and now include topics such as *Summeritis: Getting back on track*”

Role Playing for Everyday Living

By Robert Buentello, rbuentello@wayne.edu

Once upon a time...

Everyone recognizes the opening line to most fairy tales. This simple four word phrase creates a setting for the story, a past that is simultaneously foggy, hazy, and a bit magical. Consider the goals and tasks that accompany the epic quest: rescue the princess (or the Prince, since he seems to get into trouble all the time), slay the dragon, climb the glass mountain, fell the magic tree, etc.

Most of us do not live in a fantasy world, but there are lessons in fairy tales that we can use in our daily lives to help fulfill our goals. For instance, the hurdles and roadblocks that face storybook heroes can be converted into modern terms: pass the devilish chemistry class, ace the multitude of proficiency exams, excel in the Writing Intensive Course, and complete the Foreign Language Requirement. Let’s recall the stories of childhood and examine the lessons to be learned.

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Experience Counts: Learning Outside the Classroom

By Diane Grimord, d.grimord@wayne.edu:

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In today's competitive job market college graduates need at least 1-2 years relevant work experience. Actual experience in the world of work means having the skills and competencies that are directly applicable to the job.

A variety of opportunities exist for students in paid and volunteer positions. Although in many cases students can earn money to help defray educational expenses, the ability to apply classroom theory in actual work situations is the critical component for enhanced marketability upon graduation.

Along with learning on-the-job tasks, experiential learners expand their oral and written communications skills, human relations awareness, and

professional networks as well as learn about organizational policies, pressures, and deadlines. In short, not only do students gain experience related to their areas of interest, but they get to "test drive" career options before graduation. Here are some ways students can obtain relevant experience for their careers:

Cooperative Education (Co-op) – Established more than 100 years ago, co-op is an academic/business strategy that combines on-campus study with practical, paid work experience. Career Services has more info. careerservices.wayne.edu.

Internship – These are usually one-semester work experiences related to a student's majors. Internships may be paid or unpaid, but usually students receive academic credit either as an

elective or required course. Students can find information from their department or Career Services.

Study Abroad – The Study Abroad and Global Programs office offers educational experiences in other countries and provides opportunities to learn about other cultures and world issues first-hand. Students can visit www.studyabroad.wayne.edu to find programs for academic credit.

Undergraduate Research – All academic disciplines conduct research and students can receive academic credit and put theory into practice through directed study. For more info:

Undergraduateresearch.wayne.edu

**"Students gain experience...and
get to test-drive career options."**

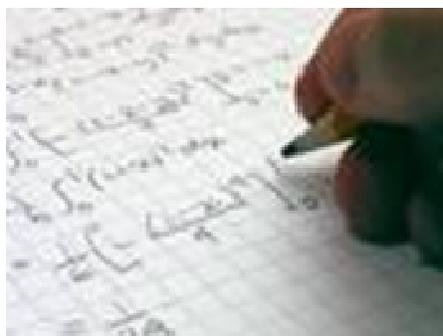
Conquering Math Anxiety

By Michael Day, michaelrday@gmail.com

Math anxiety can occur when sitting in class listening to a lecture, while doing a math problem, or during a test. It involves an intense and sometimes emotionally crippling fear of mathematics. According to researchers, the anxiety usually stems from a bad experience one has had in the subject. Fortunately, there is help.

How can you deal with "math anxiety"? One strategy that can drastically ease your fear is simple: practice, practice and then practice some more. By practicing problems from day one, the concepts will become familiar to you. This cannot be stressed enough.

How much practice is enough? You should practice as much as you need to. Ideally, you should practice each



problem and concept that is difficult until it becomes second nature. Once it becomes second nature, do it again.

Besides practice, there are other useful tips to ease math anxiety, and more importantly, taking the exam. First, avoid cramming. Hopefully you won't have to cram since you have already practiced so much. Besides it's virtually impossible to cram for

mathematics anyway. You're better off getting a good night sleep.

Secondly, take as many practice exams as you can get your hands on. If you can't find any practice exams make your own. Put your notes and textbook away, and take the practice exam under the same time constraint you will have to deal with while taking the actual exam. Additionally, do the easy problems on an exam first. This will build your confidence for the rest of the test.

Finally, although this tip may seem trivial, it works. Listen to some music while you sit in the classroom 10 minutes before the exam. Relax and drown out all of the other students. Take a deep breath and do your best!

Study Skills Corner: Effective Test Preparation

By Latesha Bigford,
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How do you prepare to perform well on your exams? Important components of effective test preparation include time management, material review, test taking strategies, and stress management.

Do you experience test anxiety? If so, effective exam preparation can help, as one of the most common contributors to test anxiety happens to be lack of preparation for the exam. To avoid both lost time and opportunity, you must start preparing for your exams early – preferably from the first day of class.

You must first learn the material and review it before the exam. Creating a study plan will help you manage the course material. First, break it into manageable chunks. Then review these smaller sections several times weekly, in study sessions.

Your brain learns material better in brief blocks of time

spread out over longer periods rather than in a few lengthy sessions.

This means your study sessions should be short, but planned and purposeful,



and you will study frequently. If you must cram, focus first on information you know, rather than trying to teach yourself new information.

When you think of reviewing for exam, what method comes to mind? Perhaps flash cards. While flash cards may be good for rote memorization, they should not be your only method of exam review as most exams will demand more than recall or recognition of definitions.

Do you remember the phrase, “practice makes perfect”? Try reviewing the material in the same way you will be tested.

For a ‘multiple-choice’ style exam, create practice multiple-choice questions from material in lecture notes and textbooks. If case studies will be given, practice creating your own and apply what you have learned to solve them.

If you need assistance with creating your own study plan, or other exam preparation topics, contact Wayne State University’s Academic Success Center.

success.wayne.edu

“Creating a study plan will help you manage the course material”

Role Playing for Everyday Living... *continued from page 1*

Establish a quest and prepare accordingly. Often times, the clever hero will consult a wizard before starting on a journey. Although wizards are in short supply today, there still are older, wiser people that you can count on to give good advice. Consider what others suggest, but trust your own decision-making skills in the end.

Know your adversary. Are you fighting trolls, dragons, ogres, or other knights? Carefully weigh your options. If math and science aren’t your favorite subjects, then engineering or medicine might not be the best career path. Conversely, if you detest listening to people’s problems, a career in social work or education might not be a good fit.

Persistence pays off. Resourcefulness and determination are always positive qualities and hard work is generally rewarded in the end. With each obstacle overcome, self-confidence increases and determination to finish the task at hand grows stronger. Never giving up is good advice in nearly every situation.

Top Ten Wayne State Summer Events

by Shena Penn, Shena.Penn@gmail.com

- 1. TechTown** hosts *First Fridays* on the first Friday of each month. Each Friday there is a guest entrepreneur speaking. The event includes free dinner and is open to members of the Wayne State community. Contact Allison Lamb at 313.879.4478 for more information.
- 2.** Art exhibit titled "Looking Close, Looking Far" by artist John Torreano is at the **Elaine Jacob Gallery** through July. His paintings are described as "colorful and dimensional". Contact Lisa Gonzalez at 313.577.0770 for more information.
- 3.** The **Academic Success Center** offers new summer workshops for improving study habits including Improving your Memory, Stress Management and Making the most of your lecture. Days and times vary for the workshops, so visit www.success.wayne.edu for detailed information.
- 4. Recycle at Eastern Market with WDET** the first Saturday of each month from 9 a.m. to 1 p.m. at the corner of Russell and Wilkins streets. The program is ongoing all summer. For more information visit www.detfm.org.
- 5.** The **Mort Harris Recreation Center** offers group fitness classes Monday-Friday. Check out www.rfc.wayne.edu/classes for specific classes and times.
- 6. The Department of Campus Recreation** presents Beach Volleyball every Tuesday starting July 1- August 12 on the Keast Commons-Sand Court. All games will go from 3:00 p.m. to 6:00 p.m. There will be a five game season with a playoff tournament. For additional information contact Aaron Knieper at 313.577.6712 or aknieper@busops.wayne.edu.

- 7. iStart 2008-** August 28-30. Hands down the BEST volunteering opportunity of the summer! Help incoming freshman navigate their first days as a Wayne State University student. This three day event includes workshops, games, festivities, community service and ends with the first WSU football game of the season. For more info, contact: Michelle Bruner at 313.577.3256 or visit www.istart.wayne.edu.



- 8.** The College of Nursing will host **Jazz on the Veranda** on July 17th. The event is from 5:30-8pm. The cost and location are to be determined; for more information contact Angela Bingham at 313.577.6967
- 9.** The Hilberry Theatre will present **Stephen Morris' The Jungle Book** on June 24-27; July 1-3; and July 8-12. All performances will start at 10:30am; tickets are \$5 for children and \$8 for adults. For more information contact Kelly O'Conner at 313.577.6625.
- 10. Jazz Musician Anat Cohen** will perform at the Temple Israel in West Bloomfield on June 22. The event begins at 2:30pm and is hosted by Wayne State's Cohn-Haddow Center for Judaic Studies. Student and early purchase special prices available. Call Sandy Loeffler at 313.577.2679 for details.

Anita Harris contributed to this article.

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.

Free services of the Academic Success Center include:

- Tutoring and Supplemental Instruction
- Individual Support with a Learning Specialist
- Study Skill Enhancing Workshops
- Accessibility Services such as Alternative Testing

Thank you to our editorial board:

Naida Simon, Angela Zanardelli, Chardin Claybourne-Bey, Shena Penn, Latesha Bigford, Susan Sheiner, Associate Editor, Laura Woodward, Editor.

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UNIVERSITY

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We're on the web:

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