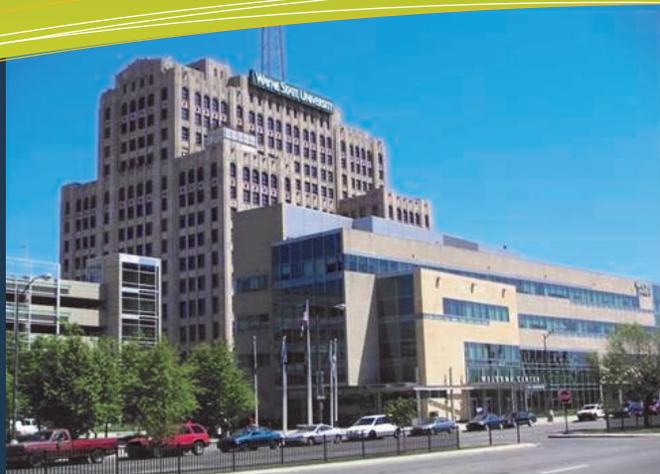


Academic Excellence

The Academic Success Center's newsletter geared toward student success

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In this issue

- SI Goes Digital P.1
- Overcoming Writer's Block P.2
- Seven Steps for Success P.2
- A Closer Look at Test Anxiety P.3
- Understanding Yourself as a Student P.3
- Top Ten Detroit Summer Events P.4

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What's New in Supplemental Instruction?

By Susan Sheiner, ax5983@wayne.edu

New podcasts and digital worksheets are the latest developments for Supplemental Instruction (SI). SI is a free service of the Academic Success Center (ASC) offering peer led group study sessions and techniques to master difficult course material.

The new podcasts include course specific material including Chemistry, Physics and Art History and will be available by fall.

Current podcast titles that can be found on the Academic Success Center website include: *Start on Track*, *What is Supplemental Instruction?* and *Language Podcast*, covering strategies for success in Spanish and French courses. Another podcast designed for Wayne State University faculty and staff, explains how SI can benefit students success and assist faculty as well.

The podcasts were produced on a Mac computer using Garage Band software. Some include visuals as well as talking and music. All podcasts can be downloaded to an iPod or computer and played on iTunes or QuickTime.

Lucas Korte, SI Assistant Coordinator reports that SI is also digitizing handouts from subject binders to be posted by the fall 2010 semester. The digital handouts are meant to supplement course material.

"They will include materials generated by SI leaders, including worksheets, formula sheets, practice exams and quizzes," states Korte. "It is to provide additional material for students in SI and give a sample for students who are curious about what SI can offer."

SI leaders, Sara Michienzi and her sister Anna Michienzi are currently working on the project. The digital scans and the podcasts are a growing component of SI services, reports Korte.



SI leaders Anna Michienzi (on left) and her sister Sara Michienzi create a podcast on studying for Art History.

Photo by Susan Sheiner

"We would really like to have the podcasts serve as part of the mid-term and final reviews, as a supplement for SI," he said. Students can find more information about SI supported courses and current podcasts at www.success.wayne.edu.

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Hmm...How do I Begin?

By Theresa Lindsey, av4760@wayne.edu

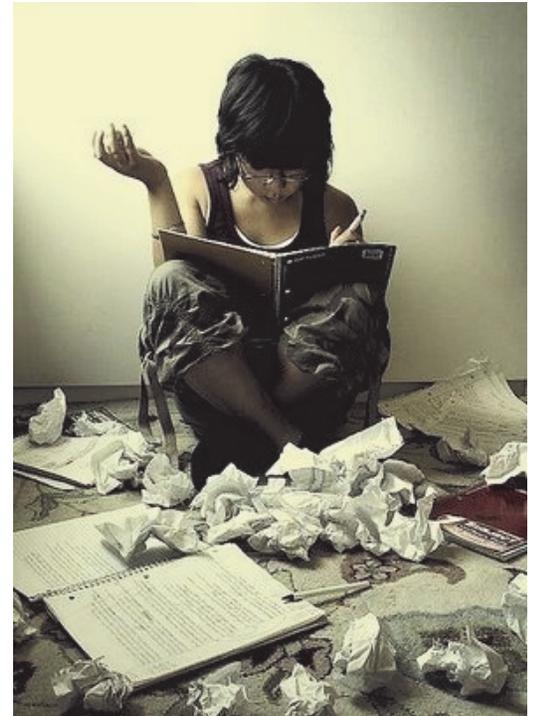
Everyone experiences writer's block at some point, even the most seasoned writer. The thought of having to create a piece of writing prompted by an instructor can seem almost daunting. Writer's block has the power to obstruct your thoughts, tie your tongue, and produce fear and anxiety. Luckily, there are strategies that can empower you and unleash the writer within.

1. The process of writing can be therapeutic. In fact, if you feel anxious, writing can help. This process will allow you to transfer your anxiety from body to paper.
2. Relax. Take a deep breath. Visualize yourself freeing the writer within.
3. Start a dialogue with the material. What has already been written about the topic? Where would you like to enter into the conversation?
4. Jot your thoughts down. Imagine yourself on a panel. What would you contribute?
5. Schedule writing into your day.

Set aside specific times for writing.

6. Set realistic, short-term goals for each day to encourage motivation.
7. Remember, no matter the length of the assignment, there is help. Talk to your professor and/or visit the Writing Center in the UGL. <http://www.clas.wayne.edu/writing/>
8. Be kind to yourself. Remind yourself that all things are possible and you can do this.

Do not allow writer's block to get the best of you. You are in control. Approach your writing assignment like an expert. Be confident in your writing and know that you have something worthwhile to say. And remember, think of writing as the opportunity to "fill your paper with the breathings of your heart". ~William Wordsworth



So what is a syllabus and how can you use it to your best advantage? Find out at the Academic Success Center's new Blog spot <http://collegecoach-academicssuccesscenter.blogspot.com>

Seven Step Strategy for Academic Success

By Jan Fagan, ee7473@wayne.edu

I'll be the first to admit it. I'm not a teen or a twenty something. I am a member of the thirty plus crowd returning to academia. I have a husband in law school, a daughter in college, a son in adult special education and I'm a full time student. Despite keeping a scholastically busy family going, and managing to juggle twelve to sixteen credits worth of classes over the last two semesters, I have been able to maintain an "A" average. My strategy for this includes seven steps.

First, don't overload yourself. If you are a full time student, take a credit level that you can handle comfortably, while attending to other obligations that you might have (family, kids, etc.)

Second, meet with your academic advisor once each semester to keep on track with your educational goals.

Third, take good notes, record your lectures, and review your notes often. Transcribing your lectures reconfirms material covered in class and gives you additional

information, covered in lecture, which may not be in the course text. Reviewing your notes often, and redoing practice questions, can help in prepping for exams.

Fourth, don't be afraid to ask questions in class. If you don't understand something, speak up! If you miss the opportunity in class, talk to or e-mail your instructor.

Fifth, if you are struggling to understand the course materials of your classes, ask your instructors for help, use the tutoring and SI services through the Academic Success Center located in the undergraduate library, or get together with other students to discuss the lessons or course material. This can even be done on-line.

Sixth, make time to study. Is this hard to do with family, kids, dog, etc? You bet, but it's worth it.

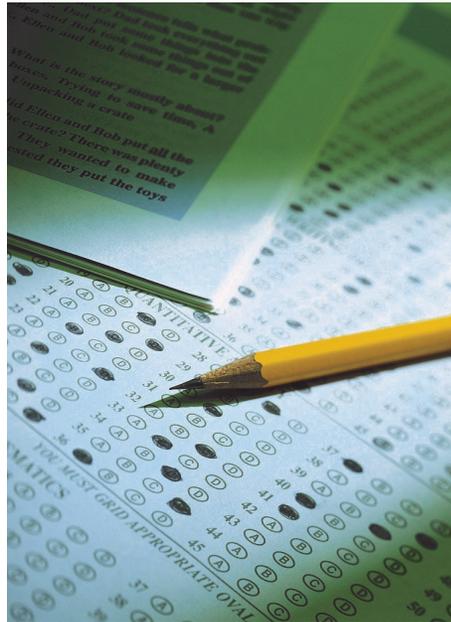
Lastly, make sure you take time for yourself. You'll need it! These steps have helped me to become a successful student and may help you to do the same.

Test Anxiety: An Overview

By Latesha Bigford, bb4716@wayne.edu

Research shows that a certain level of anxiety or nervousness before a test is actually beneficial for students. It can serve as a form of adrenaline and act as a powerful motivator. It can also help by providing alertness and readiness. Too much anxiety, on the other hand, can have a negative effect, resulting in poor performance. What causes test anxiety? Many times it is due to lack of preparation, procrastination, overwhelming course load, negative test taking experience or a negative attitude about school.

Test anxiety may manifest in physiological, emotional, and cognitive symptoms. Some common symptoms include; perspiration, rapid heartbeat, feelings of helplessness and doubt, and an inability to concentrate. Rather than struggle with symptoms, students may seek assistance in managing test anxiety from the Academic Success Center (ASC), as well as Counseling and Psychological Services (CAPS). Help is available for students. Solutions include: improved preparation, study skills, test taking techniques, realistic



time management, relaxation techniques, diet, exercise, psychotherapy, and visualization.

When these strategies are helpful, the degree of distress may be well within the range experienced by most students in a

testing situation. However, sometimes the test anxious student may need additional help. The degree of distress may be measured by psychological tests including; the Reactions to Tests and the Test Attitude Inventory. The Counseling and Testing (CTC) Center at Wayne State University as well as the office for Student Disability Services (SDS) may be helpful for diagnostic tests.

For additional information and assistance, students may contact the following campus resources.

ASC- Academic Success Center,
313-577-3165
www.success.wayne.edu

SDS – Student Disability Services
313-577-1851,
www.studentdisability.wayne.edu

CTC – Counseling and Testing Center
313-577-1681

CAPS-Counseling and Psychological Services, 313-577-3398,
www.caps.wayne.edu

Knowing Yourself as a Student

By Jazmine Walker, ec3736@wayne.edu

Just as it is important to develop insight into oneself when choosing a college major, it is also important to know oneself well when it comes to the way we learn and utilize information. Students often believe that school has shaped their minds into a single, *right* way to learn and they are often surprised to hear that each of us has a distinctive way of using our minds when learning.

According to Stella Cottrell, author of “The Study Skills Handbook”, many theorists divide students into learning “types” such as visual, auditory, and kinesthetic. Cottrell also believes, however, that the most important element for a student to discover has to do with the factors that provide him or her with motivation. Motivators can be internal, such as a desire to master certain material, or external, such as a familial expectation to get into a professional program. Periodic reflection upon these motivators can help strengthen a student’s drive and lead to ongoing

Students must also have self-awareness into the mental or physical learning environment that is most conducive for them when studying.

For some, a perfect “mood” must be set in order to settle down and study. For others, it might be an environmental condition such as absolute silence or background music that is necessary for peak concentration. Setting targets or goals that are easy to achieve will also increase a student’s chance of success.

Once these goals have been met, students should not only build on them to make the next set of goals even more challenging, but reward themselves for their accomplishments. By truly understanding oneself and becoming aware of one’s unique learning needs, we become more capable of adjusting to different learning situations, which will ultimately lead to a more successful and fulfilling educational experience.

By Angela Zanardelli, au1072@wayne.edu

1. Detroit/Windsor International Film Festival: June 24-27. This annual three-day film event, hosted by Wayne State University, is FREE. Visit www.events.wayne.edu or <http://www.dwiff.org/> for film schedule and more information.
2. Jazzin' on Jefferson: June 26-27. There's something for everyone at this festival. Grab a bite to eat and enjoy jazz, blues, and gospel at this annual festival. Visit <http://www.jazzinonjefferson.com/> for further details.
3. Baar Bazaar: July 10. Midtown's Majestic Theatre is hosting an open market beginning at 8:00pm. Vendors will be selling crafts, comics, records, CDs, retro goods, clothing, and jewelry. For directions and other events at the Majestic, visit <http://majesticdetroit.com/>
4. Detroit Science Center- Everything Baseball: July 12-17. Think you're too old to enjoy the Science Center? Think again. Attend the exhibit that explains the science behind the game of baseball. Visit www.detroitssciencecenter.org to plan your visit today.
5. Concert of Colors: July 16-18. What a better way to celebrate diversity than through music? Detroit's annual Concert of Colors offers three days of music from around the globe. This year the event takes place at both the DIA and the Music Center. <http://www.concertofcolors.com/>
6. Corktown Music Festival: July 24. This annual Corktown event is held in Roosevelt Park, directly in front of Detroit's much discussed central train station. Hang out during the day then hit the after parties that will keep you dancing into the dawn. <http://corktownmusicfestival.com/>
7. Arab and Chaldean Festival: July 24-25. Expand your mind as you enjoy food, entertainment, and cultural performances at this free ethnic event in Hart Plaza. For further details, check out <http://www.arabandchaldeanfestival.com/>
8. African World Festival: August 21-22. Another can't miss, free ethnic event in Hart Plaza; Relish in the influence of African Culture and enjoy food, exhibits, and entertainment. This event is hosted by The Charles H. Wright Museum of African American History. <http://www.maah-detroit.org>
9. People's Art Festival: August 28-29. Detroit's largest free art festival is held at the Russell Industrial Center and draws a crowd of 15,000 annually. Be amongst the many who cruise the Center enjoying art from all walks of life. <http://peoplesartsfestival.com/2010/>
10. Dally in the Alley: September 11. End your summer with this always anticipated free Midtown event. The alleys between Hancock and Forest, and Third and Second streets are lined with live music, vendors, drinks and eats, not to mention the Detroiters who plan their year around this event.

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, Latesha Bigford, Jazmine Walker
Susan Sheiner, Associate Editor,
Angela Zanardelli, Editor.

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