

Academic Excellence

The Academic Success
Center's newsletter
geared toward student
success

Volume 6, Issue 2 August 31, 2011

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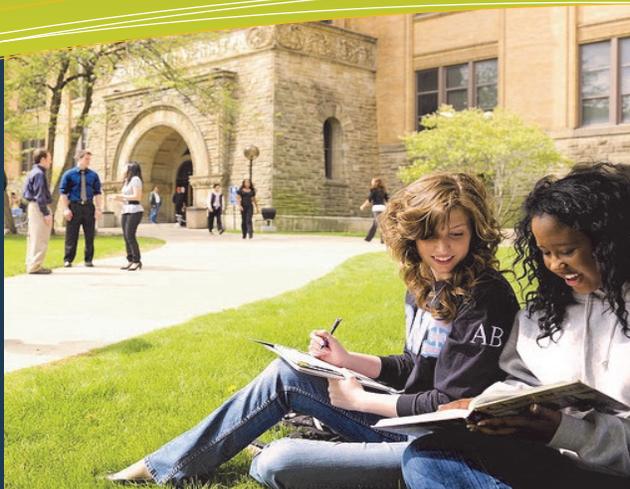
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Deadline Changes for Course Add/Withdraw Effective Fall 2011

By Susan Sheiner, ax5983@wayne.edu

"Beginning this semester the last day to withdraw (from a class) will no longer be associated with the WSU designated Study Day," said Amanda Rosales, Manager of Records and Registration Services. Starting Fall 2011, students will be allowed to withdraw up to the end of the 10th week. Previously, withdrawal was allowed up to the final exam period. "We want students to achieve academic success at WSU. With that success in mind, significant changes in course enrollment deadlines will be implemented this fall." Students can register for classes until the end of the first week of the term. Prior to Fall 2011, students could add classes during the first two weeks of the term. The goal of the new deadline is to ensure students don't miss out on course content that is essential for student success. Classes can still be dropped through the first two weeks of the term, with full tuition cancellation.

The earlier withdrawal deadline encourages students to commit to mastering course content while there is still time to receive a passing grade. Students are encouraged to mark their calendars with the new deadlines. An updated registration calendar can be accessed by clicking on <http://reg.wayne.edu/students/registration-calendar-11-12.php>. The deadline for withdrawing from a course is also changing. "This deadline will no longer be associated with the WSU designated Study Day, which is the day between the last day of classes and the first day of finals," said Rosales.

The last day to withdraw has been moved forward to the end of the 10th full week of classes and will land on Saturday, November 12th. The withdrawal deadlines for courses longer or shorter than the full 15 week terms will be adjusted proportionally.

The deadline for withdrawing from a course is also changing.

In an effort to spread the word and find new ways to reach out to students, The Office of the Registrar is now offering text message reminders for important deadlines, such as the last day to add a class. "We want to get the word out," said Linda Falkiewicz, University Registrar. She continued, "It is important to promote awareness." To opt in for text messages students can follow this link to a how-to video <http://reg.wayne.edu/students/textmsg.php>. Falkiewicz and Rosales are excited about the text messaging initiative because of the potential to encourage academic success by sending quick and easy last-minute reminders to students.

WAYNE STATE
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Juggling Act: Get Your Priorities in Order

By Jazmine Wesley, ec3736@wayne.edu

Each semester, students enroll in courses with a fresh outlook on their ability to manage their schedule. Working, maintaining a social life, and tackling coursework all seem like a “walk in the park.” But once it’s all begun, keep in mind that it may be your reliance on sound study skills that keeps your walk on the sunny side. Here are some important guidelines



that can jumpstart your priorities and keep you geared toward success.

First and foremost, it is imperative to set yourself up with a good time management plan. Determine what your priorities are for the week and their level of urgency. Following a daily to-do list will ensure that your most immediate tasks get completed. Unexpected changes to your schedule may occur, so adaptability is a must. While studying, do not allow the intrusions of work or your social life get you distracted. By successfully accomplishing the most important goals early on, personal time will feel well deserved.

Similarly important is maintaining a positive attitude. Changing how you feel or think about an upcoming test or research paper may help banish burnout. Stress is inevitable in the lives of students but its effects don’t have to keep you in angst. One way

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to relieve stress is to focus on deep breathing. Deep, focused breathing regulates the nervous system and the effects produce a calming sensation throughout the body. Another way to aid in stress relief is by exercising. Producing a healthier lifestyle will enhance all aspects of your life – not just as a student, but also as a worker and a friend.

Finally, don’t forget why you have accepted so many challenges. Your motivation and drive have led you to develop your goals. It may all seem overwhelming at times but it *can* be done. Once you have things in perspective, don’t forget to enjoy the positive things in life. Take a walk, see a movie or read a book. Be realistic and work smarter, not harder.

Give it a Try: Your Invitation to SI

By Lucas Korte, ak3938@wayne.edu

During the Winter 2011 term, the Supplemental Instruction (SI) Program in the ASC piloted a new program intended both to give students a chance to try out Supplemental Instruction and to get SI sessions started earlier in the semester. That program was called Try SI. It was a resounding success, with more than four hundred visits from students during the two weeks it ran. This Fall 2011 term, the ASC will once again run the Try SI event so students can continue to take advantage of SI as early as possible.

The SI staff will be holding sessions on Friday and Saturday, September 2 and 3, and Friday and Saturday, September 9 and 10. Fridays will be 3-7pm and Saturdays will be 11am-3pm. All sessions will be on the main campus and all 30 of the Fall 2011 courses that SI supports will be represented. Students are not required to sign up and can come to as many sessions as desired.

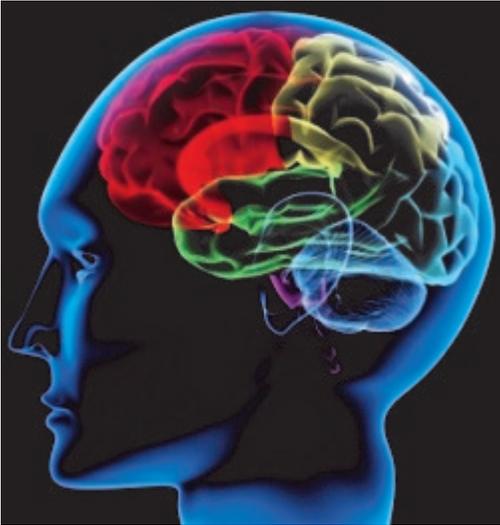
Check www.success.wayne.edu and watch for SI leaders to make announcements during the first week of class for more information.

This is just part of SI’s continuing commitment to improve its quality of service to students by making SI more flexible and responsive to student needs. So, to get a jump on studying for that organic chemistry exam, or to avoid getting behind in Spanish class, why not experience Try SI?



Memory: The Ins and Outs of your Learning Brain

By Angela Zanardelli au1072@wayne.edu



Many students assume that memorizing course material is a quick and simple task. In reality, memorization of information is an ongoing process. In order to better understand the learning process and to maximize memory, it is important to know how the brain works. According to www.academictips.org, there are three phases of memory development.

Phase 1: The first phase of the memory process takes place when information enters what is called the sensory memory. Unprocessed information remains in the sensory memory for no more than a few seconds. An example of this is remembering the digits of a phone number only long enough to successfully dial. When paying attention and attempting to process the information, the material will move on to the short-term memory, also known as phase 2.

Phase 2: Material stored in the short-term memory is considered somewhat temporary unless it is processed and comprehended. The only way to move material onto the final phase of memory is to truly comprehend the information. In other words, convincing oneself that they “get” the concepts in chapter 12 because they can recognize them without further memory work, will be of no help during the exam.

Phase 3: The final phase of memory is long-term memory. This is the most imperative phase for college students.

Once information is stored in long-term memory, it can be considered permanent with proper reviews. The most important aspect of successfully storing course material into the long-term memory is getting it there quickly. For example, comprehending a concept during lecture on Monday will be worth very little if it is not reviewed by Thursday. It's imperative to review course material within 24 hours following lecture. Then, frequent short reviews until the exam will insure success.

Unprocessed information remains in the sensory memory for no more than a few seconds.

Start on Track: The First Week

By Sarah Michienzi, az4268@wayne.edu

Starting your semester on track can set you up for success all semester long. This means: taking care of business during the first week of classes, internalizing tips on getting started and grasping the first exam. Understanding your syllabus, planning your semester and organizing notebooks during the first week of classes will help keep you on track.

Why is a syllabus needed, how do I use it, and what does it include? The syllabus is your guide to the course. It is there to anticipate all of your questions and concerns. Read it, understand it and refer to it throughout the semester. Information about the professor such as their office hours can be found in your syllabus. The syllabus will also include the class schedule and important dates.

So now that you know the key dates for your classes, how do you plan your semester? Transfer these dates to a planner, PDA or calendar. You may already have

a system that works for you, or you may need to discover one. However, act quickly; you don't want to let these dates slip by you. Plan now.

Transfer key dates into a planner, PDA or calendar.

Everyone needs some kind of notebook for each course. Consider using a binder. Some students avoid them assuming they're too bulky. Most times, the benefits outweigh this concern because papers can easily be hole-punched and added or removed as needed. The important thing is to find an organizational system that works for you at the beginning of the semester.

For additional tips on getting started, you can listen to the Academic Success Center's "Start on Track" podcast at http://podcast.lib.wayne.edu/dept/academic_success_center/podcast/.

By Kate Bernas, ab9599@wayne.edu

It's always Back-to-School night in Hollywood. Movies set in high schools and colleges are as plentiful as empty pizza boxes outside a dorm on Sunday morning. That's because these movies touch on universal experiences which shape our lives. The following is a sampling of movies about higher education that are sure to entertain you, make you laugh and even inspire you.

1. Educating Rita (1983)

An inspiring movie about the relationship between an English working-class girl, Rita (Julie Walters), and her alcoholic professor, Dr. Frank Bryant (Michael Caine). The complicated relationship that develops between the two, as one evolves into a true scholar while the other gives in to his demons, has rooted this film among the classics of our time.

2. Finding Forrester (2000)

Jamal, a basketball player and gifted student, finds himself at a prestigious prep school in Manhattan having his writing talent nurtured by famously reclusive author William Forrester (Sean Connery). The friendship becomes mutually advantageous to both as each helps the other overcome the major obstacles holding them back.

3. Goodbye Mr. Chips (1939)

A British film based on the book by James Hilton. Told as a flashback, Mr. Chips was modeled on the author's old and beloved classics professor who taught for half a century at The Leys public school in Cambridge. This movie will touch your heart and remind you of what you love about learning.

4. Good Will Hunting (1997)

A movie about an MIT janitor and math prodigy, Will Hunting (Matt Damon), whose gifts are finally discovered by a math professor at the university. Through his work with Professor Lambeau and his relationship with an empathic therapist (played by Robin Williams), Will finds himself pushed into uncovering the limits of his talents as well as the reasons behind his insecurities. Minnie Driver plays his love interest, Skylar, who helps him realize the possibilities of love.

5. Legally Blonde (2001)

Not the most high-brow entry on the list, but don't sell this movie

short on the inspiration factor! Elle Woods (Reese Witherspoon) is the ditsy blonde sorority queen who battles her way into Harvard Law School to get back the frat boy who dumped her. Comic mayhem ensues and Elle's struggles and triumphs will win your heart and motivate your spirit.

6. Mona Lisa Smile (2004)

Set in the 1950's, this movie tells the story of a feminist professor of art history, Katherine Anne Watson (Julia Robert), who accepts a teaching position at the conservative all-female Wellesley College. Through her spirit of nonconformity, Watson begins to influence her students to move beyond the 50's stereotypes to discover their own individualism and professional dreams.

7. Stand and Deliver (1988)

Though set in a high school, this real-life story of Jaime Escalante (Edward James Olmos), a Los Angeles teacher who pushes his underachieving students to learn calculus to boost their self-esteem, is a true classic worthy to inspire all. Escalante's unconventional teaching methods as well as his passionate commitment to his drop-out prone students will motivate students of all levels to "never give up."

8. The Great Debators (2008)

Denzel Washington directed and starred in this story of professor Melvin B. Tolson of the historically black Wiley College in Texas. Set in the 1930's, the film focuses on how Wiley formed the school's first debate team and managed to challenge prejudices to get his team to face off with Harvard. Tolson is tough, intelligent, and passionate as a teacher with a cause. This film will charge you up!

9. The History Boys (2006)

A hilarious and endearing film about the British educational system, *The History Boys* follows a group of prep school lads in their journey to gain admission to their country's top universities, Oxford and Cambridge. Set in the 1980's, *The History Boys* highlights the struggle of a new teacher brought in to "polish up" the boys' knowledge, but whose real goal is to instill in them a love for learning.

10. The Paper Chase (1973)

Based on John Jay Osborn, Jr.'s novel, *The Paper Chase* follows James Hart during his first year of Harvard Law School in his pursuit of the respect of his intimidating professor, Charles Kingsfield. Despite Hart's arrival at the top of his class, things with Kingsfield get complicated when Hart unknowingly falls for the professor's daughter.

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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