

Academic Excellence

The Academic Success
Center's newsletter
geared toward student
success

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Winter hours
Monday and Thursday
8:30 am-7:00 pm
Tues, Wed, Friday
8:30 am-5:00 pm



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Second Semester Success: A Winter Semester Guide

By Angela Zanardelli, au1072@wayne.edu

The holiday break has ended and you find yourself back on campus, navigating your new Winter Semester schedule. One of two things may be running through your mind upon your return: 1. You really hope you can continue to do as well this semester as you did Fall semester, or 2. You really hope to do much better this semester than you did last semester. Either way, the New Year brings a time for new beginnings. Utilize the following tips to ensure your Winter Semester GPA turns out to be exactly what you have in mind.

1. **Reflect upon Fall Semester-** Make it simple: What worked? What did not? Be honest with yourself about your study behaviors. If you know that procrastinating and studying with friends may have led to your GPA downfall, make the choice not to repeat those behaviors. If you recognize a study habit that did work in your favor such as using flashcards or previewing the material prior to lecture, make it a point to continue those effective techniques.
2. **Give yourself a reality check-** Be honest with yourself about your needs and difficulties. Often times, students practice the art of self-deception yet don't realize it until it's too late. For example, if you frequently attempt to convince yourself that you do your best writing at the last minute

or that you can do well on an exam by cramming, you're only hurting yourself. Self-deception is the ultimate GPA reducer. Keep in mind, effective multi-tasking is returning phone calls while taking a walk, not texting and face booking while studying. Make positive choices and follow through with your decisions.

3. **Utilize your resources early-** If you find yourself struggling, utilize your academic resources immediately to stay on track. The Academic Success Center (www.success.wayne.edu) offers free tutoring, supplemental instruction, study skills workshops, and the opportunity to work individually with a learning specialist. The Writing Center (www.clas.wayne.edu/writing/) can work with you to structure or edit your paper so that it can be returned to you minus those dreaded red marks. Counseling and Psychological Services (CAPS) (www.caps.wayne.edu) offers free and confidential counseling to all Wayne State University students. CAPS is an excellent resource for students experiencing anxiety, adjustment issues, depression, or other emotional health-related concerns.

WAYNE STATE
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Academic Success Center

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Back to Success: Getting off Academic Probation

By Lisa Dillon, as9189@wayne.edu

Academic probation is a serious matter that affects as many as 600 students per semester. It is beatable as long as students understand and abide by some clearly defined policies.

Students are placed on academic probation whenever their cumulative grade point average falls below 2.0 and remains until students return to Good Standing (above 2.0). This serves as an intervention so that students make changes to their study habits in order to reap the most from their educational experience. Students have three semesters to restore their cumulative GPA in order to avoid exclusion from the university.

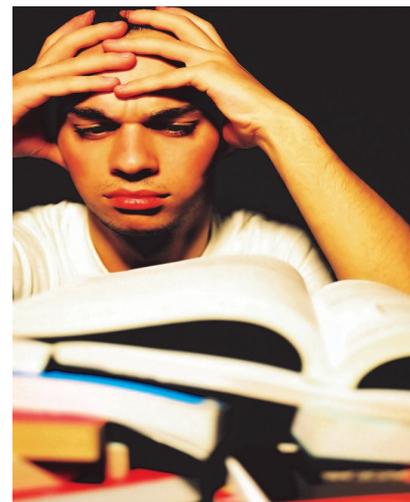
Once students are on academic probation, it is mandatory that they meet with an academic advisor in the Undergraduate Advising Center (1600 UGL). In this meeting, the

seriousness of this status will be addressed along with a plan for returning to Good Standing.

Until students return to Good Standing, meeting with an academic advisor at least once a semester is required and a probationary hold will be placed on future registration until that meeting takes place.

The good news about all of this is that Wayne State offers help to these students with each of these! The ASC offers tutoring, Supplemental Instruction, and Study Skills Counseling. Also, the Chemistry and Math departments have learning resource centers for those specific subjects. We are fortunate to have a Writing Center for helping with essays and writing assignments and students have access to free visits to Counseling and Psychological Services (CAPS) to improve their well-being.

Students are encouraged to use these resources and to make changes before their grades are affected. Typically, students cite course difficulty, time management, and personal problems that interfere with coursework. Don't be too quick to assume a course grade will automatically improve without significant change. Act early!



Some Insight on Internships

By Nannette McCleary Shaw, ab7639@wayne.edu

Internships are a form of experiential learning. Experiential learning can be defined as the opportunity to integrate career knowledge and academic preparation by participating in planned, supervised work. Other forms of experiential learning include field experience, cooperative education and study abroad. There are many benefits of experiential learning, including:

Developing career knowledge- Students have the opportunity to test their career interests and practice relevant skills, such as communication and critical thinking, which are essential to success.

Getting your foot in the door- Along with exposure to real-world work situations, students have the opportunity to network and build relationships for future employment.

Reinforcing classroom learning- Research has consistently shown that students who work moderate

hours while attending school tend to receive higher grades.

As the above examples suggest, any work experience can be valuable – regardless of salary. The advantage of paid experience is that students earn money that can help defray education costs. On the other hand, unpaid experiences are less competitive to obtain and may be more readily available in a wider range of fields. The point is that including experiential learning within your undergraduate plans may be critical for your future success. Just check any job board to see that many entry-level positions today require 3-5 years experience in addition to a degree.

To learn more about how to make all your experiences count toward achieving your career goals, or to obtain information and assistance regarding internships contact Career Services at (313) 577-3390 or visit www.careerservices.wayne.edu.

The Power of Positive Thinking

By Dawn Harris, aj6576@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. Your initial thoughts have now played a role in the way your entire day unfolded.

When we look at success, we often focus on the actions that were taken to get there, but it is important to note that actions begin in the mind. As students, we are faced with many potential reasons for negative thinking. We balance

Positive thinking alone will not result in straight A's...but our approach to every situation in life can make the difference between success and failure.

work, maintaining good grades, relationships, tuition payments, and more. These matters can lead to worry, which can also lead to negative thinking, which then impacts reality. Positive thinking alone will not result in straight A's or stop bills from being due, but our approach to every situation in life can make the difference between success and failure.

When challenges arise, it is important to start by deciding that you will not be defeated. Many patients who have survived serious illnesses attribute their victories to a decision they made to continuously hope for the best possible outcome. Several studies have shown that there are benefits to thinking positively, including resistance to illness and reduced stress levels. Positive thinking tends to create positive feelings which often result in positive actions. Even when a given outcome is not great, maintaining optimism can help to guide one through rough



patches in life more effectively than dwelling on that which is negative or wrong in our lives.

So take a moment to evaluate your thoughts today. Try replacing negative thoughts with positive ones because, as the saying goes, "Whether you think you can, or think you can't - you're right!" It is not always easy, but a positive outlook just might be that little thing that makes a big difference.

Coping Effectively with Stress

By Zsa-Zsa Booker, at0811@wayne.edu

Stress and anxiety is often present in our everyday lives. We become stressed about the flat tire we got this morning, the bad grade we received on our exam, and the significant other who we cannot seem to understand.

The winter months often bring unique symptoms of stress so it is important for us to remember strategies for coping with stress and tips to relax ourselves. Here are some ways to cope with feelings of stress:

Look for a Cause – It may be helpful to take some time to think of who or what is the main source of your stress. This may offer you the opportunity to confront this issue and possibly remove it from your life.

Be Positive – No one is perfect! If you fail at something try to remember your successes, and do not focus on the failure. Understand that there will be more opportunities for future success.

Exercise – Physical exercise can alleviate stress when you're feeling overwhelmed. The hardest part is starting but the benefits far outweigh any temporary discomfort.

Meditate – It is a good practice to have at least 10-15 minutes of quiet time each day. This time should not be spent sleeping but should allow you to clear your thoughts and get your mind away from worry and stress. You may want to meditate in an area that is completely quiet, so find a time and place which allows you to maintain peace.

Talk to Someone – Talking to a friend or loved one may help you better deal with your stress. You may also want to take advantage of the FREE services offered through Counseling and Psychological Services (CAPS) at WSU (www.caps.wayne.edu).



By Zsa-Zsa Booker, at0811@wayne.edu

1. Location/Community – Wayne State is Michigan's only urban research university, located in the heart of Detroit's University Cultural Center. Wayne State is centrally located in one of the most artistic and culturally diverse cities in the country. And if you are the type that enjoys being involved in community outreach and development there are always opportunities for Wayne State students to take advantage of activities throughout the Metro Detroit area.

2. People – The people who work, teach and attend WSU share the goal of supporting higher learning. These individuals come from all walks of life which also helps to make Wayne State an incredible environment.

3. Education – Individuals who attend WSU receive a top-notch education that includes 13 different schools and colleges that offer over 400 major subject areas. Wayne State is a public research university that has been noted as a university with high research activity, a distinction held only by 2.3% of higher education institutions.

4. Academic Support – There are many departments and programs designed specifically to help WSU students succeed. Some of these departments and programs include The Academic Success Center, The Writing Center, Student Disability Services, and Counseling and Psychological Services.

5. Pipeline – Pipeline is the ultimate tool for WSU students. It allows you to view your grades, take care of financial matters, and even allows students to find out what is going on around campus with the announcements feature.

6. WSU Libraries – There are a number of WSU Libraries on campus. Consider studying in the David Adamany Undergraduate Library, Purdy/Kresge Libraries, and the Science and Engineering Library. There is also the Arthur Neef Law Library and the Shiffman Medical Library. On top of that,

WSU students are also able to take advantage of interlibrary loans which allows students access to a countless number of resources from outside libraries.

7. WSU Farmer's Market – Every Wednesday from June – October, WSU hosts its very own Farmer's Market. Vendors come from near and far weekly to feature their fresh fruits, vegetables, herbs, fresh-cut flowers, honey, baked goods, desserts and prepared foods. This year the Mosaic Youth Theater performed street shows of both songs and theatrical performances.

8. Campus Safety – WSU has its own police department, with over 54 sworn police officers who patrol the campus and surrounding area 24 hours a day and 365 days a year. Each WSU police officer is commissioned as a Detroit police officer and is also licensed by the Michigan Commission on Law Enforcement Standards. WSU police can be seen all over campus in squad cars, on bicycle patrol and with K-9 patrol units. While on and around campus, call (313) 577-2222 for all your public safety needs.

9. Wayne State University Planetarium – At the WSU Planetarium students learn about planets, stars, the moon, and even "The Night Sky", which happens to be on the agenda for one of the topics that the planetarium is currently showing. The best part is that WSU students can take advantage of Free Friday Admission!

10. Campus Health Center – The Campus Health Center is an on-campus health service center for WSU students. The Campus Health Center is staffed with health care providers who are nationally certified nurse practitioners. WSU students can visit the Campus Health Center to receive health care services such as: travel health, routine health exams, contraception care, management of chronic illnesses, health promotion counseling, and mental health counseling. The, Campus Health Center offers WSU students their first visit for FREE!

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.

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