Key Strategies for Student Success
Insider Information from the Academically Dismissed
Refining Your Learning Skills for Academically Dismissed Students

- 26 Management/Commerce students over 2 summers
- ~200 students in total
- 10 day structured summer program
- Students are “ready” to change
- Students are “advised” to attend
Objectives

For FoM faculty and advisors to

- Increase awareness of the main challenges faced by academically dismissed students
- Become familiar with strategies developed by students
- Generate strategies for guiding students in key areas
Your Best Guess

- What do you think students report as causes of their failure?
#1 Problem
Common Problem Areas

1. Technology “Addiction”
2. Too Much Socializing
3. Poor Sleep Habits
4. Motivation
Technology “Addiction”

- Facebook, Twitter, Youtube, checking cellphone to check fb, checking email turns into surfing for hours, video games, sports, news, Instagram, movies, TV series, refreshing social accounts, posting photos, using internet on phone during lectures, while eating, after classes, before sleeping, while sleeping...

- Waste average 24 hrs/wk
- 40 – 50 hrs/wk not unusual
Student Generated Strategies

1. Set Dal.ca as homepage
2. Use limiters, blockers
3. Use different browser when studying
4. Turn off fb notifications esp on cell
5. Set an alarm when time to stop
6. Leave laptop at home, in case
7. Go to library; go to place with no internet
8. Remove distractions from home screen
9. Remove automatic logins
10. Read a real book
11. Print off assignments
12. Stop posting photos
Absolutely all technology off and in bookbag on floor

Supported by research:
- Multitasking reduces processing and memory of primary information
- Technology interferes with learning of others

(Junco, 2012; Sana et al, 2013)
Which is best for your students? For you?
NO CELL POLICY or NO POLICY
#2 Too Much Socializing
Too Much Socializing

- Waste average 21 hrs/wk (10 – 60 hrs)
- Hanging out with friends
- Studying with friends
- Drinking and wasting entire weekend
- Can’t say no—fear losing friends
- Staying out too late
- Can’t say, “I have to go.”
- Driving others
- Talking to family
Student Generated Strategies to Reduce Socializing

1. Schedule posted at desk; shared with friends
2. Social time scheduled
3. Recognition that sacrifices are necessary
4. Surround self with serious students
5. Social date as motivator; set alarm to leave
6. Ask prof for help rather than friends
7. Shut off fb
8. Plan fun activity Sat morning to reduce drinking
9. Give parents access to bank account to monitor NSLC purchases
10. Be designated driver
#3 Sleep Problems

- Sleeping pills, energy drinks, caffeine
- Sleep with cells and laptops
- Can’t get up in morning
- Sleep deprived
- Can’t fall asleep
- Nap for hours

- waste 14 hrs/wk average
Sleep Hygiene

1. Healthy food; not at bedtime
2. “Breakfast makes you smarter”
3. Exercise instead of napping
4. Go to bed and get up at regular time
5. Plan fun activities for weekend mornings
6. Follow schedule to avoid cramming and all-nighters
7. Shut off technology 1 hr before bedtime
8. Alarm on other side of room
9. Wear a watch
Lack of Motivation & Commitment

The root of most problems.

1. Demands of university are a shock.
2. High school was easy and/or they simply did what they were told.
3. They aren’t equipped for the delayed gratification.
4. Have little idea of how their studies will lead to a rewarding life.
Dreamboard

I Feel Good about These Changes:
1) Doing assignments before I hang out with friends
2) Getting to class early
3) Taking responsibility

Working on:
1) Being positive
2) Stay on track
3) Get better

Goals:
• Graduate
• Get a job in Australia
• Travel to South East Asia

Iron Ring

Tourist Attractions
• Keep it to the list
• Reward yourself at the end of your study session
• Plan your day
• Take short breaks
• Chop over each assignment
• Leave the house if you are getting dispersed
• Break yourself into the main tasks when you feel like taking a break
• Set up an automatic response on your phone for messages
• Limit use of Facebook to a set time a day, maybe every half an hour or so.
Motivational Strategies

1. Dreamboard
2. Remember priorities
3. Tell friends I failed and can’t fail again
4. Recall look on parent’s face when told of failure
5. Post good marks, encouraging feedback
6. Compete; hang out with good students
7. Aim higher
8. Dream about my future and the life I want
9. Positive self talk
10. Talk with profs and professionals who can inspire
What can you do to assist yourself with commitment, enthusiasm and motivation for your courses?
1. “Death from a thousand cuts”

...chunking works for some but not everyone