

Jordan to learn in order to be a

Business, Management



Jordan Lewis Professor Lagemann New Student Seminar 12 December

201710 Strategies to be a Successful Student When beginning your first semester as a college student, there are certain things you should consider doing. In my opinion, there are ten very important strategies to learn in order to be a successful student for the next few years at college.

Incoming students should think about setting some goals and planning ways to reach those goals, you should organize your space well, manage your time well, consider beginning your journey to find a career, discover your type of learning style, know how to prepare and take tests, quizzes and exams, make sure you stay active and exercise, keep track of and stick to a sleep schedule, manage your stress levels, and make sure to keep track of your finances.

It is important, especially for a first-year college student, to set some short and long-term goals and create steps as to how one would go about accomplishing those goals. First year students should know about this strategy as they are nearing the beginning of the school year so that they can plan out what they want to do, where they want to go in life. A short-term goal is a type of achievement that could be completed in a few days, a few weeks, or even a month. A long-term type goal is a goal that is set to be completed within the next few years or so. For example, some people set a long-term goal of graduating in four years with a bachelor's degree of science or art. During the time of this goal they think about things they can do or things they can improve on in order to ensure that they achieve this goal.

Someone might also set a short-term goal of getting straight A's by the end of the semester and to ensure that they do get good grades, they would

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create steps to help and guide them to this goal. The book, *College Success*, gives a good example of people setting goals and taking certain steps to achieve those goals. For example, “ To help his widowed mother, Juan went to work full time after high school but now, a few years later, he’s dissatisfied with the kinds of jobs he has been able to get and has begun taking computer programming courses in the evening.

He’s often tired after work, however, and his mother would like him to spend more time at home. Sometimes he cuts class to stay home and spend time with her” (ELI, Lumen Learning), Juan set a goal for himself to help support his widowed mother and to do that he took the necessary steps, he believed, in order to reach that goal and support his mother. He went full time after high school to make some money to possibly help his mother with house or car payments, but he wasn’t satisfied with making that little money and he decided to take matters into his own hands and started to take computer programming courses in the evening while still working in the morning because he wanted to be able to make more money.

To help first year students to set goals and possibly help them to make steps to completing those goals, one could go to the Center for Career Services office at Montclair State to talk with someone about goal setting and things they can do to keep them on track with those goals. Another strategy a first-year student should consider learning about is managing one’s space correctly. Managing one’s space can be something as simple as moving the desk to a certain spot in your room so you won’t be facing anything that might distract you, or moving the bed away from your desk so

you won't be tempted to just hop in it and take a nap instead of studying or doing homework.

A first-year student can use this strategy in many ways, they can start by moving the desk and face it in the direction of the wall so they won't be distracted by the tv if someone is using it or they won't be distracted by a gaming system that they have been dying to play all day. Managing space does not have to be restricted to just moving furniture around the room it could also mean using certain spaces for certain things. For example, your bed should be a place and symbol of relaxation so it should be only used for just sleeping or just lying down. Your desk is a place of work and is meant to get stuff done like homework or studying, so the desk should be a place to do these things without getting distracted by outside distractions. According to College Success, in order to have success in managing your space right you should work on task one at a time and not try and multitask. “‘ Okay,’ you might be thinking, ‘ why should it matter if I write my paper first and then answer e-mails or do them back and forth at the same time?’ It actually takes you longer to do two or more things at the same time than if you do them separately—at least with anything that you actually have to focus on, such as studying” (ELI, Lumen Learning), stating that it is important for students to designate certain areas for certain task such as a bed for sleeping or a desk for studying. At Montclair State, you could talk to some upper classmen and ask for help on how to manage your space better to get the most out of your room or you could go to the Office of Residence Life and talk with them about better ways to manage the space in your dorm. Time management is a very important strategy and skill for a first-year student to have.

If you manage time correctly, you will have time to do fun things and go to events on campus as well as get your work done on time and be done efficiently. Time management can be anything from what time you will take a shower and eat breakfast every day, to how long will you spend working on a paper each day until it is due. In order to manage your time better you first need to know what you spend most of your time doing and what you can do to adjust and work that around a schedule that you will create. You need to learn how to practice this strategy over and over again until it becomes routine and you have to learn how to combat and prevent procrastination. For example, one can use something as simple as a calendar or planner to keep you on track on things you need to do and when you should do it to ensure that it is done on time. The most important thing to remember when managing your time is what can you do to minimize procrastination. Procrastination is the number one enemy of time management. College Success describes it very well stating, "Procrastination is a way of thinking that lets one put off doing something that should be done.

This can happen to anyone at any time. It's like a voice inside your head keeps coming up with these brilliant ideas for things to do right now other than studying" (ELI, Lumen Learning), procrastination can be anything like going from saying "I'm going to go study" to "maybe I'll just play one game on my Xbox really quick and then get back to studying" next thing you know it is four hours later and it is almost twelve midnight. If a first-year student needs help developing their time management skills, they can go to the Office of Residence Life or they can go to the Center for Advising &

Student Transitions (CAST) to get help from fellow peers on how to manage their time better and more efficiently.

Most first-year students do not realize that it would be a good idea to start looking into careers and internships starting their freshman year. It is important for students going into their first year to discover who they are and what they want to do for the rest of their life. After they get themselves settled in the first month of school they should immediately start to look for internships, co-ops, or just someone to volunteer work for experience. The book, *College Success*, states, "Career exploration and job hunting are not short-term projects but processes that continue over time" (ELI, Lumen Learning).

Career exploration should be an ongoing process and should begin your first year. When I first came to Montclair, job searching was not the first thing that came to mind, the only thing I was worried about was not failing my first semester. One day, a career counselor came into my New Student Seminar class and spoke with us about when job exploration should begin and how to start, which I believe really helped me. I may not have been able to start looking for internships the beginning of my freshman year but after that presentation I went back to my dorm and did some research about some internships available the following summer for my sophomore year. One place you can go to help you with this process is The Center for Career Services, which can help you get stuff out there, for example your resume, and you can also talk to them about potential things you would like to be a part of like volunteer work just to gain some experience in the field that you are in.

The next strategy a first-year student should know about is how to discover your type of learning style. Some people may already have this part down by the end of high school, but there is no harm in trying to rediscover your learning style because the way they teach things in high school are very different from how things are taught in college. For example, when I first arrived at my Psychology 101 class, I did not realize what I was in for. When I was in high school I was used to teachers either giving us notes to fill in or having a slideshow presentation for us to copy down. The first time my teacher taught we just took out our notebooks and had to begin to write down whatever she said and that was a shock for me at first. Of course I have adjusted now and I am used to it but the adjustment was not easy. I had to learn ways I could abbreviate words in order to keep up with her talking and I had to learn how to write faster.

According to College Success, there are four steps in the learning style that you must master in order to rediscover how you learn, “ Think first about the different situations in which you learn. Obviously you learn during class, whether by listening to the instructor speak or in class discussions in which you participate. But also learn while reading your textbooks and other materials outside of class. You learn when you talk with an instructor during office hours. You learn by talking with other students informally in study groups. You learn when you study your class notes before an exam.

All of these different learning situations involve the same four-step process” (ELI, Lumen Learning), these four steps are preparing, absorbing, capturing, and reviewing. To help first year students with this learning strategy, there

are plenty of workshops all around campus for different subjects. For example, there is a writing workshop to help students with papers, you could talk to fellow peers and try and make a study group or you could talk to your professor about the best way to succeed in that class.

Preparing for and taking quizzes and exams is also an important strategy for first-year students to develop. Some students have what is called test anxiety, whether it be they have a hard time studying for the exam or if they remember something that they couldn't remember during the test. Those examples are just small symptoms of test anxiety, but these symptoms can be overcome or controlled. For example, one great way to reduce test anxiety is to actually be prepared and review the material, according to College Success, "A primary cause of test anxiety is not knowing the material. If you take good class and reading notes and review them regularly, this stressor should be greatly reduced if not eliminated" (ELI, Lumen Learning), hence the reason it is important to take good notes in class and record even the smallest of details in the lecture.

Incoming students can go to the Academic Success Center to obtain help on test taking and note taking during lectures to better improve their grades and reduce test anxiety. It is very important to stay active and exercise regularly or as often as possible. The most talked about thing incoming freshmen hear about is the freshman fifteen. While the freshman fifteen actually happens and is true, it does not have to happen to everyone. When I first came to Montclair, I had already learned about the freshman fifteen from my brother who graduated from college, the same year I graduated from high

school, and I was determined to not let that happen to me so I decided to work out regularly or as often as possible.

College Success puts it best when it states the benefits of exercise, “ Regular exercise has many benefits for your body and mind. You’ll also be a better student. It is easier to make exercise a regular part of your life if you explore your interests and join activities with others. The time you spend exercising will be made up for with increased ability to concentrate when it’s time to study” (ELI, Lumen Learning), I felt more energized and doing better as a student when I began to work out regularly. The campus has a Recreation Center open from six in the morning to either twelve or one at night. The rec center has many fun activities for students to do and for them to make new connections but most importantly, in this case, the rec center has a gym and is free for all Montclair state students. One thing I wish I had done was stick to a better sleep schedule. I encourage all incoming freshmen to go to bed and wake up at reasonable times, otherwise they will be mentally and physically drained from the lack of sleep.

At the start of this semester I did not really take sleep that seriously, I would stay up to about two or sometimes three in the morning just playing video games and would wake up the next day and almost miss my classes.

Freshman, in general, in college do not really understand the importance of sleep until it catches up to them and they have to fight to get themselves to bed or out of bed. “ Like good nutrition and exercise, adequate sleep is crucial for wellness and success. Sleep is particularly important for students because there seem to be so many time pressures—to attend class, study,

maintain a social life, and perhaps work—that most college students have difficulty getting enough. Yet sleep is critical for concentrating well” (ELI, Lumen Learning), there are so many times where I could go back and tell myself not to go to bed at three in the morning because you will regret it.

There is really no on campus resource to help you with your sleep schedule but take it from upper classmen who have been there and also take it from me, get as much sleep as you possibly can you will be able to concentrate better and do better in school. Managing your stress is very important in college, if you don't manage your stress it will take over your mind. There are different ways to deal with stress, there are stress balls, meditation, and many more ways. College students are the most affected by stress, “ We all live with occasional stress.

Since college students often feel even more stress than most people, it's important to understand it and learn ways to deal with it so it doesn't disrupt your life” (ELI, Lumen Learning), the biggest and most commonly known example of stress in college is finals week. Finals week is the peak of all stress for college students, but there are ways to control and manage stress levels. Montclair offers on campus workshops about stress management, all students are welcome and you can learn the best ways to control stress and also ways to not let it control you. The last strategy that I believe all incoming students should be informed about is how to keep track of their finances. “ Taking control of your personal finances begins with thinking about your goals and deciding what really matters to you” (ELI, Lumen Learning), there are so many deadlines and so many payments

that must be made prior to and during the academic year. It is important for students to keep track of certain payments that must be made at certain times and also keep track of the available money that they possess and should spend it wisely. For example, be sure to apply for financial aid each year and make sure to get any other loans that might be needed.

There are also on campus jobs available for students to make money either for themselves or that money will be put towards their tuition. Along with making money there also comes a responsibility of spending less and keeping track of what you buy and how much money you spend. This is also a good time to start building credit because you can only do so much, in today's world, without any credit. People need good credit for things like buying a car or purchasing a house or apartment. At Montclair state, students can go to the Office of Financial Aid for any help that they need regarding finances and ways to manage it. In conclusion, the first year of college is most likely the most stressful and challenging year for first-year students because they are forced to think and make decisions about stuff they do not even have on their mind and are not worried about at the moment. There are ten important strategies that all incoming students need to learn in order to have success in the next few years at college.

Incoming students should think about setting some goals and planning ways to reach those goals, you should organize your space well, manage your time well, consider beginning your journey to find a career, discover your type of learning style, know how to prepare and take tests, quizzes and exams, make sure you stay active and exercise, keep track of and stick to a sleep schedule,

manage your stress levels, and make sure to keep track of your finances. If you learn about all of these strategies and master them, then an incoming student will be set for success in the future

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Lagemann New Student Seminar 12 December 2017 Works Cited ELI (Extended Learning Institute at NOVA), Lumen Learning. "College Success." College Success | Simple Book Production, Dec. 2012, courses.candelalearning.com/collegesuccess2xmaster/. Web. 7. Dec. 2017.