
How to be a Successful Student

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 TRobson3000

REACH Parent Group District 205
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Agenda

Dr. Robinson (Kossman Room)

9:00-10:25

Group A

10:30-11:55

Group B

11:55-12:00

Dismissal and Parent Pick up

Who am I?

You can call me Ms. Theresa or Dr. Robinson.

I am a mother of two girls ages 23 and almost 13.

I have 1 brother and 2 sisters. I am the oldest

I grew up on the southside of Chicago and in Detroit.

I like old school hip hop music and Motown hits.

My favorite subject is science.

As a Learner I am talented at reading and understanding diagrams.

As a Learner I find having too many choices stressful.



Workshop Expectations

During the workshop

1. Actively listen when the instructor or your colleagues are speaking.
2. Take notes on important information from the lecture.
3. Participate in all written and verbal activities.

After the workshop

1. Share at least 2 things that resonated with you from the workshop with a family member, teacher and Dr. Robinson.
2. Use the strategies presented during the school year.

Optimizing your Learning

Before, During and After Class

1. Answer comprehension questions before you read an assigned chapter or article.
2. Create questions about the important points.
3. Read, recite, write/review
4. During class refrain from electronic devices.
5. Write your notes instead of typing them.

Preparing for Tests

1. Study each subject a little bit every day
2. Quiz yourself-
3. Flashcards are a GREAT retrieval practice.
4. Mnemonic techniques
5. Study as a group
6. Reward yourself with fun AFTER you have studied.

Kujichagulia = Self determination

Write a response to the following question using complete sentences.

I think I am OR am not a self-determined person because?



Are you a Self-Determined person?

Answer each question as honestly as possible about yourself with a (T) rue or (F) alse

1. ___ I always do my best, I strive for excellence.
2. ___ I am willing to risk failure for a worthy goal.
3. ___ I am self disciplined.
4. ___ I make sure to learn from my mistakes and failures.
5. ___ I try to see the big picture and think long term.
6. ___ I set goals and stay focused.
7. ___ I don't give up just because things seem difficult.
8. ___ I don't procrastinate.

Kujichagulia (Self determination)

To approach important tasks with **discipline** and **focus**. To always **do our best** and to **persevere** even when things become difficult or discouraging. It also means to steadily put **effort** towards a course of action, a belief or a purpose. It is to dedicate or **commit** (oneself) to a particular course of thought or action. To be **resolute** in your decision.

Goal Setting

Based on the 8 item self determination questionnaire.....

1. Identify at least two areas for growth.
2. Create 2 or 3 personal goals using the following stem.

“ In order to _____ I will _____.”

Developing a Growth Mindset

1. **Believe**- your talents and skills can be developed.
2. **View failure differently**- apply extra effort and understand what you can learn.
3. **Become self aware**- be aware of your gifts and talents. Ask family members and trusted friends to give feedback.
4. **Be a curious learner**- decide to focus on learning and growing.
5. **Accept challenges** -Challenges propel you forward.
6. **Love**-
7. **Tenacity**- giving up is not a part of your vocabulary.
8. **Be inspired**- those with a growth mindset love to see others reach success.

Motivational Coach



In your pods answer the following questions

write your responses on the chart paper

1. What elements of **Growth Mindset** did you observe in the coaching video?
2. What elements of **Self-Determination** did you observe in the coaching video?

Note-taking in Science

While reading

1. Read all diagrams, charts, tables, figures on the page.
2. Read unit questions, chapter questions. prior to reading the chapter.
3. Write definitions and examples.
4. Use numbered lists for processes.
5. Re-read if something does not make sense.
6. Create study questions.
7. Create concept maps to show the relationships between concepts.
8. Draw diagrams

During Lectures

1. Actively listen to the lecture.
2. Do not try to write down everything on a powerpoint slide.
3. Write key words or phrases from the lecture.
4. Go back to your notes after class, review, fill in any missing information.
5. Use pictures, diagrams, symbols while taking notes.

Let's Practice

- Read and independently- take notes on pg. 80 of Chapter 5: Cell Membranes and Signaling.
- As a learning pod- Take notes on page 81
 1. choose a strategy-
 2. List the note taking strategy or optimizing learning strategy your team will use.

Share your strategies and responses.

Workshop Evaluation

- Share one thing from the workshop that resonated with you.
- Share one recommendation for future workshops.

References

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Zimmerman, A. Shift to a growth mindset with these 8 powerful strategies. Retrieved from Inc.com

Success in Mathematics

— Sara Kochanski —

Agenda

- Rules and expectations
- About me
- Riddle
- Taking notes and reading in a math textbook
- Problem solving via SAT problems
- Wrap up

Rules and Expectations

- Raise your hands to ask questions
- No phones unless directed
- No calculators
- Ask any questions you have
- Take notes
- This will prepare you for the accelerated courses you will be taking in high school

About me

- Elmhurst College Mathematics and Secondary Education student
- Degree in Aerospace Engineering from University of Illinois Urbana-Champaign
- Fenton High School alumna



Riddle

Work individually for 2 minutes, then as a group for 2 minutes

A man is walking with his friend and the friend asks, how old are your three grandchildren? The man says “the product of their ages is 32”. The friend says “Oh that wasn’t helpful, give me another hint.” So, the man responds with “Okay, the sum of their ages is the number on that house.” The friend says “This helps, but still doesn’t give me an answer.” So the man says okay fine “the eldest is with his grandmother right now.” The friend thinks for a second and says “Finally! Thank you!” What are the ages of the three grandchildren?

How to take notes

- Focus on the main idea
- Write down an example
 - Full explanations of examples
- Make connections to previous topics and your own life
- Highlight important concepts, equations, or examples

Essential Question

How Can I be Successful in Class?

Name
Course name
Period
Date

Heading

Why should I ask questions?

Ask Questions

- Keeps you engaged in lesson
- Teacher views you as good student

Where should I sit?

Sit up Front

- Keeps you focused

Why should I take notes?

Take Notes

- Keeps you engaged in lesson
- Have something to study

What kind of help can I get?

Get Help When Needed

- Ask teacher
- After school tutoring
- Tutorials

Notes

Summary

Summary

There are several ways to be successful in class. First, you should ask questions. Second, you should sit in the front of the class. You should also take notes and get help when you need it.

Texts!

- What do you do when you read?
- Have you ever read your math textbook?
- How do you read a math textbook?
- Let's do it!!

Problem Solving Skills

- Make a note of what you know
- Recognize the final product
- Analyze how you plan on getting there

Being the teacher in a problem!

MODELING COMPONENT	QUESTIONS ABOUT YOUR MODEL AND HOW YOU MADE IT	MODELING-RELATED VOCABULARY TO BUILD
DEFINING THE PROBLEM	What is the specific problem your model is going to solve? (My model will tell you . . .)	specific, focus
MAKING ASSUMPTIONS	What have you assumed in order to solve the problem? Why did you make these choices?	assumption, assumed
DEFINING VARIABLES	Where did you find the numbers that you used in your model?	resources, citations
GETTING A SOLUTION	What pictures, diagrams or graphs might help people understand your information, model, and results?	diagram, graph, labels
ANALYSIS AND MODEL ASSESSMENT	How do you know you have a good/useful model? Why does your model make sense?	testing, validation
REPORTING RESULTS	What are the 5 most important things for your audience/client to understand about your model and/or solution?	client, audience

Fig. 6 The table shows a portion of GAIMME's "Modeling Assessment Rubric." (Excerpt from GAIMME 2016, p. 197; adapted from Rachel Levy, IMMERSION program.)

SAT Problem 1

Kathy is a repair technician for a phone company. Each week, she receives a batch of phones that need repairs. The number of phones that she has left to fix at the end of each day can be estimated with the equation $P = 108 - 23d$, where P is the number of phones left and d is the number of days she has worked that week. What is the meaning of the value 108 in this equation?

- A) Kathy will complete the repairs within 108 days.
- B) Kathy starts each week with 108 phones to fix.
- C) Kathy repairs phones at a rate of 108 per hour.
- D) Kathy repairs phones at a rate of 108 per day.

SAT Problem 2

If $f(x) = -2x + 5$, what is $f(-3x)$ equal to?

A) $-6x - 5$

B) $6x + 5$

C) $6x - 5$

D) $6x^2 - 15x$

SAT Problem 3

$$x^3 - 5x^2 + 2x - 10 = 0$$

For what real value of x is the equation above true?

SAT Problem 4

$$m = \frac{\left(\frac{r}{1,200}\right)\left(1 + \frac{r}{1,200}\right)^N}{\left(1 + \frac{r}{1,200}\right)^N - 1} P$$

The formula above gives the monthly payment m needed to pay off a loan of P dollars at r percent annual interest over N months. Which of the following gives P in terms of m , r , and N ?

A) $P = \frac{\left(\frac{r}{1,200}\right)\left(1 + \frac{r}{1,200}\right)^N}{\left(1 + \frac{r}{1,200}\right)^N - 1} m$

B) $P = \frac{\left(1 + \frac{r}{1,200}\right)^N - 1}{\left(\frac{r}{1,200}\right)\left(1 + \frac{r}{1,200}\right)^N} m$

C) $P = \left(\frac{r}{1,200}\right) m$

D) $P = \left(\frac{1,200}{r}\right) m$

SAT Problem 5

The posted weight limit for a covered wooden bridge in Pennsylvania is 6000 pounds. A delivery truck that is carrying x identical boxes each weighing 14 pounds will pass over the bridge. If the combined weight of the empty delivery truck and its driver is 4500 pounds, what is the maximum possible value for x that will keep the combined weight of the truck, driver, and boxes below the bridge's posted weight limit?

SAT Study Skills

- Take practice tests
- Make sure you understand concepts
- Get comfortable timing yourself
- Remind yourself about Geometry rules
- Check essay and subject test requirements for colleges you're interested in
- Decide if the ACT is something you'd be interested in taking as well

College board FREE SAT tests and help

<https://collegereadiness.collegeboard.org/sat/practice/full-length-practice-tests>