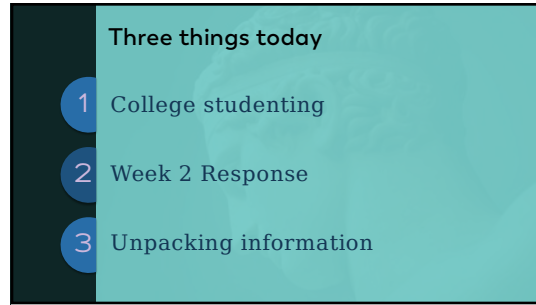


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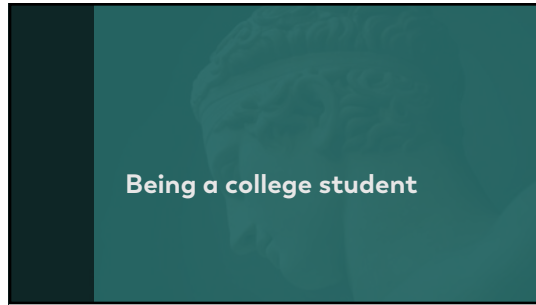
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The "Five Whys"

Why are you in college? I want to earn a bachelor's degree in history.

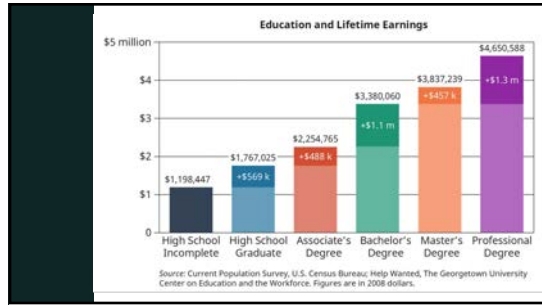
Why do you want to earn a bachelor's degree in history? So that I can go to graduate school and get a doctorate in history.

Why do you want a doctorate in history? So that I can research history and teach in my area of expertise.

Why do you want to research and teach in history? Because I want to contribute to our understanding of the past and show others what I love about history, too.

Why do you want to do that? Because history is a collective effort to explain our society and why humans interact, and I want to make a valuable contribution to our shared understanding of the human story.

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Rewards of a college degree

- **Greater job satisfaction.**
 - That's right! College graduates are more likely to get a job that they like or to find that their job is more enjoyable than not.
- **Better job stability.**
 - Employees with college degrees are more likely to find and keep a job, which is comforting news in times of economic uncertainty.
- **Improved health and wellness.**
 - College graduates are less likely to smoke and more likely to exercise and maintain a healthy weight.
- **Better outcomes for the next generation.**
 - One of the best benefits of a college degree is that it can have positive influences for the graduate's immediate family and the next generations.

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Adjustments to college

- Academic adjustment
- Cultural adjustment
- Emotional adjustment
- Financial adjustment
- Intellectual adjustment
- Social adjustment

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	Academic	Cultural	Emotional	Financial	Intellectual	Social
What is it?	Students will take a more active role in their learning than they had to in high and have the ability to meet the increasing demands of change.	Students will interact with others of various cultures, religious beliefs, sexual orientations, ages, and abilities.	Students will need to be prepared for the stressors of college and develop habits and behaviors to cope with these changes.	Students will need to demonstrate basic financial literacy, an understanding of the cost of college, and methods of paying for those costs.	Students will have the opportunity to join an academic community that includes classmates, faculty, support personnel, and administrators.	Students will be faced with shifts in their relationships, finding a new peer group and handling the pressure of fitting in.
Students exhibit it when they:	<ul style="list-style-type: none"> • Take an active role in learning. • Attain college-level learning strategies. • Are open to feedback and change. • Make adjustments to learning strategies as needed. 	<ul style="list-style-type: none"> • Accept and welcome differences in others. • Recognize the include of their own cultural identity. • Seek opportunities to explore other cultures. 	<ul style="list-style-type: none"> • Readily handle the stresses of college life. • Develop emotional coping strategies. • Seek support from campus resources. 	<ul style="list-style-type: none"> • Manage money independently. • Recognize the costs of college. • Explore job and aid opportunities. 	<ul style="list-style-type: none"> • Engage in intellectual discussions. • Are open to new ideas, subject areas, and career choices. • Integrate new ideas into belief systems. 	<ul style="list-style-type: none"> • Join a club or organization. • Form supportive, healthy relationships. • Understand the impact of peer pressure. • Manage conflict in relationships.

Figure 1.4 Six Areas of Adjustment for First-Year College Students Based on work by Laurie

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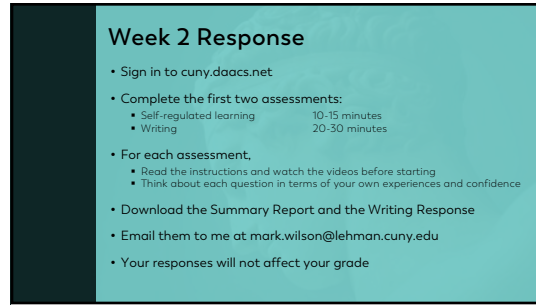
College has its own language

Attendance policy	A policy that describes the attendance and absence expectations for a class.	Professors will have different attendance expectations. Read your syllabus to determine which ones penalize you if you miss too many classes.
Final exam	A comprehensive assessment that is given at the end of a term.	If your class has a final exam, you will want to prepare for it well in advance by reading assigned material, taking good notes, reviewing previous tests and assignments, and studying.
Midterm exam	An assessment (test) given during the semester, usually at around the halfway point.	If your class has one or more midterm exams you
Learning	The process of acquiring knowledge.	In college, most learning happens outside the classroom. Your professor will only cover the main ideas or the most challenging material in class. The rest of the learning will happen on your own.
Office hours	Specific hours professor is in the office to meet with students.	Waiting your professor during office hours is a good way to get questions answered and to build rapport.
Plagiarism	Using someone's words, images, or ideas as your own, without proper attribution.	Plagiarism carries much more serious consequences in college, so it is best to speak to your professor about how to avoid it and review your student handbook's policy.
Study	The process of using learning strategies to understand and recall information.	Studying in college may look different than studying in high school in that it may take more effort and more time to learn more complex material.
Syllabus	The contract of a course that provides information about course expectations and policies.	The syllabus will provide valuable information that your professor will assume you have read and understood. Refer to it first when you have a question about the course.

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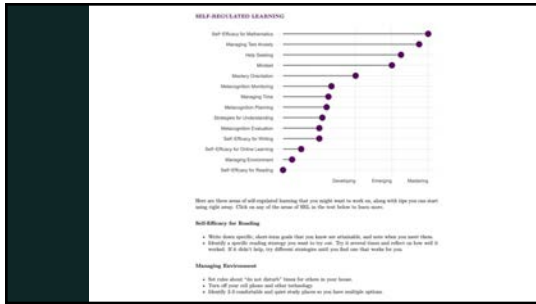
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DAACS feedback

The feedback has four levels. Click on more links to get more specific feedback.

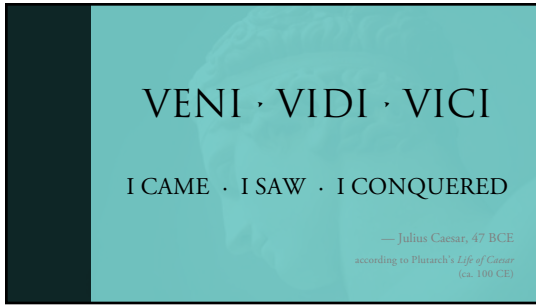
1. Overview: What is the domain?	2. Domain: How did I do on the domain?	3. Sub-domain: How did I do on the sub-domain? What strategies can help me improve?	4. Item-level: How can the strategies help, based on how I answered the question?

Our studies show that students who read the feedback and click on the links do better than those who just take the assessments and log off. So please use the feedback!

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