From High School to College: The Academic Transition

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• “The academic honeymoon”
• Amount of work outside of class
• Professors don’t coordinate dates for assignments, exams, papers, etc: A lot of work can be due in the same week or on the same day

The big issue: Time management
Mastering time management

- Get organized
  - Planners: Paper, online, both
  - A big wall calendar
  - All info for all courses in one place
- Course materials
  - Course Canvas sites
  - Binder with folders
- Students must read their email!!
Mastering time management

• Plan

Not just due dates: A plan for completing work
Divide the work into manageable amounts
Vary tasks
Plan breaks
Preparing for class

• College requires more work outside of class than HS: 2 – 3 hours prep for every hour of class
• Active, engaged preparation
• Application: Having a ‘take’ on what they have studied
• Do all assigned reading before class: Take notes as you prepare
• Use all available materials: Study guides, review questions, powerpoint slides, etc
• Do all the homework, even if it isn’t graded or even collected

How to be well-prepared
• Fewer exams and papers per course
• Exams may cover material that was not explained or reviewed in class
• Some work initially ungraded, with expectation of revision
• Some shorter assignments are minimally graded
• Little or no credit for effort compared to high school: It’s results that count
communication disorders, communication at its most basic level is challenge. As speech language pathology revolves around communication, I feel that I already have an understanding of its foundation and ultimate purpose.

I chose to pursue a degree in speech language pathology because I feel that I can excel in the career, and also contribute to the growth of the field itself. Deciding to change career paths was not a decision I’ve made lightly. After years in the wrong profession I wanted to be sure that my next move is the right one.

Thankfully, I had the pleasure of observing a speech pathologist over the summer. At the end of each session I would experience an overwhelming feeling of purpose that I have not felt in my previous jobs. Watching children overcome their communication disorders and work toward reaching their fullest potential was so rewarding. I felt that it was what I was meant to do. I wanted to immediately participate in the sessions. I know I have much to learn, but I cannot wait to start. The speech language pathology observation sessions were invaluable experiences. I still think about the children I had the pleasure of meeting and wonder how they have progressed in their goals.

Once in the field, I hope to work with school-aged children. I attended New York City public schools and commend their programs that are aimed at special needs students. Moreover, I feel that...
How to do well: The basics

• Be well prepared for class: Take notes as you read
• Ask questions in class
• Take good class notes: Combine prep notes and class notes
• Re-read assignments, review notes soon after class
• Work review into your study schedule
• Study actively for exams
• Begin long-term assignments early
Life outside of the classroom

• Make reasonable plans for extra-curricular, social events and hanging out
• Limit Facebook, gaming, and other online distractions
• Stay healthy and get enough sleep
• Get regular exercise or physical activity

Life outside of the classroom
• Don’t let little problems become big problems: Seek out the help you need early
• Deal with mistakes, obstacles and move forward
• Persistence and ‘grit’
• “Life isn’t always fair”

Mistakes and failures
• Is grit – the willingness to work hard and steadily, persistence and resilience – the key to academic success?

• Dr Angela Duckwork, professor of psychology, University of Pennsylvania, thinks so.

• Http://www.ted.com/talks/angela_lee_duckworth_the_key_to_success_grit

Grit: Key to academic success?
• Professors
  Meet during office hours
  Schedule an appointment
• Librarians
• Academic Resource Offices:
  Writing Center
  Office of Academic Skills
  Quantitative Skills Center
  Peer tutoring, workshops,
  Course Mentors, review
  sessions
• First Year Career Awareness Program
  Summer component
  January component
• Externship program
  First year students are eligibility
• Career plans and academic motivation

Career Development
• Personal resources
  Health Services
  Counseling Services

• Social resources
  Peer Mentors
  Resident Assistants
  Area Directors
  Student Affairs staff

Personal and social resources
The outcome: Graduation!