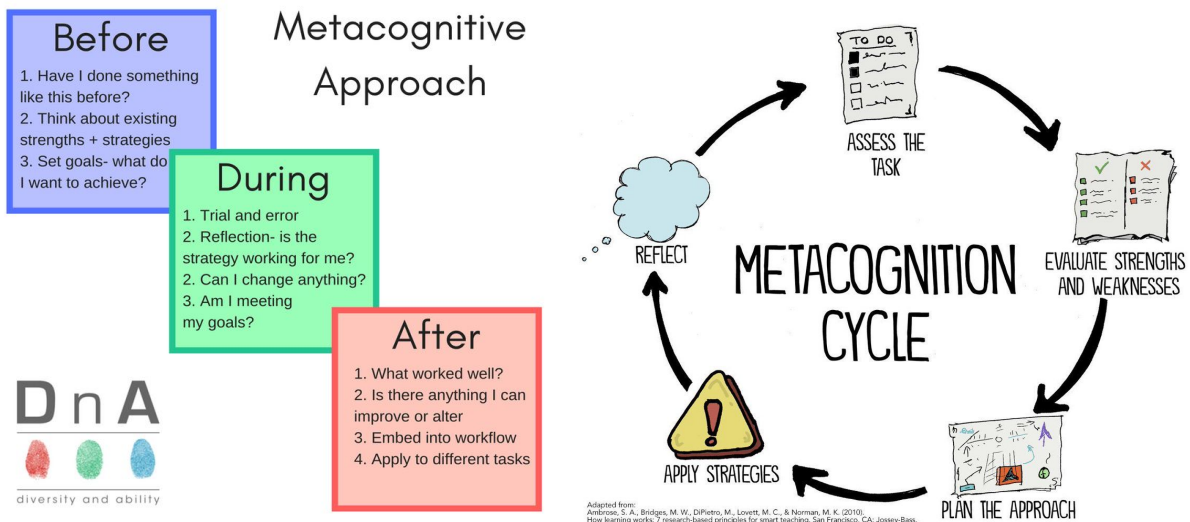


How to Stay On Course to Academic Success Handout

Presented by Krysta Walia; May 14th, 2020

- What are your career goals and/or vision to live your #bestlife?
- Apply the Metacognition Cycle to your current class. Feel free to use a separate piece of paper and create your own Metacognition Cycle, use bullet points, or be creative.



Before

1. Have I done something like this before?
2. What are the resources, strengths, and strategies that I currently have?
3. What do I want to accomplish by the end of the quarter?

During

1. What strengths and strategies am I currently using in my classes right now?
2. Can I change anything?
3. Am I meeting my goals?
4. What challenges or barriers am I currently encountering?
 - a. For each obstacle list a possible strategy or solution to address the barrier, such as: *managing time, organizing notes, trying the pomodoro technique, creating a working space, reaching out for support to counseling services, your instructor, forming an online study group, advising, etc.*

After

1. What worked well?
2. Is there anything that I would do differently?
3. Is there anything I can do to alter or improve for the future?

Additional Learning and Support Strategies

Staying On Course to Academic Success [Learning Strategies](#): downloadable Google Doc

References

Study Tips Covid 19 (UNH.edu)

<https://www.unh.edu/student-life/study-tips-covid-19>

5 Strategies for Academic Success Using your Strengths (Harvard.edu)

<https://www.extension.harvard.edu/inside-extension/5-strategies-academic-success-using-your-strengths>

Metacognitive Approach to Learning and Support (Diversity and Ability; Medium)

<https://medium.com/dna-s-blog/exploring-a-metacognitive-approach-to-learning-and-dsa-support-1bf421ba90a8>

Metacognition Gift that Keeps Giving (Edutopia)

<https://www.edutopia.org/blog/metacognition-gift-that-keeps-giving-donna-wilson-marcus-conyers>