



SAVE MY SEMESTER

Carolina Serrato



Agenda

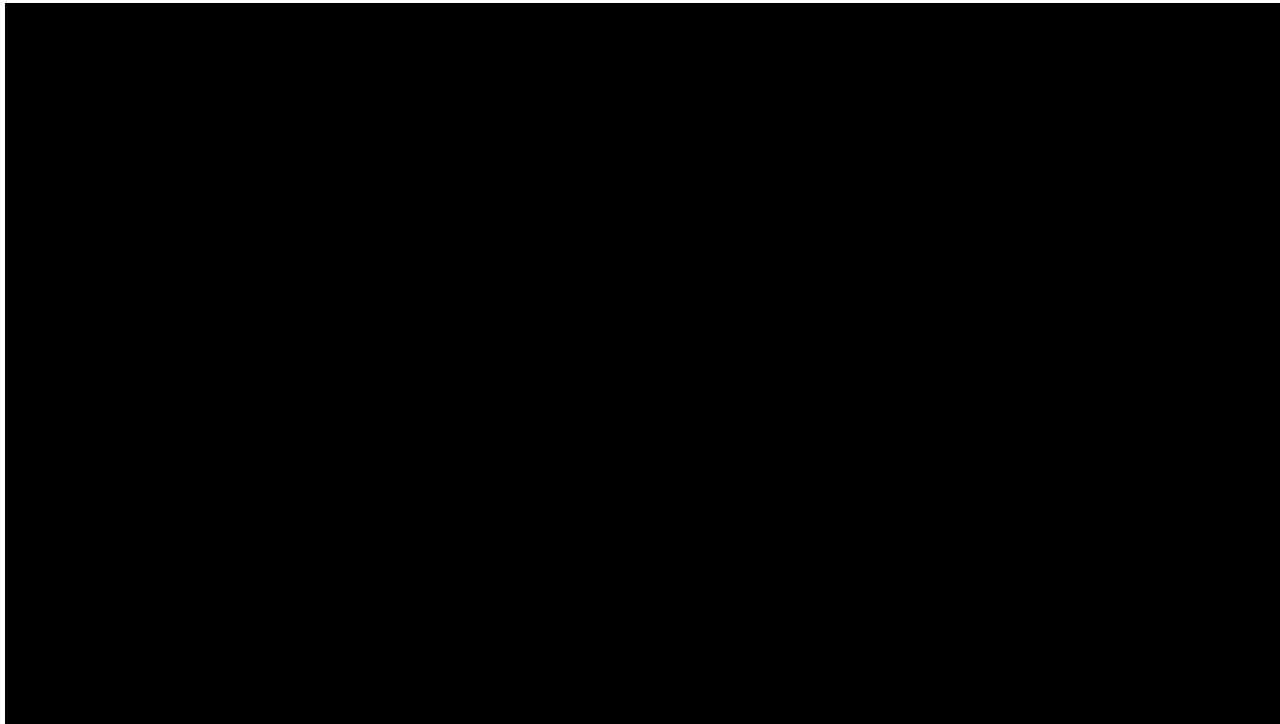
- Policy on Academic Standing
- Strengths and Weaknesses
- GSU Campus Resources
- Time Management Worksheet
- Getting the Signal Worksheet
- Calculating GPA
- What Happens Next Worksheet
- Survey



Policy on Academic Standing (Policy 14) - *See Attached Document*

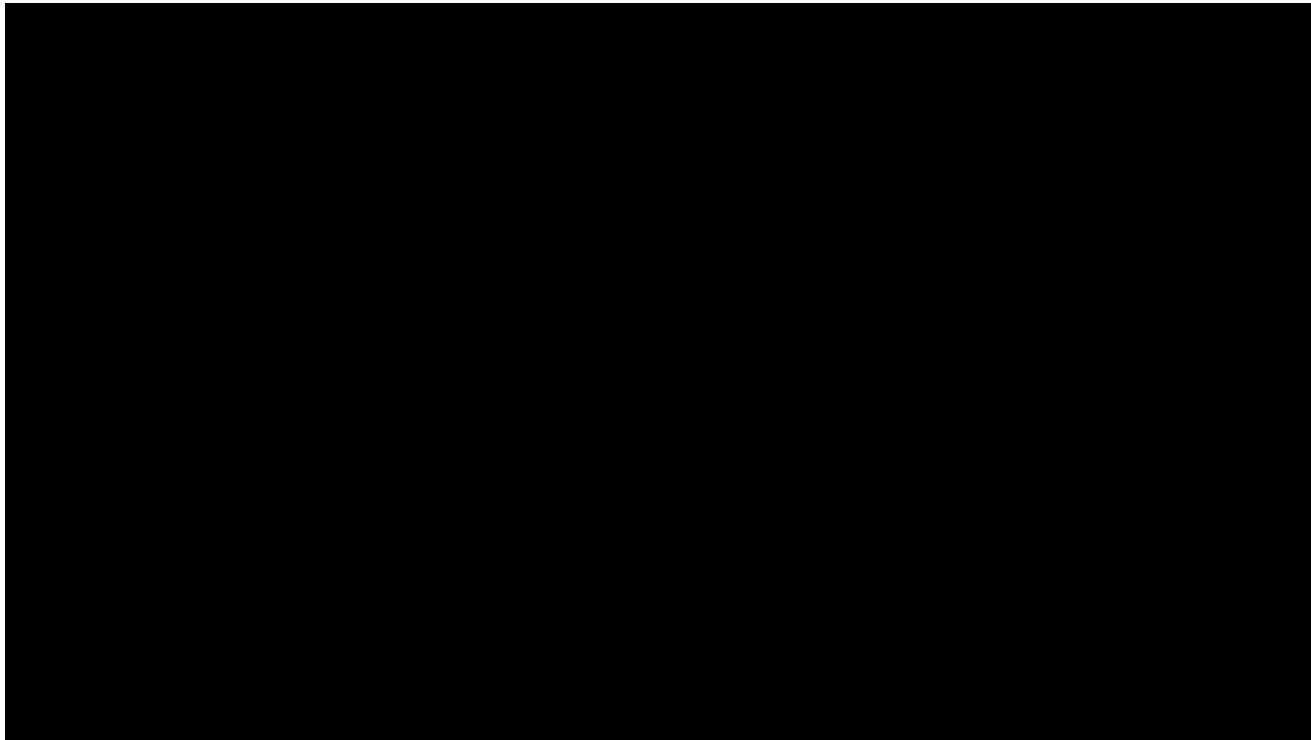
- Good Standing
- Academic Probation
- Academic Probation Extension
- Suspension

Strengths and Weaknesses



<https://www.youtube.com/watch?v=PWudc09iEvE>

Strengths and Weaknesses



<https://www.youtube.com/watch?v=eov7cwThNB0>



GSU Campus Resources

- Academic Resource Center
 - Tutoring
 - Writing Center
 - Counseling Center
 - Access Services for Students with Disabilities (ASSD)
- Student Success Workshops
- Career Services
- Mentoring

Academic Resource Center

- **Tutoring**

- Math, Science, Accounting, Management Information Systems, Statistics and Economics.

- **Writing Center**

- Forty-five minute, one-on-one session with a consultant.
- Tutoring and writing center is available by appointment → www.mywco.com/govst

Academic Resource Center

- **Access Services for Students with Disabilities (ASSD)**

- ASSD provides academic and technical assistance to students and work closely with faculty to facilitate access in the learning environment
- Contact: Angela Szczepanik-Sanchez at 708.235.3968 or email aszczepanik-sanchez@govst.edu

Student Health & Counseling (A1120)

- **Counseling center**

- They provide high quality professional and confidential counseling services for undergraduate and graduate students.
- Visit their website to learn more!!
<http://www.govst.edu/counselingcenter/>
- To make an appointment, call 708.235.7334 or use this link <https://www.govst.edu/counseling-request/>

Student Health & Counseling (A1120)

o Student Health Center

- o As part of your Student Health Fees, the following services are available to enrolled students:

- o**Minor Illnesses:** Coughs, Colds, Nausea, Ear Aches, Sinus Infections, Fevers, Urinary Tract Infections

- o**Minor Injuries:** Abrasions, Sprains, Splinters, Steri-Strip Removal, Minor Burns

- o**Required immunizations:** TDAP, MMR, Pneumonia, TB lab test, Meningitis, Flu, HPV, Hep B, Varicella

- o**Diagnostic Testing:** Strep, Glucose, Blood Levels

- o**Skin Conditions:** Rashes, Bites

- o**Wellness:** Screenings, Medical Consults, Lab Results

- o**Condition Consultation & Education:** Diabetes, High Cholesterol, Weight Issues, High Blood Pressure, etc.

- o**Basic Physicals and Sports Physicals**

- o**For more information or to schedule an Appointment, visit**

- <http://www.govst.edu/advocate-health-center/>

- or call 708.235.2114

Student Success Workshops

- a seminar, discussion group, or the like, that emphasizes exchange of ideas and the demonstration and application of techniques, skills, etc.
- http://www.govst.edu/Academics/Services_and_Resources/Academic_Resource_Center/Academic_Enrichment/ (Student Success Calendar)

Career Services

- This resource caters to young students who are interested in finding out about career advice. We're also your resource for help with resume writing, interview skills and workshops.
- Find out more about us by visiting http://www.govst.edu/Campus_Life/Career_Services/

Mentoring

- Freshmen Cohort Peer Mentors
- Peer Mentors hold regularly scheduled office hours in the Student Success Commons (B-1215)
- For more information, call 708.235.2863, email fye@govst.edu ,or visit <https://www.govst.edu/NSP-staff/>



Time Management Worksheet

- SEE ATTACHED DOCUMENT
- Spend some time filling out
- Look at each day and estimate how much time (in hours) you spend completing each activity



Getting the Signal Worksheet

- Complete this worksheet and then reflect on your
 - Challenges?
 - Habits?
 - How you plan to move forward

Study Tips for College Students

- **Make Flash Cards** Writing notes and definitions more than once will help imprint information in your memory, and the cards are a great way to develop and use mnemonic devices and associative phrases.
- **Take Tests** The New York Times reports that formal evaluations not only affirm knowledge but enhance it. Consistent testing can help us relearn and recall information, and it pays off when preparing for final exams.
- **Sleep!** A tired mind is a slow mind. Get enough sleep and watch your GPA rise.
- **Don't Categorize Yourself** Students often categorize themselves as visual or auditory learners, or as being left-brained or right-brained thinkers. According to the New York Times, research has shown that these distinctions are largely erroneous. It is more important to figure out which study strategies work for you than to worry about where you lie on the learning spectrum.



Study Tips for College Students

- **Go To Class** This one might seem obvious, but large lectures and early start-times often make class feel, shall we say, optional. The best way to prepare for tests is to attend classes and participate. You'll have already begun the process of reviewing and will know what to expect on the exam (especially if you haven't done the reading.)
- **Don't Immerse Yourself in Subject Material** In keeping with the age-old proverb that values quality over quantity, scientists have found that immersion is not an effective method of study, the New York Times reports. Rather than sticking to one subject and spending hours attempting to master it, you should switch between a few (related) topics. It's less boring -- and you'll learn more.
- **Manage Your Time** The only thing worse than having a deadline is missing a deadline. Stay organized, cut down on procrastination and your work load will feel much more manageable.

Calculating GPA

- Online GPA calculators available
 - <https://gpacalculator.net/college-gpa-calculator/>
- Know how to raise your GPA
- Estimate what GPA you need to get off of probation.

What Happens Next Worksheet?

SEE ATTACHED DOCUMENT

1. What is your next plan of action?
 - Goals
2. Fill out your to do list?
3. Meet with your instructor(s)
 - You should know your grades!
 - What can you do to successfully complete your course(s)?
4. **Withdrawal Date!!!**
 - **4/02/2020 (ALWAYS LOOK IN THE PORTAL TO CONFIRM THE WITHDRAWAL DATE FOR EACH OF YOUR COURSES)**

Survey

- **PLEASE FILL OUT THE SAVE MY SEMESTER SURVEY at this link**

<https://www.surveymonkey.com/r/SMSExitSurveySP20>

- **This will count as your attendance and participation points for this class session**