

THE 7 HABITS OF HIGHLY SUCCESSFUL STUDENTS

By:

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4 TYPES OF STUDENTS

- **The “pre-professionals”**
 - Have a fairly definite notion of the profession they will enter
- **The scholars**
 - Driven by an interest in coursework. Like intellectual challenge of learning.
- **The Fun Seekers**
 - Searching for fun. Having a good time comes first
- **The Athletes**
 - Success in athletics and are able to attend college because of college scholarships
- **Which of these students will succeed? Why or why not?**

WHY STUDENTS FAIL

- Half-heartedly attend class or skip them regularly.
- Read only when they have to.
- Look for “easy” courses
- Never allow themselves (or thoughts) to be changed or challenged.
 - Constant use of excuse-making strategies
 - Feel as if they know more than the professor.
- For some students, college provides no satisfaction because students are going because parents want them to or because friends are going to college and peer pressure causes them to fail courses.

THE 7 HABITS

- Know what to expect
- Attend Classes Regularly
- Practice the “art of studying”
- Be open, humble, and willing to learn
 - Students are not entitled to be disrespectful!
- Make Contact with Faculty
- Use Resources
- Be proactive – choose to succeed

KNOW WHAT TO EXPECT

- **About the University and important dates**
- **Determine College and Extracurricular Programs**
- **Living Arrangements and “city life”**
- **Student Population**
- **Your Priorities & Limitations**
- **Your Motivations and Skills**
- **Your Expectations**
- **Professor’s Expectations**

YOUR LEARNING STYLE

- **Visual Learners**
 - Lots of reading, films, and other visual displays
- **Auditory Learners**
 - Learning through hearing
 - Lectures and/or discussions work best
 - Get benefits from asking questions
- **Tactual Learners**
 - Sense of touch
 - Try to attach what you read or hear to something tangible
- **Experiential Learners**
 - Learn through direct experience

PROFESSOR'S EXPECT

- **Superior Students**
- **Responsible Students**
- **You to Meet High Standards**
- **You to Complete Homework on Your Own Time**
- **Don't procrastinate on reading assignments**
- **Expect your college courses and your professors' expectations to be challenging and therefore be ready to put forth extra effort.**

PRACTICE THE “ART OF STUDYING”

- **Understand your motivation for going to college**
- **Develop a “time management” or personal schedule**
- **Block out your study time and use time effectively**

TIME MANAGEMENT TIPS

- **LEARN TO SAY NO!**
 - Saying no to partying, movies, etc. does not make you a terrible person.
- **DO NOT STUDY FOR MORE THAN 3 HOURS AT A TIME**
 - Your brain will often shut down and any studying you do after that point is unproductive.
- **TRY TO STUDY DURING DAYLIGHT HOURS**
 - Natural light is more conducive to learning.

MORE MANAGEMENT TIPS

- **USE THE 30-3-2 SCHEDULE**
 - Study for 30 minutes, take a 3 minute break and let your mind think about other things, then return to your studies by reviewing the previous material for 2 minutes, then move on to new information.
- **PRIORITIZE**
 - Every day, list what you need to study, prioritize and set times for each item, and stick to it.
- **Form study groups and partners. Keep everyone committed to studying, not small talk.**

BE OPEN, HUMBLE AND WILLING TO LEARN

- **If you make mediocre grades, find out why.**
- **Designate a specific time for studying.**
 - **Cramming is not a reliable way to retain information.**
- **Take understandable lecture and textbook notes.**
 - **Organize your class materials prior to each study session.**
- **Become a good listener in class and review your notes daily.**
- **Ask for help early if needed**
 - **can provide a positive impact on your academic success.**

MAKE CONTACT

- **The most important tip!!!**
- **Helps the teacher know students: their motivations, interests, educational and career goals.**
- **Allows teacher to inform students about career opportunities in their field**
- **Get to know students by name**
- **Helps to get you through rough times**

USE RESOURCES

- **Get involved**
 - Undergraduate research project
 - Athletics
 - Clubs (sororities/fraternities, pre-professional student organizations)
 - Tutoring
 - Politics (off-campus or or student government)
 - Volunteer activities
- **Attend concerts, art shows, athletic events**
- **Internships**
- **Summer Reading Program**
- **Independent studies**
- **Review sessions**
- **Visit the Student Success Center**
- **Study Abroad**
- **Exercise to keep you healthy and alert**
- **SLEEP**
- **Learn from your job**

BE PROACTIVE

- **You must know why you are going to college. Without goals, you will be lost.**
- **You will NOT learn if you sit in class and listen to teachers, memorize information, and spit out what you have taken in!**
- **Talk about what you are learning.**
- **Relate what you are learning to your experiences**
- **Apply what you are learning to your daily life.**

REMEMBER...

“Students fail to do well in college for a variety of reasons, and only one of them is lack of academic preparedness. Factors such as personal autonomy, self-confidence, ability to deal with racism, study behaviors, or social competence have as much or more to do with grades, retention, and graduation than how well a student writes or how competent a student is in mathematics. ”

--Hunter R. Boylan, Director of the National Center for Developmental Education