

Final Project (Take Home Final Exam)
Academic Success Class - Professor: High

1. Answer the following questions:

- a. **What Are Your Class “Take-Aways”?** (i.e. What have you learned from the class?)
 1. What concepts, theories, assignments, projects were most meaningful?
 2. How will you implement those ideas into your life?
- b. **What Are Your Goals:**
 1. Long-Term (5-10 years or more)
 2. Mid-Range (2-5 years)
 3. Short-Range (1 year or less)
- c. **What Are Your Long-Term Priorities?**
- d. **Life-Long Learning:**
 1. Aside from traditional degree/certificate programs, how will you ensure you keep learning in your life?
 2. What are some options for life-long learning?
- e. **Identify at least three study strategies you have learned and adopted.**
- f. **Your Personal Support System:**
 1. Who are those individuals in your life that you count on as a support system?
 2. Who is encouraging you to succeed at your goals?
 3. Who are your life/education/career mentors?
 4. Name at least one person with whom you have a relationship with mutual healthy boundaries.
- g. **What are Your Campus/Other Institutional Support Resources?**
 1. Which resource will you utilize by the end of next semester?
 2. Why?
 3. What do you expect to gain from using that office?
- h. **What are Your Life Stressors?** (What circumstances, situations, or activities tend to cause you to automatically stress out? i.e. lack of money or time, chaos, family fighting, etc.)
- i. **What are Your Life Coping Skills?** Identify at least three healthy (non-destructive ways – drugs, alcohol, violence, etc.) you have for dealing with life’s challenges and stressors?
- j. **What are Your Coping Strategies for Responding to a Changing World?**

2. Instructions for responding to these questions:

- a. Must be done individually. Not a group project! No collaborating. If you have done your homework, then you will be able to answer these questions.
- b. Output – Any one of the following options:
 - i. Typed on a separate piece of paper (outline format is acceptable)
 - ii. PowerPoint Presentation Style
 - iii. A mind-map poster or other visual aid (*note a letter-sized legible sample must be turned in for grading*)

- 3. Due: Turn In On Final Exam Day** (You make work on this during final exam class period if you bring your own computer, **but you are still responsible for submitting a paper copy. - No emailed copies!**)