

Student Achievement Workshop
(Student Success Series)

Striving but Not Arriving?
Trying but Still Struggling in Class?

Student Achievement Workshop Series
Academic Support and Achievement Center
Mt. San Antonio College
6-101

SAW: Striving but Not Arriving?

Overview:

Many things can affect your success in class, including having effective study skills, appropriate goals, and just being distracted by life. Get help identifying and addressing what is interfering with your success.

Learning Outcomes:

Participants will be able to:

- Recognize how many variables affect student success
- State how many units they should take per semester
- State how much time they need to plan for homework
- Identify at least three positive factors that affect success
- Identify at least three negative factors that affect success
- Identify at least three resources on campus that can help

Many Things Affect Your Success:

There are many things that affect a student's success in college. Some of those things are directly related to what is being studied, and many other things outside of the classroom.

Both Academic and Non-Academic



Figure 1: Success is Like an Iceberg

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Academic

Academic things that affect your success in the classroom include things like not taking too many units, spending enough time on homework, regularly attending classes, asking for help when needed, and not taking classes for which, you do not have the pre-requisite skills (math, English, technology, etc.). Adapted from “Homework Time Commitment (School/work balance)” www.dreams-goals.com/Documents/PowerPointFiles/TimeManagementPresentation.pptx

How many units should you take?

(Based on full 16-week semesters)

If You Work (Average)	Then Take No More Than:
0 Hours Per Week	12 – 14 Units Per Semester
20 Hours or Less Per Week	6 – 12 Units Per Semester
40 Hours Per Week	1 – 6 Units Per Semester

How much time should you plan for homework? As a General Rule:

For **Every One Hour** (or unit) Spent in Class
Plan **Two Hours Outside** of Class for Homework

Example:

(Based on full 16-week semesters)

Number of Units Taken	Time Needed for Homework
1 Class = 3 units	6 Hours Per Week
4 Classes = 12 units	24 Hours Per Week

Are You Striving But Not Arriving?

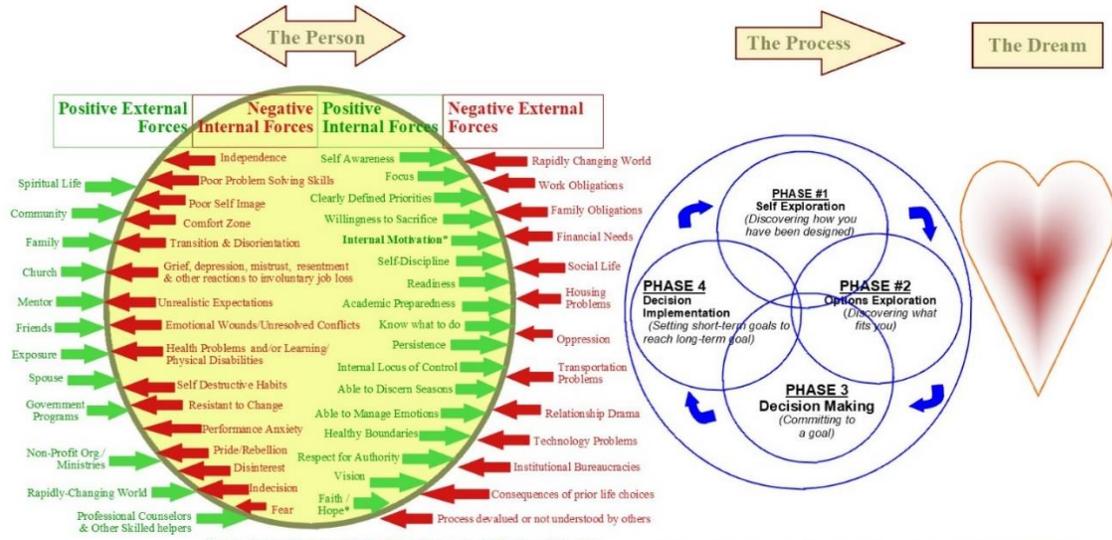
Are you really working hard at school? Do you go to class all the time? Do you spend two hours of week per unit taken working on homework? If you can honestly say yes to those questions, that is good. It means you are putting out effort to succeed in your school goals. That means you are ahead of many other students who don't bother to do those things. However, you may have discovered that those things are not enough to do well in school and to get good grades. There are over 50 different things that can affect whether or not students do well in class. It may surprise you to realize that success is not necessarily a result of 'being smart' or just trying hard enough.

The following image from “The Journey” reveals that many factors that can affect your success, both in positive and negative ways. Some of those forces are internal to you and some are external to you.

<http://www.dreams-goals.com/Documents/SelfDirection/Journey.pdf>

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The Journey



*Research shows these are the single-most important variables to predict success.

The person is affected both positively and negatively by environmental factors outside the person, as well as factors within the person. The factors mentioned are common, but not necessarily an issue for everyone.

Finding and achieving the dream involves a journey where the person engages in an ongoing cyclical process until the dream has been realized.

Most people have trouble reaching the dream because they may be good at either chasing dreams, or setting goals, but not doing both in an integrated fashion.

©2011 Kathleen E. High— Loosely adapted from C. Anderson's "Force Field Analysis" Rev. Date: 5/1/19

<p><u>Positive Internal Factors:</u> <i>(Note seriously lacking any of these becomes a negative factor)</i></p> <p>Self-awareness Focus Clearly Defined Priorities Willingness to Sacrifice Internal Motivation Self-Discipline Readiness Academic Preparedness Know What to Do Able to Discern Seasons Able to Manage Emotions Healthy Boundaries Respect for Authority Vision Faith/Hope</p>	<p><u>Positive External Factors:</u></p> <p>Spiritual Life Community Family Church/Place of Worship Mentors Friends Exposure Spouse Government Programs Non-Profit Organizations Rapidly-Changing World Professors, Counselors and other Skilled Helpers <i>(including teachers and tutors)</i></p>
<p><u>Negative Internal Factors:</u></p> <p>Stupid Independence Poor Problem-Solving Skills Transitions & Disorientation</p>	<p><u>Negative External Factors:</u></p> <p>Rapidly-Changing World Work Obligations Family Obligations</p>

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Grief, Depression, Mistrust, Resentment and Other Reactions to Loss in life Unrealistic Expectations Emotional Wounds/Unresolved Conflicts Health Problems and/or Learning Disabilities Self-Destructive Habits Resistance to Change Performance Anxiety Pride/Rebellion Disinterest Indecision Fear	Financial Needs Social Life Housing Problems Food Insecurity Oppression Transportation Problems Relationship Drama Technology Problems Institutional Bureaucracies Consequences of Prior Life Choices Process Devalued or Not Understood by Others
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No one’s life is perfect, and all students have different things they struggle with. So, the key is to have more positives in your life than negatives. Take a few minutes to identify some positives and negatives that affect your success.

Positive:

Negative:

Where You Can Go for Help?

As mentioned above, Mt. SAC wants you to succeed in school. The campus has a lot of resources on and off campus to help. To keep the information simple, some common resources are listed below as either “academic help” which includes resources to help you pass your classes, or “non-academic help”, which includes resources to help you deal with your life outside of school.

ASAC “academic help”	COUNSELING <i>(A starting point for non-academic help)</i>
Don’t know why you are not succeeding in class(es)	Need help determining if a class is needed to reach goal
Motivated and trying, but still struggling	Lack internal motivation
Lacks foundational academic skills	Lack an appropriate career goal
Subject matter is difficult to master	Lack an education plan
Lacks effective study strategies	Considering changing your major

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Need help deciding if you understand and keep up with the class content.	Need to consider the full ramifications of dropping a class
Need help knowing how to set effective goals	Need help establishing appropriate education and career goals
Lack technology skills and/or resources to complete assignments	Where to go to get help with technology issues

Academic Help

- **Academic Support and Achievement Center (ASAC):**

If you need help succeeding in class, the Academic Support and Achievement Center (ASAC) can help in several ways: <https://www.mtsac.edu/asac/>

Tutoring: We offer free tutoring in most subjects taught on campus. Tutors for math and English are available during most hours. Tutoring for other subjects may be limited to specific hours and appointments are recommended.

Book Borrowing: Can't afford to buy a class textbook or other support materials such as answer guides or solutions manuals? You can check out, and use in the lab, available text books for free.

Student Achievement Workshops (SAWS): Lab instructors offer brief workshops on student success topics such as math, English, grammar, studying and test-taking skills, student success, and using technology in assignments. Workshops are offered throughout the week.

Lab Instructors: Lab instructors are always in the center during normal operational hours and are available for one-on-one support. If you need help knowing how to do an assignment, you can talk to the instructor on duty. If you don't know where to find information or resources on campus, the instructor can help you locate resources that can help. The lab instructor's office is 6-121-C or ask the front-desk staff where the instructor is.

Computer Lab: If you need access to a computer, software programs, printing, or technical help getting your assignments done, our computer lab is open to all students with a valid student id.

Stress Management Resources: ASAC has text books, written materials and other resources to help students develop stress management strategies. If you would like help with stress management, see the lab instructor for resources.

- **Additional On-Campus Academic Help**

- **Other Academic Support Centers**

In addition to the ASAC, Mt. SAC also has other academic support centers for specific subjects (Writing Center, MARC, TMARC), or special student populations (EOPS, ACCESS, WIN). <https://www.mtsac.edu/students/academic-resources.html>

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- **On Campus Computer Labs**

Mt. SAC has several campus computer labs where students can use computer equipment, software and print documents. Most of these resources (except printing) are free for eligible students to use. Be sure to bring your student ID cards because most of these labs require it to use their equipment.

<http://www.mtsac.edu/computerlabs/>

- **Other On-Campus Tutoring Centers**

Mt. SAC has several on-campus tutoring centers.

<https://www.mtsac.edu/students/academic-resources.html>

- **Books for Classes**

There are a few ways to access your class text books that are not as expensive as buying them. You can borrow or rent text books.

Borrowing: You can check out, for two hours, class textbooks from the library during normal operating hours: <https://www.mtsac.edu/library/checkout-and-renewal.html>

Renting: If you want to have your own text book for the semester, but don't want to buy it at full price and keep it after the semester is over, you can rent your textbooks from the bookstore for much less than the cost of buying them.

<https://mtsac.bncollege.com/webapp/wcs/stores/servlet/BNCBRentalView?catalogId=10001&langId=-1&storeId=88876>

- **Academic & Personal Counseling**

Most students think the campus counselors are just there to help them pick out classes. Yes, they do, but that is not all that they do. Our counselors are also trained to help you identify what is interfering with your success and to offer appropriate resources for dealing with those challenges. So, if you don't know why you are struggling, or where to go for help, a good place to start would be to talk to a counselor.

<https://www.mtsac.edu/counseling/>

Non-Academic Help

- **Mental-Health Counseling**

If you need personal counseling to help you deal with life's challenges or referrals to off-campus resources to help with those challenges, short-term mental health/personal counseling is available for currently-enrolled students in credit classes. Counseling can be accessed through the Student Health Center.

<https://www.mtsac.edu/healthcenter/counseling/index.html>

- **Support Services**

Mt. SAC offers a variety of generalized support services, as well as programs for specific student populations. If you need additional help or to find a place where you can feel like you belong and fit in, there is likely a resource to address your concern. If you don't know what office can help you with your concern, you can talk to the lab instructor on duty or a counselor who can help you get the support you need.

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<https://www.mtsac.edu/student-services/>

- **Homelessness and Basic Resources Committee Webpage**
The Homelessness and Basic Resources Committee is the on-campus committee of faculty who are responsible for supporting the needs of students who face housing, food, and other basic resource insecurities. They provide information and resources to support the efforts of students in-need to achieve their educational goals. (Mt. San Antonio College, 2019) The following link provides on- and off-campus resources to help students meet their basic needs.
<https://www.mtsac.edu/governance/committees/hbrc/>
- **Mountie Fresh Food Pantry** (Mt. San Antonio College, 2019)
Mt. SAC offers a free food distribution for students every month. Students who are concerned about meeting their basic needs are encouraged to take advantage of this resource.
When: **Every second Tuesday of each month – 10:00am**
Where: **9C-Patio**
<https://www.mtsac.edu/governance/committees/hbrc/>

Identify three resources you can access to help you deal with whatever you have going on in your life:

Summary

There are many factors that affect a student's ability to succeed in class. Some are personal, and some are environmental. Therefore, Mt. SAC has several academic and non-academic resources to help students succeed. The Academic Support and Achievement Center offers tutoring, book borrowing, student success workshops, lab instructor support, computer lab, and stress management resources.

Reflection

What did you learn from this workshop?

How can you use this information this week?

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