

Five Strategies for Doing Well Academically at College

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ABOVE ALL ELSE, Remember WHY you are in College: *To Master a body of Knowledge so you can.....Get a good Job when you graduate so you canSupport Yourself and possibly a family.*
(“Doors close” with GPA<3.5: The best jobs, Good Grad Schools, Med School, Law school, MBA, scholarships)

- Remember the 3 characteristics of Dean’s List Scholars:**
 - Never miss a class
 - Always do all the homework, including tutoring
 - Study a minimum of 2 hours outside of class for each credit hour of class, including tutoring.
- Use the 3 Help-Sources for college:**
 - tutoring
 - join a Study Group
 - find WORD (Old Quizzes) [Can be provided by other members of your Study Group.]
- Become a MASTER of Time & Task Management - daily, weekly, monthly, entire semester**
 - **Daily Calendar** = 24 one-hour cells with EVERY cell filled in; has minimum of 7.5 hours sleep
 - **Weekly Calendar** = 7 daily calendars; has 2 hrs. study time for each hour in class; includes weekend study hrs. Weekly calendars must have **NO BLANK CELLS!** COLOR-CODED by activity.
 - **Monthly Calendar** = 4 weekly calendars.
 - **Semester Calendar** = 4 monthly calendars
 - **The EFFORT** of Time Management: 10% = making your 4 calendars; 90% = following them exactly
 - **Two** calendar activities **must NEVER be violated:** SLEEP (7.5 hrs/day minimum) and 2-for-1 study time per week!!!!
 - List the tasks for EACH DAY. Prioritize each day’s tasks on basis of “Importance & Urgency” (Examples: 1st priority = Urgent & Important: Study for tomorrow's Econ quiz. 2nd priority = Important, but not urgent: Work on English paper due next week)
- Sleep at least 7.5 hours per weeknight (Sun. - Thurs.)**
- Don’t flush your GPA down the flat panel screen with: (Average for week < 45 min./day)**
 - computer games, watching movies & TV re-runs, surfing the internet, FACEBOOK, IM & chat rooms & Skype, non-academic email, watching TV.

Assess how well you do the above by calculating your ABAS (Assessing Behaviors for Academic Success) Score EVERY SUNDAY NIGHT for the preceding week. (Fill out AT LEAST 12 ABAS forms per semester.) USE ACCOMPANYING ABAS FORM. (A perfect ABAS Score = 100)

Average ABAS scores per semester: 80-85 = 80% probability > 3.0; 87-100 = 90% probability > 3.5;
0-20 = 90% probability < 1.5.

When high ABAS scores DO NOT correlate with a high GPA, that means the students:

- didn't fill out the ABAS forms correctly
- had poor study habits (needs SQ3R? Ebbinghaus Forgetting Curve?)
- need a 3:1 ratio of study to class time instead of standard 2:1
- have an External Locus of Control.

Parentetical academic thoughts

- Ga Residents lose BIG BUCKS if they lose the HOPE Scholarship;
- Doing well academically in college IS NOT a function of intellect, only of how hard you work. (Admission to colleges insures you’ve got sufficient intellect.)
- Follow “The Principle of Mediocrity”: Assume the averages DO apply to you.
- The “any 2 of 3” rule is ONLY a joke: “The 3 aspects of college are sleep, good grades & a social life; you can have any 2 of the 3.” Proper Time & task management makes ALL 3 possible.
- Memorize the behavioral warning signs (there are also physical & psychological signs) for stress: you quit - getting enough sleep - eating right - exercising - spending time with the people you care about and you - start abusing substances.
- Everything else equal, GPA is proportional to Internal Locus of Control, calculated at:

<http://similar minds.com/locus.html>

The higher the percent "Internal", the better the GPA.