

Academic Coaching and Empowerment (ACE) Learning Outcomes

Goal Setting

This unit teaches students the mechanics of goal setting, the importance of attitude and various strategies for getting and staying motivated. Students will learn to set and accomplish goals by self-reflection and self-monitoring using the self-regulation model. At the end of the unit/course students will be able to:

- ✓ Understand the components of a SMART goal
- ✓ Implement the steps of the self-regulation cycle using the SMART goals model
- ✓ Analyze how attitudes influence positive outcome of goals
- ✓ Implement strategies for getting and staying motivated
- ✓ Understand the difference between a short and long-term goal
- ✓ Demonstrate a commitment to goal setting

Time Management

This unit teaches students how to manage themselves so that they can use their time effectively. At the end of this unit/course, students will be able to:

- ✓ Understand the importance of time management
- ✓ Establish priorities based upon values and goals
- ✓ Demonstrate self-management by setting reasonable boundaries
- ✓ Analyze and evaluate how they spend their time
- ✓ Learn causes of procrastination and discover ways to overcome it
- ✓ Develop and implement a planning system

Learning Strategies

The focus of this unit is to define learning strategies and become aware of innate responses to the learning environment. An understanding of the variety of learning styles can be used to increase one's self-awareness about strengths and weaknesses as a learner. At the end of this unit, students will be able to:

- ✓ Identify learning strategies and realize there is not a "one size fits all" approach
- ✓ Learn and apply the theories of personality type
- ✓ Discover practical application for personality types in career/major guidance, interpersonal relationships, and educational goals
- ✓ Identify strengths and areas for improvement associated with each type
- ✓ Understand that regardless of preferences, we are all capable of learning under almost any style
- ✓ Understand how our brain works in the context of education

Study Skills

Note Taking: This unit teaches students how to preview and prepare for class; how to listen actively and take effective notes in class; and how to review and revise notes after class. At the end of this unit/course, students will be able to:

- ✓ Prepare to listen actively (mentally and physically)
- ✓ Listen actively and participate appropriately in class
- ✓ Develop multiple note-taking strategies
- ✓ Review and organize notes for retention

Textbook Reading & Annotations: This unit teaches students how to read various textbooks, engage in active reading (annotation, note-taking, mapping, and summarizing information), establish conducive reading environments, and implement strategies to stay engaged and focused while reading. At the end of this unit/course, students will be able to:

- ✓ Prepare to read actively
- ✓ Preview reading material using targeted strategies
- ✓ Read a variety of textbooks effectively and efficiently
- ✓ Implement active reading strategies
- ✓ Develop flexible reading strategies
- ✓ Adjust their reading style to the material
- ✓ Develop a more extensive vocabulary

Test Preparation & Test Taking: This unit teaches students how to effectively prepare for and take a variety of exams. At the end of this unit/course, students will be able to:

- ✓ Understand the mechanics of learning, memory, and retention
- ✓ Learn various study skills to prepare for exams
- ✓ Study effectively for multiple exam types
- ✓ Prepare physically and mentally for an exam, i.e. test anxiety
- ✓ Apply test-taking strategies
- ✓ Develop better test preparation skills for the future

Network of Resources

This unit teaches students the importance of developing a support network in order to bolster their student success. At the end of this unit, students will be able to:

- ✓ Identify three campus resources that can aid them in their academic pursuits
- ✓ Identify two personal sources of support that can be called upon to help bolster student success
- ✓ Understand the critical nature of building relationships in order to be successful in college and life after college

Stress Management & Self-Care

This unit teaches students how to manage themselves so that they can identify and handle stress. At the end of this unit/course, students will be able to:

- ✓ Recognize the warning signs of stress (physical, emotional, etc.)
- ✓ Identify personal stressors
- ✓ Learn to decrease stress, which evidence shows is a significant factor in limiting creativity, memory, behavior and learning
- ✓ Demonstrate self-management by setting reasonable boundaries
- ✓ Develop effective techniques for coping with test and other anxieties
- ✓ Learn behavioral strategies that improve wellness and resilience
- ✓ Implement proactive behaviors