Practice, Reflect, Repeat: Getting Back to Basics to Teach At-Risk Student the Essential Elements of Persistence

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This session explores basic tools used to help at-risk students ingrain the skills needed to change unsuccessful behaviors, form new habits, and begin succeeding academically. Attendees will leave the session with a concrete plan to translate the information gained to advising or classroom settings.

The core of what works with at-risk students is teaching them to be successful academically by being less academic: Pushing beyond just reading about concepts and engaging with them at a deeper level. Students create personal care routines, self-management systems, and apply basic study habits. Then, they reflect on these experiences every day to solidify learning and growth. When pushed in these ways students gain more than basic skills, they gain confidence and personal learning that are necessary for success.