



## STUDENT SUCCESS WEBSITES

### Goal Setting

1. <http://www.goal-setting-guide.com/>  
In this site, there are many supportive and motivating links to improve goal setting skills. This includes motivational quotes and “Improve your mood in 30 seconds!” There is also a goal setting tutorial and it helps answer questions to why goal setting has not worked before.
2. <http://www.about-goal-setting.com/>  
This site includes a step-by-step blueprint for achieving a goal. The tutorial is advertised as a 20 minute walk through including key points to setting goals and keeping the right attitude.
3. <http://www.mindtools.com/page6.html>  
Helping to first establish how to use the tool, this goal setting site aims at achieving focus, setting personal goals, individual lifetime goals, achieving goals, staying on course, and breaking down the process down into small tips. The mnemonic device for SMART is used to help put in a basic reminder when working with goal setting.

### Learning Styles

1. <http://success.oregonstate.edu/learningstyles.html>  
This site includes a link to a questionnaire to discover how you learn best. Following this step, it offers explanation to many different learning styles, which include visual, auditory, reading and writing, and kinesthetic learners.
2. <http://www.mindtools.com/mnemplsty.html>  
A slightly more scientific approach to teaching learning styles, this site features information on Felder and Silverman’s index of learning style and then further explains how to use these indexes.
3. <http://www.mtsu.edu/%7Estudskl/hd/learn.html>  
This site uses hemispheric dominance influences on learning style, reflecting the differences between left and right side brain use. After the second page, there is a test to help establish which side of the brain tends to be in use more for you. With this score, the site will explain each cognitive process you tend to use, along with a description of these.

## **Memory Tools**

1. [http://www.mindtools.com/pages/article/newISS\\_02.htm](http://www.mindtools.com/pages/article/newISS_02.htm)  
Increasing retention of information written with the acronym SQR3. This will help remember the five stage active reading technique used by this site to help memorize written information.
2. [http://www.mindtools.com/pages/article/newISS\\_01.htm](http://www.mindtools.com/pages/article/newISS_01.htm)  
This is an approach to note taking with diagrams such as spray and spider diagrams, spidograms, spidergrams, and mindmaps. Each approach is explained to help teach the concepts for use the next time you take notes with the goal of increasing memory retention.
3. [http://www.mindtools.com/pages/article/newISS\\_05.htm](http://www.mindtools.com/pages/article/newISS_05.htm)  
This site focuses on short term memory through reviewing material in an effective manner.
4. <http://www.mtsu.edu/~studskl/mem.html>  
Refining study habits with memory and learning principles that offer specific helpful points for each. The site offers brief breakdowns of definitions and further explanation.

## **Note Taking**

1. <http://crse002.lsu.edu/lac/workshops.html>  
By entering Exit 3, there are PowerPoint slides with explanation for listening and note taking. The slides focus on tips and styles of note taking that may benefit each student's different needs.
2. <http://jerz.setonhill.edu/writing/academic/notes-tips.htm>  
In this site, five tips for note taking are broken down for the student to review and help them establish more useful notes. Also, there is a link to note taking formats, which includes five different methods that may be useful to try.
3. <http://studytips.aac.ohiou.edu/?Function=Lecture>  
Beginning with a pretest, this site offers step-by-step interactive and visual examples of how to take good notes. Also introduces reviewing notes effectively to assure the information expected of the students is there.

## **Procrastination**

1. <http://www.about-goal-setting.com/procrastination.html>  
This site offers key highlighted words to recall while attempting to overcome a difficult task and the procrastination that developed with it. The site is a brief explanation to be successful against procrastination, attempting to be direct and simple for use.
2. [http://www.mindtools.com/pages/article/newHTE\\_96.htm](http://www.mindtools.com/pages/article/newHTE_96.htm)  
The site approached the issue of procrastination through managing time with help to overcome and combat the inability to complete a task.

## **Reading Strategies**

1. [http://www.mindtools.com/pages/article/newISS\\_04.htm](http://www.mindtools.com/pages/article/newISS_04.htm)  
By using six strategies, this site aims to produce more intelligent reading habits that will help get more out of the pages for better understanding.
2. <http://studytips.aac.ohiou.edu/?Function=Reading>  
First there is a pretest to evaluate self reading habits now. The site helps to makes connections between time allowance and concentration in order to commit more to memory.
3. <http://www.providence.edu/OAS/Shop/Reading.htm>  
Tips and speed reading strategies for each style of readers. Passive reading versus the Cornell method of active reading is detailed for better understanding. There is also a reading sample to practice through different learning techniques.

## **Test Taking and Test Anxiety**

1. <http://success.oregonstate.edu/testanxiety.html>  
This site is a four step model to reduce anxiety. There is also an extra step to help when the mind focuses on secondary catastrophic effects that may occur if your first issue ends in failure.
2. <http://www.couns.uiuc.edu/brochures/testanx.htm>  
The tool for test anxiety in this site is focused on changing attitudes. It offers strategies to respond before, during and after the test to keep the anxiety low.
3. <http://crse002.lsu.edu/lac/workshops.html>  
Taking Exit 5, this site opens to a PowerPoint presentation with extra explanation for dealing with test anxiety. This helps to assess self in various levels of anxiety focusing on cognitive restructuring, relaxation techniques, and efficient study techniques.
4. <http://www.how-to-study.com/A%20Strategy%20for%20Taking%20Tests.htm>  
This website uses the DETER method to help remember strategies for test taking. Deter is Directions, Examine, Time, Easiest, and Review and each area is further discussed to understand the test taking process.

## **Time Management**

1. <http://crse002.lsu.edu/lac/workshops.html>  
By clicking on Exit 1, this site will open a PowerPoint slide with extra notes on the side to help learn how to manage time effectively. It helps to determine where the time available is going and using inner dialogue as a tool in focusing your energy.
2. <http://www.ucc.vt.edu/lynch/TMIntroduction.htm>  
This web site is an interactive program to evaluate the use of time currently and how to adapt to making schedules for the week and semester in four steps. It also accounts for adjustments needed and how to evaluate your schedule.
3. <http://success.oregonstate.edu/time.html>  
At this site, there is a time budget chart to determine current use of time, a time budget worksheet to help organize goals for the week based on hours required,

and key points to manage time for effective studying as well as extra time savers when really feeling overwhelmed.

4. <http://studytips.aac.ohiou.edu/?Function=TimeMgt>

A pretest is first provided to evaluate your current use of time. Then, there are links to help determine where lost time has gone and how to plan time efficiently. Also, there is an exercise that helps to understand how you use your time and what needs to be changed for further success.