Academic Transformation

THE ROAD TO COLLEGE SUCCESS

THIRD EDITION

De Sellers, Ph.D.
Cerridwen, Inc.

Carol W. Dochen, Ph.D.
Texas State University

Russ Hodges, Ed.D.
Texas State University

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We dedicate this book to our past, present, and future students.
About the Authors

**Dr. De Sellers** began one of the earliest cognitive-based learning framework courses for American college students in 1973 at Texas State University, incorporating both emerging theory and research-based practice from numerous academic disciplines. Although carrying administrative duties, including Dean of General Studies and Director of the Student Learning Assistance Center, she continued to teach the course for 25 years. She holds both an M.A. and Ph.D. in Curriculum and Instruction, with a focus on adult learners, from the University of Texas at Austin. Currently she is president of Cerridwen, Inc., a counseling and educational consulting firm, and is a Licensed Professional Counselor with a specialty in pastoral counseling.

**Dr. Carol W. Dochen** directs the Student Learning Assistance Center at Texas State University. In addition to her administrative duties, she has taught both the University’s learning framework course and first-year seminar course for more than 25 years. She is actively involved in state and national developmental education organizations and was a founding member of the annual statewide College Academic Support Programs (CASP) conference and the Texas Association for Developmental Education (TADE), of which she is a past president. She holds an M.Ed. in School Psychology from Texas State University and a Ph.D. in Higher Education Administration, with a minor in Educational Psychology, from the University of Texas at Austin.

**Dr. Russ Hodges** is an associate professor in the College of Education at Texas State University where he co-created and now teaches graduate courses in the new doctoral, master’s, and certificate programs in developmental education. Russ also coordinates the University’s learning framework course. Russ is currently serving his third term as chair of the Council of Learning Assistance and Developmental Education Associations (CLADEA). He is a past president and treasurer of the College Reading and Learning Association (CRLA). Russ also serves on the editorial boards for the *Journal of Developmental Education* and the *Journal of College Reading and Learning*. He holds an M.Ed. in Counseling from the University of Louisiana Monroe and an Ed.D. in Developmental Education from Grambling State University.
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Preface

More than three decades ago, I walked to the other side of the desk and began teaching. The classroom had always been my arena of competition, and I was routinely successful as a student. If I ever gave any thought to other students who were not as successful as I, I just assumed they were lazy. It was not until I began to teach that I noticed many of my students tried to learn but failed nonetheless.

Suddenly, teaching was not as easy as I had assumed it would be. It was not simply a matter of presenting content. Each day during that first year of teaching brought questions. Was I teaching if they did not learn? Why was learning difficult for some students? Why was it so easy for me? The questions continued to pour in. Clearly, many of my students were intelligent, and I could witness their effort, but why did they often struggle to learn? What was the cause? It would have been simple to retreat to the ivory tower and proclaim that their high school preparation was poor, that they just didn’t try hard enough, that not everyone could benefit from a higher education.

Instead, I started to ask real questions. How do we learn academically? Could anyone learn more effectively? The journey that started so long ago led me back to graduate school, then on to decades of teaching, and now to this text. Along the way, I have been blessed with dynamic and innovative colleagues, challenging and adventurous students, honest teachers, and administrators who knew when to turn a blind eye to daringly experimental programs.

My seemingly simple questions came to have complicated answers. My colleagues and I searched in numerous fields, unearthing both theoretical and practical answers, and those answers keep coming, year after year. Over the decades, we have been part of this new field of developmental education. Developmental education has emerged in response to the needs of thousands of American students who want to be more successful academically and to the desires of institutions that want these students to succeed.

This text is the amalgamation of our experiences. These are the concepts and practices based in theory and research that help our students reach their academic goals. These concepts and practices are rooted in the ideal of an autonomous student—a person fully equipped to meet the learning challenges in academics as well as the work world.

De Sellers

ABOUT THIS EDITION

In this revised text, we focus primarily on one aspect of learning—collegiate learning. As teachers with decades of collective experience under our belts, we have come to understand that competency as a college student can be learned. Academic success courses that foster development in college learners have a long history in higher education. They have many names, emerge from differing academic disciplines, and help diverse students. They foster students’ abilities to monitor and regulate their own learning through the development of a perspective about themselves as learners. Theories from cognitive and behavioral psychology are deeply rooted in the course curriculum. This text flows from the traditions of this field, although we incorporate theories and strategies from other disciplines, such as personality theory, business, and philosophy.

We also use stories representative of the many students we have worked with over the years. Their stories explain and illustrate critical theories and strategies that can help students achieve academic success. The exercises scattered within each chapter and the
Thinking Critically sections at the end of each chapter give students specific opportunities to adapt the concepts to their own lives.

In preparation for revising the second edition, we solicited feedback from our students, our team of learning framework faculty members at Texas State University, and colleagues across the nation using our text in their classes. Their enthusiasm and encouraging comments about what worked, and candid criticism of what needed to be changed, led us to reflect deeply about the content to include—but more importantly, to address the content in a way that was more intuitive for students to learn and teachers to teach. Thus, the third edition (including the new Instructor’s Manual), is the result of a unique and wonderful collaboration that we are excited to share with our colleagues.

NEW TO THIS EDITION

Personalized Learning with MyStudentSuccessLab

NEW! MyStudentSuccessLab (www.mystudentsuccesslab.com) is a Learning Outcomes based technology that promotes student engagement through:

- Full Course Pre- and Post-Diagnostic test based on Bloom’s Taxonomy linked to key learning objectives in each topic.
- Each individual topic in the Learning Path offers a Pre- and Post-Test dedicated to that topic, an Overview of objectives to build vocabulary and repetition, access to Video interviews to learn about key issues ‘by students, for students’, Practice exercises to improve class prep and learning, and Graded Activities to build critical thinking skills and develop problem-solving abilities.
- Student Resources include Finish Strong 247 YouTube videos, Calculators, and Professionalism/Research & Writing/Student Success tools.
- Three Student Inventories are also available to increase self-awareness, and include Golden Personality (similar to Myers-Briggs, gives insights on personal style), ACES (Academic Competence Evaluation Scales) (identifies at-risk), and Thinking Styles (shows how they make decisions).

Research-Based

- NEW! The latest neurobiological research explains and validates both cognitive and self-regulatory theories and practices, including new content on a variety of topics. “Real world” examples are provided throughout to help students relate to the content and theory and to develop a deep understanding of how and why they learn (and behave), and help them manage difficult situations (Ex.—In each chapter).
- NEW! Addition of Appendix containing Self-Change project instructions, charts, graphs, etc. (Ex.—At the end of the book).
- REVISED! Update of collegiate learning from a neuroscience perspective, both theory and practice. An exciting new approach to academic success for college students that brings together current theory and research from neuroscience, education, educational psychology, cognitive psychology, and related fields. Each chapter connects theory to practice (learning frameworks) in an easy-to-read and interesting format. This is NOT your typical student success book! It is different, fresh, scholarly, and academically creditable (Ex.—In each chapter).

Application to Academic Courses

- NEW! Transferability of skills and use of strategies throughout students’ academic program are promoted throughout. Students learn to deeply integrate the
content and strategies and transfer this knowledge to other courses and disciplines (Ex.—Within each chapter).

• NEW! Learning objectives for each chapter, as “Questions to focus on as you explore this chapter” (Ex.—Beginning of chapter).

• NEW! Each chapter begins with a brief preview of the chapter “Case Study” that allow students to apply the content to a real situation for each topic (Ex.—Beginning of chapter).

• REVISED! Pre-chapter self-assessments reflect content changes and allow students to recognize where they stand in relationship to the topic and tailor each chapter to fit their own needs. Students assess their knowledge of strategies and internalize their strengths and areas for improvement (Ex.—Beginning of chapter).

• NEW! The “Thinking Critically” sections focus on improving a specific thinking skill. Exercises throughout also promote critical thinking opportunities for students, along with journal questions to think through and develop each method of learning (Ex.—In each chapter).

• REVISED! Chapter Conclusions and Summaries were combined to create “Brief chapter summaries” to streamline the material (Ex.—End of each chapter).

Autonomous Learning

• NEW! The book addresses various learning modalities, such as online and blended learning. The multi-modal approach helps students apply content to both college and life experiences (Ex.—Packing the Essentials and Chapter 3).

• NEW! Reading chapter to focus more on specific reading techniques relevant to iGeneration students and reading in digital and paper formats (Ex.—Chapter 4).

• NEW! Now in a 4-color design which brings the concepts to life and more accessible to students (Ex.—Throughout the book).

• REVISED! Refinement of self-regulation theory and practice based on new understanding of habit formation, decision-making, and willpower. The book fosters a self-discovery approach so students learn to monitor and regulate their own learning which allows students to become more autonomous in their learning (Ex.—Each chapter).

• REVISED! The Online Instructor’s Manual includes both new and an increased number of exercises, and now offers connections to online content in MyStudentSuccessLab. It provides creative and interesting exercises that allow students to contextualize the material, easy-to-follow implementation strategies for active learning in class or online, and readings to supplement knowledge on each topic (Ex.—Supplements all chapters).

Resources

• NEW! Online Instructor’s Manual—This manual provides a framework of ideas and suggestions for activities, journal writing, thought-provoking situations, and online implementation including MyStudentSuccessLab recommendations.

• NEW! Online PowerPoint Presentation—A comprehensive set of PowerPoint slides that can be used by instructors for class presentations and also by students for lecture preview or review. The PowerPoint Presentation includes summary slides with overview information for each chapter. These slides help students understand and review concepts within each chapter.
ACKNOWLEDGMENTS

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De Sellers
Carol Dochen
Russ Hodges
Give your students what they need to succeed.

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• Practice exercises to improve class prep and learning
• Graded activities to build critical-thinking and problem-solving skills
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• Reading and Annotating
• Self-Management Skills at Work
• Stress Management
• Teamwork
• Test Taking
• Time Management
• Workplace Communication
• Workplace Etiquette

Students utilizing MyStudentSuccessLab may purchase Pearson texts in a number of cost-saving formats—including eTexts, loose-leaf Books à la Carte editions, and more. Contact your Pearson representative for more information.

www.mystudentsuccesslab.com
Assessment

Beyond the Pre- and Post-Full Course Diagnostic Assessments and Pre- and Post-Tests within each module, additional learning-outcome-based tests can be created using a secure testing engine, and may be printed or delivered online. These tests can be customized to accommodate specific teaching needs by editing individual questions or entire tests.

Reporting

Measurement matters—and is ongoing in nature. MyStudentSuccessLab lets you determine what data you need, set up your course accordingly, and collect data via reports. The high quality and volume of test questions allows for data comparison and measurement.

MyLabsPlus service is a teaching and learning environment that offers enhanced reporting features and analysis. With powerful administrative tools and dedicated support, MyLabsPlus offers an advanced suite of management resources for MyStudentSuccessLab.

Content and Functionality Training

Organized by topic, the Instructor Implementation Guide provides grading rubrics, suggestions for video use, and more to save time on course prep. Our User Guide and “How do I…” YouTube videos indicate how to use MyStudentSuccessLab, and show scenarios from getting started to utilizing the Gradebook.

Peer Support

The Student Success Community site is a place for you to connect with other educators to exchange ideas and advice on courses, content, and MyStudentSuccessLab. The site is filled with timely articles, discussions, video posts, and more. Join, share, and be inspired! www.mystudentsuccesscommunity.com

The Faculty Advisor Network is Pearson’s peer-to-peer mentoring program in which experienced MyStudentSuccessLab users share their best practices and expertise. Our Faculty Advisors are experienced in one-on-one phone and email coaching, webinars, presentations, and live training sessions. Contact your Pearson representative to connect with a Faculty Advisor or learn more about the Faculty Advisor Network.

Integration and Compliance

You can integrate our digital solutions with your learning management system in a variety of ways. For more information, or if documentation is needed for ADA compliance, contact your local Pearson representative.
Designed by subject matter experts and credentialed instructional designers, CourseConnect offers award-winning customizable online courses that help students build skills for ongoing personal and professional development.

CourseConnect uses topic-based, interactive modules that follow a consistent learning path— from introduction, to presentation, to activity, to review. Its built-in tools—including user-specific pacing charts, personalized study guides, and interactive exercises—provide a student-centric learning experience that minimizes distractions and helps students stay on track and complete the course successfully. Features such as relevant video, audio, and activities, personalized (or editable) syllabi, discussion forum topics and questions, assignments, and quizzes are all easily accessible. CourseConnect is available in a variety of learning management systems and accommodates various term lengths as well as self-paced study. And, our compact textbook editions align to CourseConnect course outcomes.

Choose from the following three course outlines (“Lesson Plans”)

**Student Success**
- Goal Setting, Values, and Motivation
- Time Management
- Financial Literacy
- Creative Thinking, Critical Thinking, and Problem Solving
- Learning Preferences
- Listening and Note-Taking in Class
- Reading and Annotating
- Studying, Memory, and Test-Taking
- Communicating and Teamwork
- Information Literacy
- Staying Balanced: Stress Management
- Career Exploration

**Career Success**
- Planning Your Career Search
- Knowing Yourself: Explore the Right Career Path
- Knowing the Market: Find Your Career Match
- Preparing Yourself: Gain Skills and Experience Now
- Networking
- Targeting Your Search: Locate Positions, Ready Yourself
- Building a Portfolio: Your Resume and Beyond
- Preparing for Your Interview
- Giving a Great Interview
- Negotiating Job Offers, Ensuring Future Success

**Professional Success**
- Introducing Professionalism
- Workplace Goal Setting
- Workplace Ethics and Your Career
- Workplace Time Management
- Interpersonal Skills at Work
- Workplace Conflict Management
- Workplace Communications: Email and Presentations
- Effective Workplace Meetings
- Workplace Teams
- Customer Focus and You
- Understanding Human Resources
- Managing Career Growth and Change

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Custom Services
Personalize instruction to best facilitate learning.

As the industry leader in custom publishing, we are committed to meeting your instructional needs by offering flexible and creative choices for course materials that will maximize learning and student engagement.

Pearson Custom Library
Using our online book-building system, create a custom book by selecting content from our course-specific collections that consist of chapters from Pearson Student Success and Career Development titles and carefully selected, copyright-cleared, third-party content and pedagogy. www.pearsoncustomlibrary.com

Custom Publications
In partnership with your Custom Field Editor, modify, adapt, and combine existing Pearson books by choosing content from across the curriculum and organizing it around your learning outcomes. As an alternative, you can work with your Editor to develop your original material and create a textbook that meets your course goals.

Custom Technology Solutions
Work with Pearson’s trained professionals, in a truly consultative process, to create engaging learning solutions. From interactive learning tools, to eTexts, to custom websites and portals, we’ll help you simplify your life as an instructor.

Online Education
Pearson offers online course content for online classes and hybrid courses. This online content can also be used to enhance traditional classroom courses. Our award-winning CourseConnect includes a fully developed syllabus, media-rich lecture presentations, audio lectures, a wide variety of assessments, discussion board questions, and a strong instructor resource package.

For more information on custom Student Success services, please visit www.pearsonlearningsolutions.com or call 800-777-6872.

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Resources for Students
Help students save and succeed throughout their college experience.

Books à la Carte Editions
The Books à la Carte (a.k.a. “Student Value” or “Loose Leaf”) edition is a three-hole-punched, full-color version of the premium text that’s available at 35% less than the traditional bound textbook. Students using MyStudentSuccessLab as part of their course materials can purchase a Books à la Carte edition at a special discount from within the MyLab course where “Click here to order” is denoted.

CourseSmart eTextbooks
CourseSmart eTextbooks offer a convenient, affordable alternative to printed texts. Students can save up to 50% off the price of a traditional text, and receive helpful search, note-taking, and printing tools.

Programs and Services
As the world’s leading learning company, Pearson has pledged to help students succeed in college and reach their educational and career aspirations. We’re so dedicated to this goal that we’ve created a unique set of programs and services that we call Pearson Students. Through this program, we offer undergraduate students opportunities to learn from, and interact with, each other and Pearson professionals through social media platforms, internships, part-time jobs, leadership endeavors, events, and awards. To learn more about our Pearson Students programs and meet our Pearson Students, visit www.pearsonstudents.com.

Orientation to College
In Bendersky’s College Orientation, students learn how to adapt to college life and stay on track towards a degree—all while learning behaviors that promote achievement after graduation. This reference tool is written from an insider’s point of view and has a distinct focus on promoting appropriate college conduct. It covers topics that help students navigate college while learning how to apply this knowledge in the workplace.

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Help with Online Classes
Barrett’s Power Up: A Practical Student’s Guide to Online Learning, 2/e serves as a textbook for students of all backgrounds who are new to online learning, and as a reference for instructors who are also novices in the area or who need insight into the perspective of such students.

Effective Communication with Professors
In Ellen Bremen’s Say This, NOT That to Your Professor, an award-winning, tenured communication professor teaches students “inside the faculty mind,” and guides them to manage their classroom experience with confidence. This book aims to facilitate improved relationships with professors, better grades, and an amazing college experience.

Expert Advice
Our consumer-flavored Identity series booklets are written by national subject-matter experts, such as personal finance specialist, author, and TV personality, Farnoosh Torabi. The authors of this series offer strategies and activities on topics such as careers, college success, financial literacy, financial responsibility, and more.

Quick Tips for Success
Our Success Tips series provides one-page “quick tips” on six topics essential to college or career success. The Success Tips series includes MyStudentSuccessLab, Time Management, Resources All Around You, Now You’re Thinking, Maintaining Your Financial Sanity, and Building Your Professional Image. The Success Tips for Professionalism series includes Create Your Personal Brand, Civility Paves the Way Toward Success, Succeeding in Your Diverse World, Building Your Professional Image, Get Things Done with Virtual Teams, and Get Ready for Workplace Success.

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Professional Development for Instructors
Augment your teaching with engaging resources.

Foster Ownership
Student dynamics have changed, so how are you helping students take ownership of their education? Megan Stone’s Ownership series offers online courses for instructors, and printed booklets for students, on four key areas of professional development: accountability, critical thinking, effective planning, and study strategies. The instructor courses, in our CourseConnect online format, include teaching methods, activities, coaching tips, assessments, animations, and video. Online courses and printed booklets are available together or separately.

Promote Active Learning
Infuse student success into any program with our Engaging Activities series. Written and compiled by National Student Success Institute (NSSI®) co-founders Amy Baldwin, Steve Piscitelli, and Robert Sherfield, the material provides educators strategies, procedural information, and activities they can use with students immediately. Amy, Steve, and Robb developed these practical booklets as indispensable, hands-on resources for educators who want to empower teachers, professional development coordinators, coaches, and administrators to actively engage their classes.

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Support various student populations that require specific strategies to succeed. Choose from an array of booklets that align with the needs of adult learners, digital learners, first-generation learners, international learners, English language learners, student athletes, and more.

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Instructional resources lend a common foundation for support. We offer online Instructor’s Manuals that provide a framework of ideas and suggestions for online and in-class activities and journal writing assignments. We also offer comprehensive online PowerPoint presentations that can be used by instructors for class presentations, and by students to preview lecture material and review concepts within each chapter.

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