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An award-winning educator, Robb was named Educator of the Year at the College of Southern Nevada. He twice received the Distinguished Teacher of the Year Award from the University of South Carolina at Union and has received numerous other awards and nominations for outstanding classroom instruction and advisement.

Robb’s extensive work with student success programs includes experience with the design and implementation of these programs—including one that was presented at the International Conference on the First-Year Experience in Newcastle upon Tyne, England. He has conducted faculty development keynotes and workshops at over 350 institutions of higher education across the United States. He has spoken in 46 states and several foreign countries.


Robb’s interest in student success began with his own first year in college. Low SAT scores and a dismal high school ranking denied him entrance into college. With the help of a success program, Robb was granted entrance into college and went on to earn five college degrees, including a doctorate. He has always been interested in the social, academic, and cultural development of students and sees this book as his way to help students enter the world of work and establish lasting, rewarding careers. Visit www.robertsherfield.com.

Patricia G. Moody, Ph.D.

Patricia G. Moody is Dean Emerita of the College of Hospitality, Retail and Sport Management at the University of South Carolina, where she has served on the faculty and in administration for over 30 years.

An award-winning educator, Pat was honored as Distinguished Educator of the Year at her college and as Collegiate Teacher of the Year by the National Business Education Association. She was also a top-five finalist for the Amoco Teaching Award at the University of South Carolina. She received the prestigious John Robert Gregg Award, the highest honor in her field of over 100,000 educators.

Pat has co-authored many texts and simulations, including Solving the Professional Development Puzzle: 101 Solutions for Career and Life Planning; Cornerstone: Discovering Your Potential, Learning Actively, and Living Well; 365 Things I Learned in College; Capstone: Succeeding Beyond College; Case Studies for the First Year: An Odyssey into Critical Thinking and Problem Solving; and Cornerstone: Opening Doors to Career Success.

A nationally known motivational speaker, consultant, and author, Pat has spoken in most states, has been invited to speak in several foreign countries, and frequently keynotes national and regional conventions. She has presented her signature, motivational keynote address, “Fly Like an Eagle,” to tens of thousands of people, from Olympic athletes to corporate executives to high school students.

As the dean of her college, Dr. Moody led international trips to build relationships and establish joint research projects in hospitality. Under her direction, faculty members in her college began a landmark study of Chinese tourists. Pat now travels the country delivering workshops, keynotes, and presentations on topics such as Managing Change, Working in the New Global Community, The Future of the Future, Student Motivation, and Emotional Intelligence. She also serves as a personal coach for business executives.
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BEGIN

THE GOAL OF CORNERSTONES FOR COMMUNITY COLLEGE SUCCESS AND OUR COMMITMENT TO YOU
“Talent alone won’t make you a success. Neither will being in the right place at the right time, unless you are ready. The most important question is: ‘Are you ready?’”

—Johnny Carson
If you look at the figure printed here you will see the Chinese word meaning “to change.” It is made up of two symbols—the first means *to transform* or to be flexible. The second means *to do or to deliver*. In its purest form, the symbol means to *deliver transformation*. That is what *Cornerstones* is all about, helping you deliver or bring about transformation, positive change if you will, to your life. It is about helping you discover ways to change your thoughts, change your performance, and change your life.

Our goal in writing *Cornerstones* is to help you discover your academic, social, and personal strengths so that you can build on them and to provide *concrete and useful tools* that will help you make the changes that might be necessary for your success. We believe that in helping you identify and transform areas that have challenged you in the past, you can *discover your true potential, learn more actively, and have the career you want and deserve*.

*Cornerstones for Community College Success* is devoted to three specific areas in which creating positive change can help you become the individual you would like to be:

**Changing Your Thoughts**

**Changing Your Performance**

**Changing Your Life**

*Changing Your Thoughts* addresses a broad spectrum of topics that begin with a focus on change as it relates to becoming a college student in a different culture and setting than you may have known before. In this section, you will be introduced to tools of self-management as they relate to college life. You will be exposed to a variety of new terms, ideas, and thoughts—all of which begin your journey of change. You will learn to enhance your communication skills, improve your self-concept, and manage conflict, all valuable tools on the road to change. You will also become more adept at critical thinking and problem solving. When you have completed this section, you should notice a difference in the way you approach tasks and think about subjects, challenges, and people.

*Changing Your Performance* focuses on you and how you physically and mentally manage yourself. You will begin this part of the journey to change by learning to manage your time and control the inherent stress that accompanies being a college student. You will realize that you have a dominant intelligence, learning style, and personality type and will learn how to use them to your advantage. Even though you have been reading for some time, you will be shown strategies to improve both your speed and comprehension because reading is such a major part of college studies. You will be shown several note-taking systems designed to improve your ability to record what your professors are teaching. Finally, you will be taught strategies for empowering your memory, learning to study more effectively, and taking tests with confidence. When you complete this section, you should be able to perform most tasks more effectively and confidently.

*Changing Your Life* is a culmination of the journey you have embarked on as a first-year student. This section is designed to round out your total personal profile and springboard you to success as you move into a different realm. Many college students do well on the topics covered in the first two sections but fall short when they arrive at this point. To be a complete, successful college student, you need to address all these areas because they are significant to the changes you need to embrace. You will learn to manage your money and your debts wisely. So many college students are burdened with astronomical college debts when they graduate; our desire is for you to have accumulated as little debt as possible at the same time you are taking advantage of all that college has to offer. You will be introduced to techniques for planning your professional career in the face of dramatic global changes. When you finish this section, you should be prepared to move through the next few years of college and beyond with confidence and optimism.
We know that your time is valuable and that you are pulled in countless directions with work, family, school, previous obligations, and many other tasks. For this reason, we have tried to provide only the most concrete, useful strategies and ideas to help you succeed in this class and beyond.

We have spent over 55 years collectively gathering the information, advice, suggestions, and activities on the following pages. The ideas and information have come from trial and error, colleagues, former students, instructors across America, and solid research. We hope that you will enjoy discovering the knowledge collected here, learn from it, and most of all, use it to change your life and move closer to your dreams.

Let the journey to positive change begin!

**WHY DOES THIS MATTER? IT'S NOT ABOUT WHERE YOU'VE BEEN, IT'S WHERE YOU'RE GOING THAT MATTERS**

This book is written especially for community college students. While it follows in the tradition of the *Cornerstone* franchise, the content, examples, and exercises are specifically dedicated to the interests, challenges, and needs of students attending community college.

**Features in This Edition**

**WHERE YOU ARE: THE COMMUNITY COLLEGE FOCUS**

- This book includes newly developed exercises and examples that relate specifically to the community college population.
- “How My Community College Changed My Life,” at the beginning of each chapter, tells the stories of successful community college graduates.
- Unique chapters contain coverage not commonly found in student success textbooks: shaping one’s own destiny, understanding and navigating community college culture, transitioning to the university or workplace, and more.

**WHY COMMUNITY COLLEGE MATTERS**

- “Successful Decisions” boxes appear in every chapter. They involve students in critical thinking and reflection.
- In each chapter, the feature “From Ordinary to Extraordinary” showcases real people, real lives, and real change.
- “Creating Your New Reality,” at the end of each chapter, focuses on envisioning the future and working toward those goals.

**WHERE YOU’RE GOING**

- Transfer guidance. Chapter 3 helps students understand what courses to take at the community college level to make the transfer process easier when transitioning to a four-year institution.
- The four-year plan. Chapter 12 looks ahead to the coursework and other essential steps required to complete a four-year degree plan. This four-year success plan helps students begin planning for the completion of his or her four-year degree from the very first week of the first semester.
What Is It and Why Do I Need to Know It?

You may be asking, “What does SQ3R mean and what could it possibly have to do with me, my text, this course, and my success?” The answer: SQ3R (S = Scan, Q = Question, R = Read, Recite, Review) is one of the most successful and widely used learning and study tools ever introduced.

This simple yet highly effective mnemonic (memory trick) asks that before you actually read the chapter, you look over the contents, check out the figures and photos, look at section headings, and review any graphs or charts. This is called **scanning**.

**Step two, question,** asks that you jot down questions that you think you will need to answer about the chapter’s content in order to master the material. These questions might come from charts or figures, but most commonly, they come from the chapter’s section headings. Examine the following example taken from a section heading in Criminal Justice, A Brief Introduction (6th ed.) by Frank Schmalleger (Prentice Hall, 2006).

1. What are the categories of crime?
2. Why do they matter?
3. What is crime typology?
4. When are categories of crime most often used?

After writing these questions from the section heading, a student will read the section and then answer those questions. This technique provides a focus and purpose for reading. Each chapter in Cornerstones reflects this method through a feature called **SCAN and QUESTION**.

We included this feature in Cornerstones to help you become a more active reader with greater comprehension skills in all of your classes. This technique is fully discussed in Chapter 8 of this text.
STICKERS for SUCCESS

What Are Those Colorful Stickers in the Front of My Book?

In the front of this text, you will find a sheet of peel-off stickers to help you “tag” pages and content that (1) you need to study for a quiz, (2) review for mastery, (3) seek help with, or (4) mark as important. We encourage you to use them to help you locate information easily.

A WORD ABOUT READING AND USING CORNERSTONES FOR COMMUNITY COLLEGE SUCCESS

We encourage you to read this text (and every text) with great care so that you can learn from the ideas presented within its pages. We also encourage you to USE this book by

- Writing in the margins
- Circling important terms
- Highlighting key phrases
- Jotting down word definitions in the margins
- Dog-ear the pages
- Writing questions that you have in the white spaces provided

By treating this book as your basis for creating success, you will begin to see remarkable progress in your study practices, reading comprehension, and learning skills. The example of a “marked up” textbook shows how one student did it.

What negative effects can damage to your name and reputation have on your overall success?

“Your character is determined by how you treat people who can do you no good and how you treat people who can't fight back.”

— Abigail Van Buren

* What is personal character?
* Why do I need to take pride in my name?
* What is a guiding statement?
* How can I write a guiding statement?

The example of a “marked up” textbook shows how one student did it.
Why is this course important?

This course will help you transition to college, introduce you to campus resources, and prepare you for success in all aspects of college, career, and life. You will:

• Develop Skills to Excel in Other Classes
• Apply Concepts from College to Your Career and Life
• Learn to Use Media Resources

How can you get the most out of the book and online resources required in this class?

Purchase your book and online resources before the First Day of Class. Register and log in to the online resources using your access code.

Develop Skills to Excel in Other Classes
• Helps you with your homework
• Prepares you for exams

Apply Concepts from College to Your Career and Life
• Provides learning techniques
• Helps you achieve your goals

Learn to Use Media Resources
• www.mystudentsuccesslab.com helps you build skills you need to succeed through peer-led videos, interactive exercises and projects, journaling and goal setting activities.
• Connect with real students, practice skill development, and personalize what is learned.

Want to get involved with Pearson like other students have?

Join www.PearsonStudents.com
It is a place where our student customers can incorporate their views and ideas into their learning experience. They come to find out about our programs such as the Pearson Student Advisory Board, Pearson Campus Ambassador, and the Pearson Prize (student scholarship!).

Here’s how you can get involved:

• Tell your instructors, friends, and family members about PearsonStudents.
• To get daily updates on how students can boost their resumes, study tips, get involved with Pearson, and earn rewards:
  - Become a fan of Pearson Students on Facebook
  - Follow @Pearson_Student on Twitter
• Explore Pearson Free Agent. It allows you get involved in the publishing process, by giving student feedback.

See you on PearsonStudents where our student customers live. When students succeed, we succeed!
Succeed in college and beyond!
Connect, practice, and personalize with MyStudentSuccessLab.

www.mystudentsuccesslab.com

MyStudentSuccessLab is an online solution designed to help students acquire the skills they need to succeed. They will have access to peer-led video presentations and develop core skills through interactive exercises and projects that provide academic, life, and career skills that will transfer to ANY course.

It can accompany any Student Success text, or be sold as a stand-alone course offering. To become successful learners, students must consistently apply techniques to daily activities.

How will MyStudentSuccessLab make a difference?

Is motivation a challenge, and if so, how do you deal with it?
Video Presentation — Experience peer led video ‘by students, for students’ of all ages and stages.

How would better class preparation improve the learning experience?
Practice activities — Practice skills for each topic — beginning, intermediate, and advanced — leveled by Bloom’s taxonomy.

What could you gain by building critical thinking and problem-solving skills in this class? Apply (final project) — Complete a final project using these skills to create ‘personally relevant’ resources.
**MyStudentSuccessLab Feature set:**

**Topic Overview:** Module objectives.

**Video Presentation – Connect:** Real student video interviews on key issues.

**Practice:** Three skill–building exercises per topic provide interactive experience and practice.

**Apply – Personalize:** Apply what is learned by creating a personally relevant project and journal.

**Resources:** Plagiarism Guide, Dictionary, Calculators, and Assessments (Career, Learning Styles, and Personality Styles).

**Additional Assignments:** Extra suggested activities to use with each topic.

**Text–Specific Study Plan (available with select books):** Chapter Objectives, Practice Tests, Enrichment activities, and Flashcards.

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**MyStudentSuccessLab Topic List –**

1. Time Management/Planning
2. Values/Goal Setting
3. Learning How You Learn
4. Listening and Taking Class Notes
5. Reading and Annotating
6. Memory and Studying
7. Critical Thinking
8. Problem-Solving
9. Information Literacy
10. Communication
11. Test Prep and Test Taking
12. Stress Management
13. Financial Literacy
14. Majors and Careers

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**MyStudentSuccessLab Support:**

- **Demos, Registration, Log-in** – www.mystudentsuccesslab.com under “Tours and Training” and “Support.”
- **Email support** – Send an inquiry to MyStudentSuccessLab@pearson.com
- **Online Training** – Join one of our weekly WebEx training sessions.
- **Peer Training** – Faculty Advocate connection for qualified adoptions.
- **Technical support** – 24 hours a day, seven days a week, at http://247pearsoned.custhelp.com