

Pathways Student Success Seminar

Jeane Redsecker

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Agenda

- Welcome, Introductions
- Identifying hopes and concerns
- Issues for adults in college
- Resources
- Creating your success plan
- Lunch
- On-line research strategies
- Doing college the adult way
- Evaluation

Introductions

- Jeane Redsecker brings 30 years of experience in adult education as a teacher, academic and career advisor, and program administrator. She holds B.S. and M.S. degrees in Education from Indiana University and a Ph.D. from the California Institute of Integral Studies in San Francisco.
- Please introduce yourself and briefly describe what brought you here today.

Hopes and Concerns

- Please partner with someone and each identify at least one hope and one concern that you have as you begin your degree program.
- We will make a list of shared hopes and concerns.

Issues for adults in college

- Who's on your team?
- Managing your time
- Financing your education
- Academic challenges
- Aligning educational and career goals
- Staying healthy

Who's on your team?

- Family
- Co-workers
- Friends
- Mentors/coaches
- Instructors
- Student colleagues

Managing your time

- Schedule and organize your time
- Where can you study?
- Apply self-knowledge
- Combine activities

Financing your education

- Goal: uninterrupted funding
- Brainstorm all your options
- Have a back-up plan
- Research tax and legal implications

Academic challenges

- Attend class and participate
- Complete assignments on time
- Work with other students
- Consider getting a tutor
- Know your options
- Do your best but don't obsess

If difficulties arise

- Don't wait: seek help promptly
 - Talk with other students
 - Talk with instructor
 - Consult your advisor
 - Use campus resources

Aligning educational and career goals

- Identify the effect that you expect your degree to have on your work life
- Give your expectations a thorough reality check
- Career Services can help
- Consider an Internship

Staying healthy

- Managing stress
- Exercise
- Nutrition
- Rest
- Integral health: physical, mental, emotional, spiritual
- Goal: balance and perspective

Resources

- Campus resources handout
- *The Adult Student's Guide to Survival & Success*, Siebert & Karr, Practical Psychology Press, 5th Edition, 2003, \$15+, www.adultstudent.com

Creating your success plan

- Please take this opportunity to begin identifying your personal challenges and strategies for meeting them

Doing college the adult way

Traditional age students

- Parents sent them
- Parental funding
- School is 1st priority
- Connect through campus activities
- External performance standards
- Instructor as expert/authority

Adult students

- Brought themselves
- Self funding
- Work is 1st priority
- Connect through faculty/students
- Internal performance standards

Doing college the adult way

Traditional age students

- Parent-based perspectives
- Evolving metacognitive skills
- Theoretical learners
- Other-directed learners
- Compartmentalize learning

Adult students

- Experience-based perspectives
- Mature metacognitive skills
- Practical and theoretical learners
- Self-directed learners
- Integrate learning

Follow the yellow brick road

- Keep your goal in mind
- Expect to stretch
- Look for growth and change
- Value the journey
- **YOU HAVE WHAT IT TAKES!**

Emerald City

“Now I feel like I have been ‘to the wizard’ and my diploma declares that I have a brain.”

Bev, 2000 Pathways graduate