

# CAL POLY

Student Affairs

## Student Success Seminars

Offered through the Academic Skills Center

### Learning Outcomes

Depending upon the specific seminar attended, students will be able to:

- Improve their general study skills;
- Be aware of the different study skills seminars offered by the Academic Skills Center such as time management, energy management, note taking, test preparation, memory skills, procrastination, learning styles and textbook processing;
- Be aware of the other seminars offered via the seminar program such as stress management, learning and motivation, senior project research tips, etc.;
- Learn about the Campus Tutoring Resources list available to Cal Poly students;
- Develop effective strategies for taking multiple choice, short answer, and essay tests;
- Learn the importance of proper nutrition, sleep, and exercise;
- Create a weekly study schedule and organize a long-term project;
- Learn memorization techniques such as recitation, distributed practice, and association;
- Organize course notes; highlight or add cues to notes; utilize different note taking systems.

### Outcomes 2015-2016

| Description                                  | Fall 15 | Winter 16 | Spring 16 |
|--|---------|-----------|-----------|
| Study Skills Seminars                        | 40      | 38        | 25        |
| Student Contacts                             | 711     | 159       | 129       |
| <b>Student responses to survey questions</b> |         |           |           |
| • I would recommend ASC seminars to others   | 94.4%   | 95.6%     | 96.1%     |

### Outcomes 2014-2015

| Description                                  | Fall 14 | Winter 15 | Spring 15 |
|--|---------|-----------|-----------|
| Study Skills Seminars                        | 38      | 41        | 38        |
| Student Contacts                             | 620     | 425       | 160       |
| <b>Student responses to survey questions</b> |         |           |           |
| • I would recommend ASC seminars to others   | 94%     | 93%       | 97.5%     |

### Outcomes 2013-2014

| Description                                  | Fall 13 | Winter 14 | Spring 14 |
|--|---------|-----------|-----------|
| Study Skills Seminars                        | 33      | 36        | 34        |
| Student Contacts                             | 737     | 264       | 241       |
| <b>Student responses to survey questions</b> |         |           |           |
| • I would recommend ASC seminars to others   | 95%     | 97%       | 93.4%     |