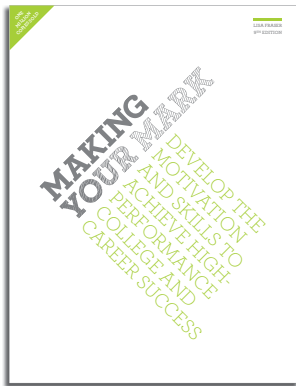


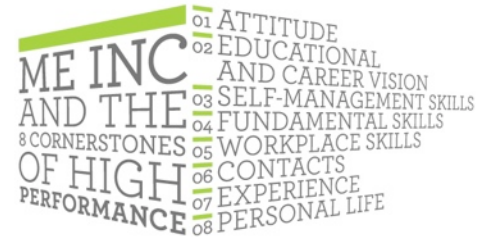
# 1-Hour Success Workshop

# MAKING YOUR MARK

High-Performance College and Career Skills



- Build students' confidence that they can be successful
- Help students recognize their current strengths
- Show them how to transfer these strengths to an academic setting and continue to develop their skill set
- Illustrate the importance of having an organized system
- Develop essential self-management and success skills
- Link study habits with professional workplace habits
- Develop a support network and key relationships
- Solidify students' commitment to persist and create a success plan they can believe in



## **Making Your Mark, 9th edition** by Lisa Fraser

Our approach to student success is based on building student confidence, helping students identify the strengths they already have, and continually adding to their individual development and professional skill set. The skills they need to be successful in their academic life are the same ones that will see them through their entire career: good work habits, efficient time management, and an organized system for getting their work done at a high standard. When we make that connection for our students, they begin to make a more solid commitment to their education and to invest in their personal development.

The upbeat, interactive exercises in *Making Your Mark* take students through the process of seeing the value of an education; developing a college and career plan; and developing the qualities, employability skills and high-performance mindset that will help them be successful at college and throughout their entire career. The exercises are unique, fun, and offer new perspectives on old perceptions that can be limiting. They also encourage students to create the relationships that are essential to their success.

We've designed a workshop that has proven to be highly effective in helping over **1.4 million students** become committed to their education and life goals, and in helping them make it through to graduation. The following agenda outlines our approach to student success and briefly describes the exercises that help motivate students to be successful. We can help you customize this workshop so that it addresses your students' specific needs.

## **College Success One-Hour Workshop Agenda - 50 minutes**

**Design based on student-identified priorities and feedback from our student success workshops**

### **Welcome**

+ Introduce faculty and staff

### **1. Establish a Connection with Students, and Build the Motivation to be Successful - 15 minutes**

#### **i. Me Inc, and Building an Educational and Career Vision - The Foundation of College Success** (*Making Your Mark, page 2*)

- + Discuss the idea that there is no "perfect decision" when it comes to choosing a college program and it's normal to be uncertain about the program they've chosen or even to be unsure they're in the right place, but what *is* important is to realize there are many routes to success, and to maximize whatever they're doing right now
- + What remains constant is wherever students are in their journey, it helps to continually work on personal development, a concept we call "Me Inc": invest in yourself and develop the best all-round set of academic, personal and career skills you can (*Making Your Mark, pages 2-3*)
- + Develop the Me Inc mindset: present college as professional development for their career—versus grades, textbooks and syllabi
- + Outline the 8 Cornerstones of High Performance, and invite student to look at these success skills in more detail on their own time

#### **ii. Exercise 1.2: The Million \$\$\$ Motivator** (*Making Your Mark, page 4*)

- + While "making money" is definitely not the only reason for attending college, this exercise illustrates the difference between a lifelong salary at minimum wage, and a lifelong high-performance career salary, and helps students see the value in pursuing a post-secondary education
- + It also helps motivate students to become more committed to their education when they can see the results of their college investment

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## 2. Self-Management/Success Skill Development - 20 minutes

### i. Exercise 1.3: Pyramid of Success (Making Your Mark, page 9)

- + This exercise helps students become more aware of the strengths they already have, builds their self-confidence, and encourages them to reflect upon areas/skills they may want to develop further
- + The Pyramid of Success remains one of the exercises in *Making Your Mark* that students say most helped them improve their self-image
- + Refer to *Exercise 1.6: Academic Self-Management Questionnaire* as a way to identify which academic strengths they can develop

### ii. Exercise 1.8, The 100 Test, Parts 1 and 2 (Making Your Mark, pages 16-17)

- + This unique and fun exercise illustrates the importance of having an organized system for academics, work, and managing a workload
- + The 100 Test has been identified as the exercise that has the most impact in helping students seeing the importance of good work habits

### iii. Work Ethic and Commitment

#### 11. Exercise 1.10: The Signature Exercise (Making Your Mark, page 19)

- + Using your non-dominant hand to write, this exercise playfully illustrates the challenges and commitment it takes to change a behavior

### iii. Building Relationships (Making Your Mark, pages 11-12)

- + Introduce the idea that people are more successful when part of a social network, through the Relate, Reframe, Repeat process

## Time Management - 5 minutes

### i. Time Wise

- + Present the tips outlined in *Time Wise* (Making Your Mark, page 23-24), and ask for students to do a show of hands as to which technique they “vote” as the most helpful
- + Suggest that sometime after the seminar, students complete the *Exercise 2.1, Getting the Monkeys Off Your Back*, which has students do an inventory on how they currently spend their time and gives them a chance to reflect on their priorities

## Notetaking - 5 minutes

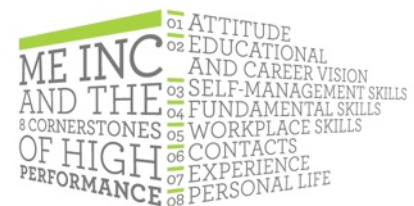
### i. Taking Notes in Class

- + Present the concept of 4R outlined in *Taking Notes in Class* (Making Your Mark, page 28-29)
- + Hand out a sample of “good notes” taken using the 4R system of notetaking
- + Invite students to read the rest of the chapter on their own, which covers useful techniques to maximize their time in the classroom

## Academic Success Skills - 5 minutes

### i. Identify Techniques and Skills to be Successful

- + *Exercise 1.7, Making Your Mark*, gives students a concrete range of specific techniques they can use to improve academic and work habits
- + This exercise has students scan the rest of the book, and take note of new college success tips and skills they can use to improve their current academic habits
- + Do a quick student survey (“survey says”) of what tips students feel could be most useful to them



LDF Publishing Inc has been helping students make it successfully through college since 1992. The foundation of our retention program is the best-selling book *Making Your Mark*, 9th edition, by Lisa Fraser, which has sold more than 1.4 million copies and is used in more than 1,600 educational institutions across North America. Our company has a combined 55 years experience in post-secondary education, and 30+ years in the field of student success and retention.