

FYE Fall 2018 Success Lab Topics

Week 1:

Topic: Resource Tour

Activities:

- Students drew a picture of campus with the buildings off their memory before they were given the pamphlet/tour
- pamphlet for EWU resources
- physical tour of campus

Week 2:

Topic: Career Services – Personal Values & Career Planning

Activities:

- values & lifestyles worksheet (see handout)
- in-depth discussion of services Career Services offers

Week 3:

Topic: Habits of Mind

Activities:

- handout on habits of mind
- Habits of mind worksheet (see handout)
- discussion in groups about habits that may affect them or different careers (i.e. current habits good or bad and how can we turn bad habits into better ones)

Week 4:

Topic: Time Management

Activities:

- time management quadrants worksheet (see handout)
- prioritized task list (see handout)
- video about time management mistakes
- discussion in groups on time management tools/ mistakes they make with time management & ways to improve (refer to worksheets included)

Week 5:

Topic: Goal Setting

Activities:

- Goal-setting worksheet
- Discussion on short/long term goals & the process goals within the short-term goals
- Group work on setting goals to understand before the students completed their worksheets

Week 6:

Topic: Academic Planning 1 – Tools available to help plan classes

Activities:

- Walk through EWU Portal
- Walk through Academic Degree Planner
- Walk through Schedule Planner
- Walk through Online Catalog

Week 7:

Topic: PLUS – Test Taking Strategies, Services PLUS provides (Josie Brown)

Activities:

- Brief discussion of services PLUS offers
- Tips/tricks for test taking
- Students design a study plan for their finals

Week 8:

Topic: Academic Planning 2 – How to register?

Activities:

- Walk through how to register through the EWU Schedule Planner Registration Cart or EagleNet
- 1-on-1 short meetings to approve classes (this would allow the students <45 cr. Hold to be lifted)
- Group discussion for final questions

Week 9/10:

Topic: Decision Making/ Professional Communication

Activities:

- Walk through the CAVSE model (communication, analysis/synthesis, value, execution)
- Good/easy choice vs. bad/hard choice worksheet (see handout)
- TedTalk about decision making
- Group discussions on 5 different scenarios that relate to decisions/communication
- Class discussion on the 5 scenarios