Duquesne Act 101 Students Attend Leadership Conference

by Jeff Meader

A ccording to Act 101 student advisor Vicki Bush, along with Act 101 students Elise Scott (business) and Carmen Rodriguez (nursing), traveled to Gettysburg, Pennsylvania to attend the annual Act 101 Student Leadership Conference held November 4-5, 2007. The conference is designed to provide Act 101 students with exercises and workshops that will enable them to become effective campus and community leaders. Approximately 250 students attended the two-day conference and refined their creative, critical thinking and team work skills. In between workshops, students were given a tour of historic downtown Gettysburg.

The conference keynote speaker was a skilled actor who impersonated President Abraham Lincoln. The actor spoke about the history of Gettysburg and tied leadership skills to the Gettysburg Address. Students and staff from other Region F schools like Robert Morris University, Chatham College, La Roche College, Point Park University, and Community College of Allegheny County were also in attendance.

Duquesne University

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NEWSLETTER

ROBERT & PATRICIA GUSIN SPARTAN DIVISION OF ACADEMIC PROGRAMS

ACT 101/LSP NEWSLETTER, DUQUESNE UNIVERSITY

Making the Most of Opportunities

by Jeff Meader

D uquesne University is a place that Elise Scott was accustomed to before she enrolled in the summer of 2007. Elise is a graduate of Elizabeth Forward High School in Elizabeth, Pennsylvania. Choosing Duquesne was an easy decision for Elise because her family has a history with Duquesne.

“My older sister is a third year triple major here and my father works on campus.” Because there was prior connection she knew how “amazing” the campus and its classes are.

Elise, now in her third semester of studies, began her college education through the Robert and Patricia Gussin Spartan Division of Academic Programs. When asked about her first impression of college, Elise said “It was all I expected and I knew it would get harder once the actual freshmen year started.” She admitted she had some problems when she began her studies at Duquesne, but made it clear that she did not have those problems anymore. She said “Every once in awhile I will come upon an issue and somehow I learn how to get through it.”

“The people that I met here and the friends I made I know will be my friends for a long time” said Elise. Along with her strong connections and friends I made I know will be my friends for a long time. Elise is currently a business major with a focus in marketing. Asked about her time on campus now, she said, “I still love it. Classes are about the same, there are some that I struggle with, but I have learned to get through them.”

Elise is currently a business major with a focus in marketing. Asked about her time on campus now, she said, “I still love it. Classes are about the same, there are some that I struggle with, but I have learned to get through them.”

Elise is very happy that she chose Duquesne because of the atmosphere and all of the amazing friends that she has made. “The people that I met here and the friends I made I know will be my friends for a long time” said Elise. Along with her strong connections and commitments to bettering herself, Elise has been taking advantage of the opportunities and is consistently striving to make herself better.
10 Tips for Getting Good (or Better) Grades

by Randall S. Hanson

1. Attend All Your Classes

Now, you might think this was an obvious one. But I speak from experience when I say that many students skip classes for one reason or another. But if you want good grades, you should attend all your classes.

2. Master Your Professors

Every professor has a different personality and system for running his/her classes, so it makes sense as early in the semester as possible to learn what the professor wants.

3. Get/Stay Organized

You may have been one of the lucky few who has never needed a planner before, but college is all about multitasking, and you can easily get overwhelmed with due dates, team meetings, and other demands on your time.

4. Use Time Wisely

Even if you do not procrastinate and are the most organized person in the world, time can be one of your biggest enemies in college.

5. Become “Noteworthy”

Another reason for attending class is recording the class notes. These notes are vital clues to what the professor thinks is the most important material for you to learn, so besides taking notes, learn how to better use them to your advantage.

6. Use the Textbook

Professors assign textbooks for a reason – and it’s not to make you broke; it’s to supplement the lectures and discussions from class. Do buy all the textbooks – and systematically read them.

7. Follow Good Rules of Writing

Many classes require one or more writing assignments, from short responses to term papers, and you’ll do better on these assignments if you follow the rules of good writing.

8. Study, Study, Study

Another obvious one here? Perhaps, but the rule is you should be spending at least three hours outside of class for every hour in it. And for some classes, you’ll find you need a lot more time than that to master the material.

9. Be a Good Test-Taker

Just about all college classes have exams, and sometimes the exams are the major portion of your final grade, so it’s important to become a good test-taker.

10. Polish Those Verbal Communications Skills

Many classes include a presentation component, so use all opportunities to improve your verbal communications skills and maximize your grade.

Final Thoughts

Following these guidelines should help your grades immensely, but here is one other tip. Remember to think of your professors as your allies, not your enemies. And if not your allies, at least your partners. Our goal is for every student to learn and master the materials in the course. And if you master the materials, you should have a good grade in the class.

And if you’re struggling with some aspect of the course, just go see the professor. We’re here to help you become the best you can be.

See even more tips, tools, and suggestions for academic success at: www.MyCollegeSuccessStory.com

Effective Study Habits

by Gooe Grywacz

Effective study habits are essential for achieving and maintaining a high GPA. Moreover, effective study habits help you to store information in long-term memory, allowing you to use the learned information in a novel setting. Applying the following rules for studying will aid you in earning excellent marks in school.

Do:

1. Keep the area around your desk neat and tidy. If possible, the area should also be quiet. If you are having trouble finding a quiet place to study, try the local library or park. The library is a perfect place to have peace and quiet. The park may not be as quiet, but the fresh air can make studying less nerve-racking. If these options are unavailable, then try listening to some music while studying.

2. Have a scheduled study time for each school day. Remember that one classroom hour should be reinforced by two hours of studying at home.

3. Sit down for 45 minute intervals, followed by 15 minute breaks. Having an easily attainable goal, like sitting for set duration of time, is effective for increasing motivation.

4. Reward yourself if and only if you have met your goal for that study session. For example, if you plan to study one chapter and succeed, then you may reward yourself by doing something pleasurable. Examples of positive reinforcement are: food, exercise, videogames, etc.

5. Make correspondences between your class notes and your textbook. This will help you to fill in any background information not covered in class.

6. Prepare questions about the chapter that will be discussed in the following class. This will help you identify areas that you don’t understand.

7. Put any new words or concepts to use. The more you use the learned information, the more likely you will be to remember it. This is especially true for language classes.

8. Finally, review what you have studied just before you go to bed. You will find that you will remember the words very strongly the next morning.

Don’t:

1. Procrastinate. Cramming is not beneficial for producing long-term memory.

2. Highlight. Highlighting is a form of procrastination, because you are saving note taking for later. This means you must use the book twice instead of once. Instead, make careful notes to compliment your classroom notes, along with page numbers so that you can refer back to the book if necessary.

3. Study on the computer. You are bound to be tempted to check your email or surf the net.

4. Leave your cell phone on during study time. No matter who is calling or texting, usually it can wait 45 minutes. Having your cell phone on during study time can be a major distraction and is not conducive to learning.

5. Study just after you have eaten. Studies have shown that thinking is slower after having a meal.

6. Space out. When you feel your mind begin to wander, remind yourself to concentrate. If you are reading, using your finger is a good way to keep your mind on track. The movement of your finger on the page forces you to pay attention to what you are doing.

For more college tips and study skills visit www.bruteforcestudyguide.com.

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2006–2007 ACT 101 STUDENT PROFILE

DUQUESNE UNIVERSITY

The three pie charts below depict ethnic, gender and academic performance data pertaining to Duquesne University’s 2006-2007 Act 101 student population. We had a total of 193 students.

ACT 101 2006-07 STUDENTS - GRADUATION STATUS

<table>
<thead>
<tr>
<th>Undergraduates Still Pursuing Degrees</th>
<th>158</th>
<th>61.0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Undergraduates Graduated in 2006-07</td>
<td>37</td>
<td>15.0%</td>
</tr>
<tr>
<td>Total Act 101 Students</td>
<td>195</td>
<td>100.0%</td>
</tr>
</tbody>
</table>