Recharge Your Success Workshop

Washtenaw Community College

Housekeeping Rules

1. Upon entry, mute yourselves. This will help reduce any background noise.
2. If you have questions at any point during the presentation, feel free to use the chat box. We will be monitoring and answering questions as they come in.

Outline

- Introductions

- Poll Everywhere Activity

- What is a goal?

- Why are goals important?

- Motivation & Goal Setting

- SMART Goals

- Support Systems at WCC!

- Create your W21 SMART goal

It's time for Poll Everywhere!

Pull out your smartphone or use a computer to go to the following website:

PollEv.com/earlejackson916

Text earlejackson916 to 37607

How confident do you feel about the Winter semester?

I'm not ready to start classes.

Somewhat confident.

Confident.

I'm feeling really confident and ready to start.

I am confident about my program of study.

True

False

Unsure

How many credits will you be taking this semester?

1-4

5-8

9-12

13+

If a student is taking 12 credits, how many hours should they study per week?

1-12 hours

13-19 hours

22-30 hours

24-36 hours

What types of responsibilities do you have?

Full-time student.

Full-time student and I work part-time or full-time.

Full-time student, PT/FT worker, and I'm a parent.

Full-time student, PT/FT worker, and I watch my younger siblings.

I manage my time and stay organized by using:

A digital caledar (i.e. Google)

Paper planner

Web extensions, websites, or phone applications

I keep everything in my head. I have a great memory.

What is a Goal?

- "the end toward which effort is directed" (Merriam-Webster)

- "the object of a person's ambition or effort; an aim or desired result" (Oxford Dictionaries)

- Goals for different aspects of your life: personal, academic, professional

- Short-term and long-term

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Why are Goals Important?

- Increase motivation

- Give you focus

- Provide paths to success

- Keep you moving forward

- Break down the big tasks into smaller, more achievable stepping stones

- Add a sense of accountability

- Provide challenges

Using Goals for Motivation

"Motivation comes from one source and one source only: YOU are going after something that YOU want. Unless you identify what you want, you haven't done what's necessary to feel motivated."

http://www.fitnyc.edu/counseling-services/resources/goals/setting-goals.php

Motivation Can be Impacted By:

- Promise of rewards/recognition
  - If you know the outcome will be positive, you're more likely to complete a task
- Avoiding consequences
  - If you don't do the task, there will be a negative outcome, which will encourage you to complete the task
- Desire to complete other activities
  - If you don't want to complete a task, you may be tempted by other activities
  - You need to minimize the appeal of these other activities

Tips to Stay Motivated

- Change your perspective
- Prioritize high-impact tasks
- Surround yourself with other motivated individuals
- Remove yourself from distractions
- Set small goals
- Celebrate incremental successes

- Don't let failure derail your focus
- Set a routine
- Re-evaluate regularly
- Get support
- Set aside time for yourself
- Remember the big picture

What are SMART Goals?

SMART is an acronym that stands for **Specific, Measurable, Achievable, Relevant** and **Time-based.** Each element of the SMART framework works together to create a goal that is carefully planned, clear and trackable

S	Specific	What do I want to accomplish? Why do I want to accomplish this? What are the requirements? What are the constraints?
M	Measurable	How will I measure my progress? How will I know when the goal is accomplished?
A	Achievable	How can the goal be accomplished? What are the logical steps I should take?
R	Relevant	Is this a worthwhile goal? Is this the right time? Do I have the necessary resources to accomplish this goal? Is this goal in line with my long term objectives?
T	Time-Bound	How long will it take to accomplish this goal? When should I complete this goal? When am I going to work on this goal?

Examples

- **Specific**: I want to have an 'A' in my BIO 111 class this semester so I can get into the Nursing Program
- **Measurable**: I will read 2 chapters of my textbook weekly
- **Achievable**: I will not miss any lectures and I will dedicate 60 minutes every day to studying Bio 111
- **Relevant**: I will attend Biology study group session every week to further help me achieve my goal
- **Time-based**: I will achieve this within the next 10 weeks, so I am fully prepared for my finals

LIBRARY HELP

Help with Research

- Ask a Librarian - chat and email service - Access from Library homepage
- Book a Librarian
  https://wccnet.libcal.com/appointments/library

Citing sources guide https://libguides.wccnet.edu/cite

Research Toolkit
https://libguides.wccnet.edu/researchtoolkit
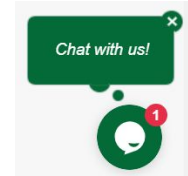
WCC Library https://www.wccnet.edu/library/

LEARNING COMMONS HELP

Study Help

- [Drop-In Study Help](#)
- [After-hours Study Help](#)
- [Study Groups](#)
- [Workshops](#)
- [Learning Tools](#)
- [OnTrack Consultations](#)

Lab Help

- Tech Help - chat from LC Homepage!
- [Lab Consultations](#)
- [Get Tech Ready](#)

Access our services at www.wccnet.edu/LC

Librarian/Tutoring Student Liaison

Department	Librarian	Contact	Tutor	Contact
Health Sciences	Sandy McCarthy	mccarthy@wccnet.edu	Lynn Bahena	lbahena@wccnet.edu
Business Digital Media Arts	Meghan Rose	mrrose@wccnet.edu	Matt DeMoss Arwa Malaibari	msdemoss@wccnet.edu amalaiba@wccnet.edu
Trades Public Services	Maureen Perault Tashia Miller	mperault@wccnet.edu tmunson@wccnet.edu	Matt DeMoss Lynn Bahena	msdemoss@wccnet.edu lbahena@wccnet.edu
Social Sciences Communications, Media & Theatre Arts	Molly Ledermann Tashia Miller	mledermann@wccnet.edu tmunson@wccnet.edu	Arwa Malaibari	amalaiba@wccnet.edu
Humanities	Molly Ledermann	mledermann@wccnet.edu	Arwa Malaibari	amalaiba@wccnet.edu
Behavioral Sciences	Meghan Rose	mrrose@wccnet.edu	Lynn Bahena	lbahena@wccnet.edu
Math & Sciences	Sandy McCarthy	mccarthy@wccnet.edu	Matt DeMoss Lynn Bahena	msdemoss@wccnet.edu lbahena@wccnet.edu

Complete list of librarian liaisons: https://www.wccnet.edu/library/help/forfaculty-liaisons.php

Success Coaching---What Can We Help With?

Success Coaches provide holistic, personalized, one on one support to students throughout their first year at WCC.

New degree-seeking students are assigned a dedicated Success Coach based on their academic program.

- Help you navigate obstacles that might impede your success
- Connect you to campus services and resources
- Work with you to develop goals and be your accountability partner
- Provide academic pro-tips for maximizing your college experience

Academic Program Coach Assignments
- Business
- Math, Science and Engineering Technology; Computer Science and Information Technology; Digital Media Arts
- Health Sciences
- Humanities, Social and Behavioral Sciences
- Advanced Technologies and Public Service Careers

Phone: (734) 677-5102   **Email**: successcoaching@wccnet.edu

Goal Setting Activity

- Let's try it out!
  - Use the link in the chat download a goal setting [worksheet](#).
- Focus on creating 1 goal for the Winter semester.
  - Your most challenging class.
  - Overall GPA you want to achieve.
- Anonymous Feedback: Submit your goal using Poll Everywhere.
  - Submit without your name.
  - We will provide feedback out loud to help you refine your goals.
- Submit the final version of your goal by using the [lib wizard](#) link in the chat.

What is your goal for this semester?

Submit your FINAL goal!!

Lib Wizard

https://wccnet.libwizard.com/f/student_success_2021