

13 Tips for Class Success in Applied Psychology 160

Career (and Life) Exploration

Suggestions for optimum performance and learning in this class, other classes, & life!

1. **Come to class!** Make a commitment to have perfect attendance. **Dependable attendance is a career skill.** *Make it a habit you practice/learn/keep NOW!*
2. **Arrive ON TIME.** Think of each session as a job interview. You must make a good first (and lasting) impression! Consistently Late!? Change or Drop the Class
3. **Keep a 3 ring binder** for all class materials, handouts, notes, returned homework, assessment results. Make this a 'tool kit' for the rest of your life. Add to it and refer back to it as necessary! Your life journey continues well beyond this class!
4. **Read the chapters as assigned.** Read them twice! If you don't like to read, *read anyway!* **Reading is a practiced life skill!** Get better at it! *Use a hi-lighter!* **Reflect** on the ideas, processes, case studies, and exercises. **Think!** What did YOU learn from the reading/work? Find at least one significant item in each chapter (& class session) to remember for future use. Keep a 'Journal' of these thoughts. (The log sheet handed out is an *abbreviated* way to keep a journal. Expand it!) Subscribe to & *READ* newspapers, magazines, throw-away publications! Look for life clues! **Read! Read! Read!**
5. **Return the homework assignments complete and on time!** Assignments represent progress, documentation & self-critique of what YOU are *LEARNING about yourself and possible careers.* *Think of your writings as free self-analysis.* You are the counselor for yourself! Remember, this is *APPLIED PSYCHOLOGY!* *Apply it!* **Prepare homework assignments as though each were a job application!** Strive for good presentation, accurate spelling, clear thinking. Keep COPIES of all your work. (It's Insurance if I misplace it!) Points deducted for Loose Papers, Missing Name, Incomplete assignments. **LATE PAPERS 50% point reduction minimum!**
6. Build 'ec' points *throughout* the semester! **Take advantage of EXTRA CREDIT!**
7. **Join the class discussion.** Volunteer *your thoughts!* Ask questions if you don't understand. There are no silly questions! *Help* answer the questions of others. Take a chance! Take **Risks.** Speaking up in a group is a career skill! Practice it! The more you do, the easier it gets! *Believe it! Do it!*
8. **Find/be a 'study buddy'** so that YOU may help each other out! Identify the best means to contact each other: on-campus, via email, phone number? Help your study buddy if they miss a class!
9. **Set class goals** for yourself (earn an "A", have perfect attendance). **Make a decision NOW** for this class to be a life changing success for you. *Expect* that YOU will identify *multiple* career choices that excite you and that you will make a decision of your own choosing! Know that this decision will not fall from the sky! You must work for it with time, effort, reading, thinking, writing, more thinking, more writing! **Work! Work! Work!** Work as though you seek a letter of recommendation from me! **Work! Work! Work!**
10. **Be a HELPER** Be among the active participants in class that help other students! **Learn** from others AND **teach** others. Share your experience! **Listen** to their experience! **Teaching & Listening are Life Skills!** **Practice BOTH** here!
11. **Pay attention to what is going on at the college.** Deadlines (Registration, Drop Dates) Special Events (Transfer Day/Blood Drive/Guest Speakers); Opportunities (Scholarships, Transfer Guarantees). **Notice** what 'careers' people are performing/enjoying *here!*
12. **Pay attention to your total community** (the world around you)! **Keep Your Eyes Wide Open** *everywhere you go.* Notice/assess what's going on, what people are doing, how they are making a living. Absorb it all! **Observation is a skill!** *Learn* from what other people are doing? Increase viable *Options for YOU* and *YOUR Decisions?*
13. **Enjoy this class! Every day! Enjoy Life! Every day!**

