

# Semester Success<sup>©</sup>

science & evidence-based  
**academic success solutions** for learners, educators, and institutions

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Learning is comprised of many skills that can be enhanced to lead to improved learning.

Science confirms that no matter the current level of achievement, learners can improve ability and achievement by learning to learn **BETTER**.

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**Semester Success<sup>©</sup>** is a powerful learning program for students and focuses on evidence-based strategies to improve learning for long-term academic success.

Provides learning methods and tools;  
thereby creating opportunities to **reduce attrition**.

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**A dozen touchpoint opportunities**

across the semester to ensure learning and retention

**A dozen program hours**

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## PROGRAM INCLUDES

### (3) 2.5-hour Instructor-led Sessions

Sessions are spread *strategically* over a semester. Research supports that cramming is not an effective long-term learning technique\*; likewise, learning to learn outcomes are optimized when spread over time, a technique known as “Spaced Repetition”.

### Toolkit 4.0<sup>©</sup>

Science and evidence-based learning software with:

- companion guide
- study guide
- templates
- one-page quick reference

### Academic Success Text Nudges (up to 10)

Thaler’s Nobel Prize winning behavioral change technique, known as nudging, is simple and underutilized; yet, nudging is supported by research to enormously impact student experience & success in higher ed. Nudges contain resources & prompts to take action on:

- Attending Office Hours
- Study Reminders
- Midterm/Exam Prep
- Managing Stress

### Soft Skills E-learning Modules (optional)

Enrich the experience, increase contact over the semester, and improve student outcomes by elevating **Semester Success<sup>©</sup>** into a hybrid experience by adding our soft skills e-learning modules. Choose 5 modules from many topics such as:

- **Advanced Writing Skills**
- **Conflict Resolution: Dealing with Difficult People**
- **Effective Planning and Scheduling**
- **Emotional Intelligence**
- **Grit and Mindset**
- **Getting Stuff Done: Personal Development Boot Camp**
- **Goal Setting**
- **Managing Pressure & Maintaining Balance**
- **Stress Management**
- **Self-Leadership**
- **Problem Solving and Decision Making**
- **Personal Brand: Maximizing Personal Impact**
- **Time Management: Get Organized for Peak Performance**

\*Source: *Expanding retrieval practice promotes short-term retention, but equally spaced retrieval enhances long-term retention.* By Karpicke, Jeffrey D., Roediger III, Henry L., *Journal of Experimental Psychology: Learning, Memory, and Cognition*, Vol 33(4), Jul 2007, 704-719

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## COSTS

### PACKAGE 1 (all of the below PLUS e-learning): \$8,200 total

Session Facilitation (3 Sessions) And Follow-up Nudges	Toolkit 4.0 <sup>®</sup> software	Materials study guide companion guide templates one-page quick reference	Incentives, Awards, & Prizes	Soft skills e-learning	Total
\$4,000	\$1,500	\$500	\$400	\$75/student	\$8,200
Up to 24 students. \$80/additional student.				24 student minimum. Includes 5 modules.	

### PACKAGE 2: \$6,400 total

Session Facilitation (3 Sessions) And Follow-up Nudges	Toolkit 4.0 <sup>®</sup> software	Materials study guide companion guide templates one-page quick reference	Incentives, Awards, & Prizes	Total
\$4,000	\$1,500	\$500	\$400	\$6,400
Up to 24 students. \$80/additional student.				

## PARTY RESPONSIBILITIES

Success Coach, LLC provides Semester Success<sup>®</sup> program including:

- Facilitation Team: Lead facilitator & co-facilitator
- Curriculum and materials
- Pre- & Post- experience data and measurable outcomes
- Certificates of completion & student incentives for behavior-based deliverables (not performance based)

Host institution provides:

- Negotiation of 3 strategic dates for sessions
- Learners/student participants (target audience: University of Indianapolis advised admits for 2018-19) (offering limited slots to general admitted students is proposed)
- Arrangement of facilities (meeting space, a/v including projector and laptop w/ screen and audio; computer labs with available printers when necessary and requested)
- Food for students (snacks). No housing or travel costs. This is a non-residential program for local students.
- Faculty and staff stakeholders for appropriate campus resource follow-up. Peer mentors.
- Debrief meeting with host administration and Semester Success<sup>®</sup> facilitator(s).

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## STRUCTURE

### SESSION 1

#### INTRODUCTION

#### PRETEST

#### ORIENTATION & GOALS

#### Toolkit 4.0<sup>©</sup>

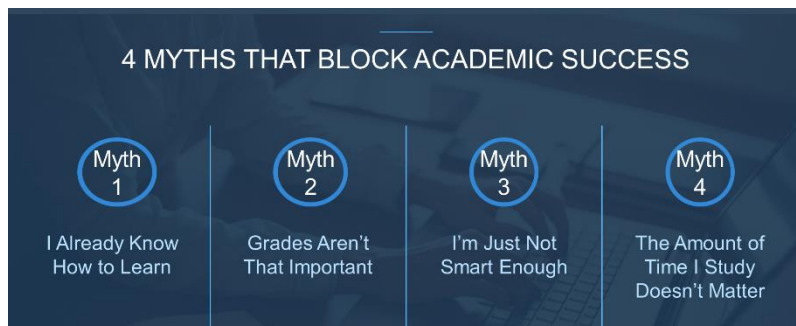
- 4 MYTHS ABOUT LEARNING AND ACADEMIC SUCCESS
- STRATEGIES FOR APPROACHING LECTURE AND TEXTBOOK
- PROACTIVE INTERACTIONS WITH FACULTY & STAFF

#### ACTIVITIES (syllabus forensics)

#### SUMMARIZE & STUDENTS TEACH

#### HOMEWORK: coursework prep

#### PREVIEW SESSION 2 & WRAP UP



### SESSION 2

#### RECAP SESSION 1

#### DEBRIEF & HOMEWORK REVIEW

#### Toolkit 4.0<sup>©</sup>

- PREPARING FOR AN EXAM OR QUIZ
- AIMING FOR DEEP LEARNING
- RECOVERING FROM AN EXAM

#### ACTIVITIES

#### SUMMARIZE & STUDENTS TEACH

#### HOMEWORK: Campus Navigation Bingo: People, Places, Resources

#### PREVIEW SESSION 3 & WRAP UP

### SESSION 3

#### RECAP SESSION 2

#### DEBRIEF & HOMEWORK REVIEW

#### Toolkit 4.0<sup>©</sup>

- MANAGING STRESS
- SUMMARY AND CHECK YOUR LEARNING

#### ACTIVITIES (student experience assessment & faculty/student expectation comparison)

#### SUMMARIZE & STUDENTS TEACH

#### POSTTEST

#### WRAP UP

Sessions interspersed with **Academic Success Text Nudges** & optional **Soft Skills E-learning**

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## Here's what students are saying:

- *"I wish I had this PowerPoint when I was an undergrad!" - PharmD*
- *"I got an 'A' on my stats exam and my cell bio exam!...Those study skills really work!" - IUPUI Science Student*
- *"Wow, I love it! I can definitely see why I was getting a 'C'." - IUPUI Science Student*

### SUGGESTED FUTURE STUDENT DEVELOPMENT WORKSHOPS

#### **"GETTING ACCLIMATED"**

- HOSA Activity
- Mismatched Expectations (student/faculty expectation compare & contrast)
- The Higher Ed Engine (overview and student solutions)
- Struggle Stories

#### **"GEARING UP"**

##### **(Emotional Domain)**

- Build Robust Emotional Resilience
  - Anatomy of Bias and Privilege
  - Fostering Growth Mindset
  - Grit
  - Delayed Gratification
  - Trauma and its role in educational attainment
  - Effective Communication
  - Self-care
  - *You Are Here* activity with data

#### **Leveling Up<sup>©</sup>**

- Address needs of high performing students

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View other Success Coach, LLC trainings, workshops, products and services at  
<https://www.thesuccesscoachonline.com>