

Tips for Academic and Personal Success

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Two Approaches

- Academic Success:
 - $S = A_i A_l M E_1 E_2$
 - Behaviors and their relationship to grades
- Personal Success:
 - Achievement and goals
 - Studying, learning, and time management
 - Professional and personal development
 - Personal and professional integrity



The SAAMEE Method

- $S = A_i A_l M E_1 E_2$
 - S = success (academic)
 - A_i = innate ability
 - A_l = learned ability
 - M = motivation
 - E_1 = effort
 - E_2 = environment



Sample Behaviors and Grades

- The “A” Student:

- Either innately gifted or works very hard
- Highly motivated and puts forth great effort
- Has a good study environment and uses tips and tricks mentioned earlier.

- The “C” Student:

- Possibly gifted but doesn’t work hard
- Unmotivated and unwilling to work
- Lacks a good study environment and fails to take advantage of the experiences of other.

Personal Success (1)

- Achievement and goals:
 - Set high standards for yourself
 - Remember that grades count
 - Turn in only your best work
 - Understand that a good education requires work
 - Don't sacrifice long-term success for short-term gain
 - Speak with you instructor if you have difficulties
 - Seek out special opportunities
 - Honesty is the best policy
 - See advice before making important decisions



Personal Success (2)

- Studying, learning, and time management:
 - Know what it takes to succeed
 - Strive to understand
 - Avoid procrastination
 - Make and use lists
 - Use the snowball method
 - Persist until the very end
 - Don't ignore personal problems
 - Investigate learning and test-taking skills
 - Break your large tasks down into small units



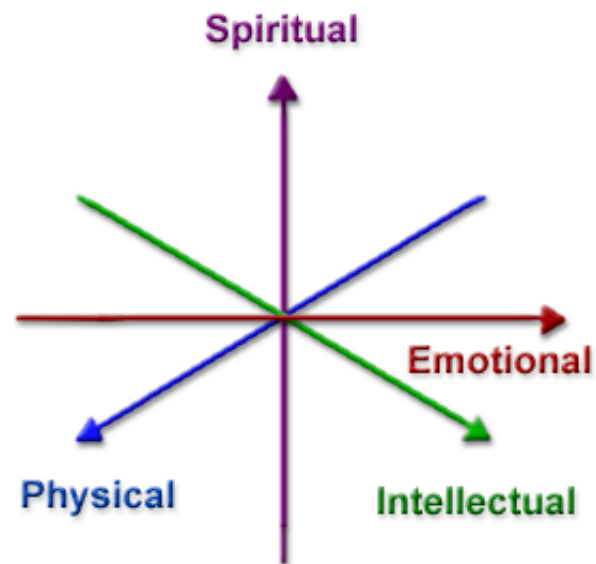
Personal Success (3)

- Professional development:
 - Seek to improve your science content knowledge every day
 - Take responsibility for your own actions
 - Get to know a wide range of people – faculty, staff, and students
 - Choose your friends carefully
 - Express your appreciation
 - Remember that integrity counts



Personal Success (4)

- Personal and professional integrity:
 - Form strong personal and professional relationships
 - Learn from the successes and failures of others
 - Letters of recommendation
- Never forget yourself...



Closing Thoughts

- The best students are not always the best teachers
 - The story of Donald J.
 - The story of Jason R.
 - The story of Carl W.
- The best teachers are those who...
 - care about students
 - understand students
 - educate the whole student
- Education at UPI:
 - Physics teaching program
 - Physics teacher educators
 - Physics teaching majors
 - High school students



Thank you Mr. Arif Hidayat!

ABCs of Success

- **A**dvice for physics teacher education majors
 - <http://www.phy.ilstu.edu/pte/advice.html>
- **B**ehavior and it's relationship to course grades
 - <http://www.phy.ilstu.edu/pte/SAAMEE.pdf>
- **C**hanging perspectives: Student to teacher
 - <http://www.phy.ilstu.edu/pte/310content/perspective.html>