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OpenSem: A Student-Generated Handbook for the First Year of College

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OPENSEM: A STUDENT-GENERATED HANDBOOK FOR THE FIRST YEAR OF COLLEGE

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CONTENTS

INTRODUCTION

This book was created entirely by students in a Fall 2016 section of First-Year Seminar at Plymouth State University. We called the course "OpenSem" because it was organized around a core set of open pedagogical practices. The theme for the course was "Whose Course Is This, Anyway?" Students created all learning outcomes, assignments, course policies, and grading processes. Students curated content and built the syllabus as the course unfolded. Students published all work to their own public ePorts, licensed that work openly, and then leant a sampling of that work to this collection for easy sharing. You can check out our hashtag on Twitter at #opensem, and view the syllabus at http://robinderosa.net/opensem/. This collection is licensed CCBY, and we hope other courses will take this as a starting point, improve and add to this work, and help students to grow a truly learner-developed first-year college curricula!

PART I.

RESEARCH ON STUDENT
RETENTION AND SUCCESS

INTRODUCTION TO COLLEGE RETENTION: A STUDENT PERSPECTIVE

COLIN JEROME AND JORDYN HANOS

The first year of college for many students is undeniably one of the most hectic years any college student will face. The first year consists of getting lost on campus, getting a schedule that isn't the best, and trying to fit into a world that you have been thrown into. This may cause students to feel left out, or helpless in their situation, but it could also help them thrive and succeed in college. Many students will take this first year and either take it as a positive outcome or a negative outcome, resulting in the commonly known problem; retention. Retention is basically just the importance of universities trying to improve the graduation rates as well as the first-year dropout rates. So how can you improve retention, and how can students live up to their fullest potential?

Retention seems to affect students who are disadvantaged in a way, or who do not have the

advantages other students have. According to the article "A Sense of Belonging" by Patrick O'Keffee, students who are more likely to fall under the flaws of student retention are students that are "ethnic minorities, academically disadvantaged, students with disabilities of low socioeconomic status, (and) probationary students" (O'Keffee). This obviously does not mean all students who face disadvantages like these will drop out or will not graduate, but they are more likely to due to the hardships they might get out of a first-year college experience. The article also states that students with parents who did not complete 4 years of college, or students who are the first-generation college students are also at greater risk of non-completion (O'Keffee). This is because students whose parents did complete 4 years of college or higher have a greater push and higher expectations. Again, this does not mean students who have had parents graduate from a four-year school will graduate, but they just have better odds due to their situations. In the end, everyone has the complete ability and potential to thrive in college and these statistics should not make anyone feel as if they cannot accomplish something that someone else can.

One of the most important factors to controlling the student retention rate is their feeling of "ownership" of their education. All throughout high school, students were constantly bombarded with getting lectures from the teachers, taking notes, and then taking a test or quiz off whatever was on the notes, which is whatever the teacher told them. As drawn out as that seems, it is completely true and for most students this is not a system that will work any further in college. When coming into a university, it is important to remember that it is not going to be much like high school, and a lot of the work

and assignments need to be kept up by the student and the syllabus, which retains all that semester's workload. This can be a good thing for students because it's their chance to start off on a good note and start to take control of their education. But, some students are not able to take full ownership and they end up falling behind or dropping out altogether. A blog by Nureva touches on this well, by expressing the fact that "education, the real trajectory of learning, can be seen in the transition from teacher-led instruction to lifelong, self-directed learning. It's the trajectory of ownership – from performing upon command to performing for the love of the performance" (Nureva). Students need to be able to take command of their responsibilities through the desire to become a better student and learn more. Once students learn to love learning, they will be able to become better students; and it will then be prevalent when they become proficient in their field.

(CCBY US Dept of Ed)

With the price of college skyrocketing in recent years, it is important to have a financial plan paved out to make

sure you graduate without thousands of dollars of debt. According to this article by the U.S Department of Education, "Students who take out college loans but don't graduate are three times more likely to default than borrowers who complete". This is basically saying that if you take out a loan for college but don't finish, you will not be able to pay it back. Once this happens the place you took the loan from can take legal action against you to be reprimanded. A deep hole is dug when going down this path considering you are now out more money and you don't have a degree to show for it. The importance of retention is shown through this because if everyone were to follow this road, no one would be making any progressive steps in their life. Schools have financial aid set up to help students in financial need, but this does not help everyone. Some people need more than financial aid than others, so they end up dropping out to get a job because they can't pay for college. This creates a cycle of people not being able to afford college; which is why we either need to create programs that help people pay for college easier or work towards making college cheaper.

Along with the ideas from becoming active in the residential aspect, it is also important to be involved with the community. All colleges will have outside resources and activities that can be fulfilled by students. For example, Plymouth offers students cheap ski passes to the mountain of choice. This gives students the opportunity to maybe travel outside their comfort zone and meet new people. It is important to be involved also because it helps with balancing hectic schedules and making time for outside activities can improve the student's appreciation for their school. For example, a study on student

retention reveals that "studies that focus on the role of collegiate recreation on student retention have found a relationship in the form of integration of the social atmosphere, providing a sense of community, and a sense of feeling good about themselves". It is important to have many activities and outside sources of recreation to have the student feel more at home. This feeling of home will make students feel more comfortable, so they will most likely return to the university that they feel welcome to. Lastly, activities that aren't academic based and let the students have some fun are beneficial because it lets them blow off stress that is accumulated. Being able to blow off some steam is so important to becoming a successful student and this will overall lead the student down a path of graduating.Another important aspect in student retention is how the student is involved with the residential life. It is extremely important to start getting used to the academic world by joining clubs, study groups, or even sports teams. This is a very demanding factor because becoming comfortable with your residential life and academic life is now in the same group, considering students will be living where they are learning. Students who are more academically involved with the school are more likely to succeed and will follow up with a second semester. In an article by The OrgSync Blog, "the more involved students are in an institution, the more invested they will be. The higher the student involvement level the higher their grades are and the more likely they are to re-enroll for the next semester". The survey that was done proves the fact that with more involvement at the school, students are more successful and have a higher chance of returning. Also, playing sports can help positively and make the student more

likely to come back to that college. Cabrini University posted an article that gives real opinions on how it has affected them. "Athletics helps to teach students life skills. Skills that they will one day need in the workforce such as leadership, teamwork, perseverance and hard work. These are life lessons that they will not only need professionally, but socially as well". With skills taught like these, students are being set up for success.

On every college campus, resources are available to students that can make their life a lot easier. Resources like the library, or health services, and the registrar can help students feel more welcomed and it is a convenient way for students to get help if they need it. Other services colleges will offer are tutoring and technology help, which is useful to students who are struggling academically, or if something goes wrong with electronics, they will be there to help! Tutoring and one-on-one sessions with an advisor or professor is a definite way to make sure that students can reach their full potential. An article by Nacada touches on this importance when it states that "academic advisors provide students with the needed connection to the various campus services and supply the essential academic connection between these services and the students. In addition, academic advisors offer students the personal connection to the institution that the research indicates is vital to student retention and student success." If students know they have someone to go to when they are struggling through school work, they will feel very comfortable at this school. Also, this helps develop strong relationship for the student between both other students and their professors and advisors. This

gives a sense of community among the campus which is also attractive to students thinking of going to the college.

Student retention also relies heavily on if the students can create and sustain healthy habits on campus. If students are developing bad habits and doing nothing to be healthy or productive with their time on campus, there is a great chance they will not be returning the following year. According to article writer Julianne Basinger, Universities "have built student life centers in addition to their traditional student union buildings, as a way to foster healthy habits and help engage students in a vibrant campus life". With new buildings, such as life centers or anywhere that can be used as recreational time, students can develop a healthy lifestyle by being active and making friends. Living a healthy lifestyle helps make people more productive so it is only right to supply those services that will lead to students becoming more active and healthy. Michelle Olsen Taylor, VP of student affairs at Utah Valley University, expressed her satisfaction with this when she said, "We immediately saw more students staying on campus, rather than just coming to class and going home, and that was the purpose". Making sure students find the campus a fun and enjoyable environment is very important in the terms of retention. Nobody wants to attend a school where they have absolutely no fun and nothing to enjoy outside of school work. Additionally, students need to feel like they still can be active and go outside without being held back in any way. Students need to feel the freedom they are receiving, so being active and having more opportunities to do so can enhance their experience.

Student success and retention all boils down to the final factor; self-discipline. College is a whole new world

where students start to realize the benefits of essentially living on their own. It is easy to get wrapped up in things like partying and skipping class, but it is all up to the student and time-management. Students who are more likely to fall behind due to pa

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rtying and skipping class might not find themselves as successful as the students who manage their time properly. This could lead to flunking out of the university, which will have meant all their money was spent on partying. It is easy to get wrapped up in that aspect but it is also just as easy to manage your time and make time for everything. Also, having a good sleep schedule is very important in the category of self-discipline. An article by Ralph Heibutzki on the importance of time management goes into depth when it states, "Sleep cheats the body, which reduces your brain's ability to process information and fully absorb its meaning. The more that you interfere with this process, the less effective your classroom performance becomes, according to the newspaper — particularly if you spend all night studying or socializing".

Without being able to discipline yourself to set aside the right amount of sleep, you will most likely fall behind in school. Falling behind while being undisciplined will lead to the beginning of failing classes or not doing as well in them. This can overall lead to either dropping out or falling being and having to attend college longer than you intended.

At the end of the day, student success and retention can be easily reachable and can be executed properly with the help of campus resources, community and residential involvement. Your university does not want you to fail, your teachers do not want you to fail, and most importantly, YOU do not want to see yourself fail. There are plenty of ways to keep yourself motivated and hard-working throughout your first semester, but it just takes healthy habits and self-discipline to make it all work out in the end. The most important thing to remember is that college is your first step into the real world. It is your stepping stone to maturity and your first glimpse at adulthood. It is what you make of it and what you take out of it that will be the most important aspect in the end. Don't let the obvious college problems like time management and self-discipline get in the way of your future.

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FOR FURTHER CONSIDERATION

1. As your assignment, read the article "College Affordability and Completion: Ensuring a Pathway to Opportunity". Annotate with Hypothes.is and additionally, look at what you agree with and disagree with. Briefly summarize the article and write a paragraph on what you agree with and disagree with. If you do not disagree with anything simply write 2 paragraphs on what you agree with, and vice versa.

2. Read the article "6 Ways to Make College More Affordable". While reading decide what you think is the most important factor in making college more affordable. Then, relating back to student retention somehow, choose which factor was most important to you and write a minimum of 3 paragraphs.

CHAPTER 2.

WHAT DOES IT MEAN TO "OWN" YOUR EDUCATION?

SARAH WIRTZ AND RILEY PAGE

So what is ownership of education? Ownership of education is how much influence the students have in deciding the direction of the class. For example, on one end of the education spectrum there is a type of class that utilizes a teaching method called the banking method. The banking method is the "old timey" method that a majority of people are accustomed to. This means that the students are usually held to rigid inflexible standards and assignments.

What about the opposite side of the spectrum for ownership of education? When a classroom is on the opposite side of the spectrum, they leave the banking method and utilize something called problem posing education. Instead of focusing on just remembering facts in the banking method and nothing else, the problem posing education method focuses more on flexibility and

asking questions. This leaves more room for growth in students and allows them to take ownership of their education.

So now that both sides of the spectrum have been introduced, what are the pros and cons of both? WIth problem posing education, there is more opportunity for every student to be involved with the learning process and openly discuss and ask questions. In other words, they have more ownership over their education. If they are more engaged in discussion, they are more likely to learn because of their engagement.

On the other hand,while the banking method may help students remember facts, do they understand them? There's a statement from http://theoretical-lens.blogspot.com/ that seems to describe both opposite sides of the spectrum of ownership of education quite well:

"Banking education damages the true meaning of learning and inhibits the creative power of the students, submerging their consciousness, while problem posing education creates a classroom of tuned in critical thinkers who will be engaged in their surrounding and based on this, partake in lifelong learning and progression within the self as well as throughout their surroundings. "

So now it's known that ownership of education is important, but what can be utilized to highly encourage it? One possible method to help encourage open education may be open pedagogy. Open pedagogy is learning and teaching using open access resources and special permissions. These special permissions are called the 4r's, in order for something to qualify be under the 4r's the educational resource must have these traits:

- Reuse: the right to reuse the content in its unaltered/verbatim form (e.g., make a backup copy of the content)

- Revise: the right to adapt, adjust, modify, or alter the content itself (e.g., translate the content into another language)

- Remix: the right to combine the original or revised content with other content to create something new (e.g., incorporate the content into a mashup)

- Redistribute: the right to share copies of the original content, the revisions, or the remixes with others (e.g., give a copy of the content to a friend)

Student centered learning

What does the term "Student Centered Learning" mean to you? The term student–centered learning refers to a wide variety of educational programs, learning experiences, instructional approaches, and academic-support strategies that are intended to address the distinct learning needs, interests, aspirations, or cultural backgrounds of individual students and groups of students. In many cases people have close to no clue what this term means or in other cases have never heard of this term at all. Before taking my first year seminar for my college, I was one of those people who didn't know what the term met. After reading and learning more about this topic, I have come to a better understand why people are so passionate about this topic. Student Centered Learning is a new way educators are teaching their students. This method was created to allow the students to become more independent learners and think more for themselves. The big idea for this way of learning is for the

teacher to be teaching and get a conversation flowing but then when things are going well, they will slowly back off and let the kids teach themselves and eachother. This is a very good and effective way of learning, but it comes with many pros and cons.

The first article I read was called "Student-Centered Learning; It Starts With the Teacher". This article talked a lot about the benefits a student will get once the teacher leaves them in charge of their learning. Although it is hard at first and might get awkward, the teacher talks about how they need to leave the students alone and let them work it out for their own good. "Leaving with skills and strategies that can be used immediately to impact instruction and work-related responsibilities.". This is a good method to use when you are trying to get you students to understand and pick up more learning responsibility. For example, if you provide the students the information they need to succeed and do well they will have no reason to do bad or fail with it. I firmly believe you need to fail in like a few time at something to truly understand it in the end. Another point the article made was it allows students to share decision making. This is an important skill to have because it allows the student to understand the importance the knowledge has before getting quiz on it. This allows the students to share ideas and collaborate and with that collaboration it is making the work stick and lets them get a better understanding.

The next article I read talked more about the pros and cons you might run into while teaching student centered learning. In any method of learning, there are going to pros but those pros are going to be followed by cons. The first pro they talked about is letting the students be out

of a normal atmosphere. It allows them to not be quiet and uninvolved as they watch teach stand in the front of a classroom spitting out information at them. Studies show that kids are more likely to sit in silence and be less involved in classrooms with the teacher in front of them spitting out facts at them. This article also talks about the independence a student can adopt while having to teach and learn on their own and with their classmates. This can be connected to the last article I was talking about because they talked about the responsibility you will get from it. Both independence and responsibility are good traits to have and even more beneficial if you were able to learn them at a young age. If students are taught these traits in elementary, middle school and high school, it will help their college learning so much easier and the transition a lot easier for them. A big thing new college students struggle with is the responsibility. College is a lot more work and freedom than these new student are used too. You no longer have your teachers or parents down your back making sure you work is getting done. I do believe that is one of the main reasons why student struggle as much as they do their first year in college. Some of the cons this article talks about are kids falling behind.The whole point of this method is so students learn how to learn on their own and in some way problem solve without being directed or taught step by step. A big concern for the teachers running classrooms like this is the student falling behind. Since you will not be having a teach in front of you directing you, your mind might get lost and board causing it to wonder. If you mind starts to wonder your not learning and doing what you're suppose to be doing. Another problem is the help some students might actually need. Everyone is different and

they learn in their own way and their own speed, so if we make classrooms student centered, there might be a few student in the classroom who do not pick up things as well or as fast as other. They might need extra help from the teacher. Another way this is a con is the noise and the students being on task. This is encouraging students to be collaborative and word together, by doing this it could make the students too social.Since the student will be interacting with one and another that makes it very easy for the kids to get off topic and loud while working with their friends. I personally saw this happening alot to me in high school with group projects. Often in my high school we did group projects and most of the time the teacher would let you pick who you wanted to work with, it was very common people would pick there friend and it would be very common for these students to get distracted.If the students are getting distracted that usually means their work is not getting done and the students are not learning anything.

There are many good and bad things about student centered learning. I believe it all depends on they type of person you are in order to be able to learn from it or not. Allowing this to be a thing in schools is a big responsibility due to the fact it might fail. In the future, I personally think there will be more classrooms and teachers who think this would be good and give it a try. If the student are willing to try and participate in this new method I do think it could work and be very beneficial, but on the other hand, if the students are unwilling to take part and follow direction it could be a big fail. Schooling has been around for many years and it's alway been the teacher teaching the students, since the world is changing so much and so much is happening, I don't think this

would be a bad thing to try out. The way I think it would work the most is if you slowly ease into the method instead of throwing everything at the student all at once. Overall this method does have the potential of working and teaching many students.

This article talked about the benefits students grades will have on student centered learning. Student centered learning is when the ordinary classrooms you are used to seeing are flipped. Everyone is used to the teacher in front of the classroom lecturing the students, but with student centered learning it is the opposite. This is when students are given some information and they are forced to problem and solve and work together in order to move on and learn the materials. Some say this method might not work and is a waste of time, but this article disagrees. It talks about the students actually getting better grades from methods like this because it is more engaging and more hands on. Since it is involving the students so much it is allowing them to be more interested and enjoy learning more. This article relates to the blog post I have written in the past about grading and the importance of it. For some people school comes harder than it does for others. By being more hands on I think it will help everyone in the long run because I personally think things are easily more understood with interaction.

CHAPTER 3.

HEALTHY HABITS IN COLLEGE

DILLON LINDERGREN, CARLTON SANBORN, EMMA BROWN

Developing healthy habits for colleges may at first be a struggle but will only benefits individuals in the long run. During the transition from high school to college it is hard to regulate a healthy lifestyle with such an increase in freedom. Peer pressure for drugs and alcohol will increase dramatically. Healthy nutrition habits will be harder to keep up with along with keeping a regular sleeping schedule. It is also important that students prioritize getting exercise. It is important in the hectic times of school to try and regulate the key aspects that will keep students healthy longer. These include sleep, nutrition, fitness and conscious decisions regarding drugs and alcohol.

Sleep is an essential factor that affects students in college both negatively and positively. The first numbers that pop into our heads when we think about sleep is the well known 8 hours of sleep a night that specialist say we should be getting each night. But realistically, what college student is getting a solid 8 hours of sleep each night of the week? None of them, and if they tell you they are, they're lying. However students need to be taking their sleeping schedules into consideration a lot more seriously than they are. The amount of sleep students receive every night doesn't only affect their ability to wake up in time for class, but has effects on brain function, memory recollection and many other key essentials that are used in and out of the classroom. "Sleep research shows that an ongoing sleep deficiency can compromise memory, decrease alertness and attention, lead to poor decision-

making and is now even considered to be a risk factor for obesity. At the other extreme, excessive sleep can be a symptom of both physical and mental health problems"(Dobbs 1). Students need to find a balance between what is too much sleep and what is to little sleep.

There is a significant difference between the amount of sleep students get on the weekdays compared to the weekends. This drastic change has been proven to have an impact on students success in the classroom. In a study conducted on 200 first year college students in a large private college, results proved that the differing hours of sleep received during the week vs. weekends affected their GPAs. "For each hour of delay in reported average weekday wake-up time, the predicted GPA decreased by 0.132 on a standard 0.00 to 4.00 grading scale" (Trockel 1).

First step to develop a healthy sleeping habit in college, students need to do identify the amount of sleep required to feel rested.

The time an individual needs to sleep each night differs from person to person. Getting the correct amount of sleep helps prevent the weakening of the immune system. According to the health center at the University of Georgia, (sleep) " Restores our energy, fights off illness and fatigue by strengthening our immune system." (UG 1) Often college students turn to napping to help with their tiredness from getting not enough sleep the night before. This tendency actually ends up putting the students at a disadvantage, because "The effect is that nappers sleep less than non-nappers." (UG 1) Not too many students know that a quick nap could benefit them more than a long nap.

One of the many factors known to affect students is nutrition. Everyone has heard the saying "breakfast is the most important meal of the day" but many of us

don't have the time or see the need to take time each morning to eat.

Throughout college there have been many problems that students will face. A main problem is the type of habits a person creates. The habits college students have to make include nutrition, sleep, fitness, alcohol/drugs are choices students make everyday. Habits are created by getting into a routine everyday or multiple times a week. If the routine is not being used in the correct way it can cause unhealthy or bad habits. An example of getting into an unhealthy habit is staying up all night to do homework or other activities because it affects a student's sleeping schedule. Sleep is essential and is needed to be able to perform other activities like focusing throughout the day or in class. When a habit turns bad, it can affect an individual throughout college if they aren't making the right decisions, and it can affect the body mentally and physically in a horrible way and people will notice.

   "Fitness/exercise in college is a topic and a struggle

for students that is faced everyday. "Most students are aware of the dreaded "Freshman 15" which usually starts small at around five to seven pounds and increases steadily during a student's time in school. The weight gain can be caused by unhealthy eating, sleeping habits and lack of exercise"(Miller). This statement from this article explains the unhealthy habits that most college students face but can see that if you are not doing well with one habit it can cause other ones like gain weight. To avoid this, collge students should be getting a certain amount of physical activity to prevent gaining unnecessary weight. According to the Centers for Disease Control and Prevention, "about 5.2 million college students are obese." (Miller). To prevent this from happening, students need to be more motivated and should want to put the effort into fitness to get the body in better shape and also have a healthy body. A university performed a study that tried to prove whether students would be at a "better state of physical health and greater happiness than those who didn't exercise" ("Getting Exercise In College" 2008). Students exercised at least 3 times a week which helped the the researchers test their hypothesis.

From the study performed by Tufts University, the researchers concluded results that showed fitness is a key component in everyday life. Adults should get at least one hundred fifty minutes plus muscle strengthening activities a week. In another article it says exercising can be one of the first habits students can drop when transitioning in college. This is because trying to fit in a exercise between classes is hard or can't find time for it can be difficult. Also in this article

it says "exercise helps you sleep better at night, improves mood, decreases stress, improves focus for better studying, and makes it easier to achieve or maintain a healthy weight" (Hauspurg). That shows that one habit can affect all the other habits in a good way or a bad way depending on what type of decisions are made which is very important when making decisions in college.

In conclusion, being able to get out of bad habits isn't always easy. It takes about 21 days of doing an activity to make it a habit whether it is good or bad. The first step of getting out of a bad habit is to become motivated. Being driven will help a person achieve their goals. For example, bad habits would include eating unhealthy or not getting the right amount of exercise that they would like. The person should try going to the gym and to plan a healthier diet. Once the student or individual gets into a routine, eating healthy, getting exercise, and other habits will be easy to overcome.

A big problems students face when trying to develop healthy is the usage of drugs and alcohol. Students use drugs as a way to help them feel good, have fun, and sometimes focus on their studies. The main drugs that are found on college campuses are alcohol, marijuana, and adderall. Many of these drugs have been abused by many college students. The abuse has caused students to do poorly in their academic performance which has caused many students to drop out of college. Students will binge drink, drink a lot of alcohol in a short period of time, in order to go out and party with friends. People smoke marijuana to help themselves feel good. Adderall is abused by college students to help

them stay focused and eliminate any distractions around them. Drugs and alcohol give people who abuse them several health risks, it also just so happens that a big population of people that are abusing drugs and alcohol are college students.

Alcohol is illegal to people under the age of 21 in the United States. Half of college students are under 21, which means half of the college population are drinking alcohol illegally. People drink alcohol to help them relax, party and have fun, and help reduce stress and anxiety. It's the most popular substance to use among college students. "Alcohol is the most widely used substance of abuse among America's youth. More kids try alcohol than try cigarettes and a substantial number of young people begin drinking at very young ages." (Wilcox) Alcohol can also be very dangerous because many accidents can occur while under the influence. "Excessive drinking can lead to something as minor as a hangover or it can lead to death. According to NIH, about 25 percent of college students report academic consequences of their drinking, including missing class, falling behind, doing poorly on exams or papers and receiving lower grades. The NIH also reports that 1,825 college students between the ages of 18 and 24 die each year from alcohol-related injuries. Drinking excessive amounts of alcohol can also lead to other serious side effects." (Student Health – Drug & Alcohol Abuse among College Students.) Drinking alcohol will change your state of mind. You get more abusive and are at a greater risk to assault or be assaulted, be sexualy abused, and develop alcholism. "Whatever it is that leads adolescents to begin drinking, once they start they face a number of

potential health and safety risks. Young people who drink are more likely to be sexually active and to have unsafe, unprotected sex; are more likely to be involved in a fight, commit violent crimes, fail at school, use other drugs, and experience verbal, physical, or sexual violence. And those who start drinking before age 15 are five times more likely to develop alcoholism later in life than those who begin drinking at age 21."(Wilcox) Alcohol affects many students in some way. "More than 690,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking." (Wilcox) "More than 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape." (Wilcox) "599,000 students between the ages of 18 and 24 receive unintentional injuries while under the influence of alcohol." (Wilcox) "About 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall." (Wilcox) ": More than 150,000 students develop an alcohol-related health problem and between 1.2 and 1.5 percent of students indicate that they tried to commit suicide within the past year due to drinking or drug use." (Wilcox) "1,825 college students between the ages of 18 and 24 die each year from unintentional alcohol-related injuries." (Wilcox)

The second substance that is popular on college campuses is Marijuana. A lot of people get into smoking Marijuana because they feel like they need to smoke it to fit in. "Second to alcohol on college campuses is marijuana, reefer, Mary Jane, weed or pot. According to a survey conducted by the Harvard

School of Public Health, 47 percent of college students have tried it at least once, with 30 percent admitting to using it in the past year. Like alcohol, marijuana is popular in the media and present in music, movies and television." (Drugs Commonly Abused by College Students.) Marijuana is used for medical purposes. "Medical marijuana is the same marijuana that is smoked recreationally, and the appeal is largely the same: It can improve mood and relieve pain. It is typically prescribed for patients with cancer, AIDS, ADHD, Crohn's disease, neurogenic pain, migraines, arthritis or multiple sclerosis." (Student Health – Drug & Alcohol Abuse among College Students.) Marijuana is easily obtained by college students and abused too. Just like alcohol, there are side effects from using Marijuana. Weed increases anxiety and decreases reaction time. Marijuana is also known as a gateway drug. Many people who have used Marijuana have claimed that they have used other drugs. "About 9 out of 10 students who use marijuana participate in other high-risk activities such as heavy drinking or cigarette smoking, according to a study by the Harvard School of Public Health. Marijuana use is also associated with poor academic performance, isolation, participation in criminal acts and a weakened immune system, which can lead to a number of health problems" (Student Health – Drug & Alcohol Abuse among College Students.)

A big problem students face is the work load they receive from their classes. College students will receive so much work from their classes that they need to find time to do it all. A way that students get all their work done is staying up all night to get it done

or to study for an exam. They also take a pill known as Adderall. "Adderall is known as "the study drug" on college campuses, but that's not why it is prescribed or why it was developed. It is a prescription drug for treating attention deficit hyperactivity disorder (ADHD). It is widely abused, however, by students without an ADHD diagnosis. In fact, one in five college students admits to using Adderall (amphetamine and dextroamphetamine) without an ADHD diagnosis, according to the National Institute on Drug Abuse." (Student Health – Drug & Alcohol Abuse among College Students.) "Students without ADHD who take Adderall report a heightened sense of motivation, focus and concentration, which can help when pulling an all-nighter and provide an added boost before an exam. Adderall does not make a student smarter; it simply helps eliminate distractions and allows students to stay focused." (Student Health – Drug & Alcohol Abuse among College Students.) Adderall can get students hooked and addicted. These people have been know to have many health risks which include "headaches, depression, dry mouth, and loss of appetite". (Student Health – Drug & Alcohol Abuse among College Students.) "Adderall abuse is considered a serious problem among college students. According to the 2010 National Survey on Drug Use and Health, more than 11 percent of people ages 12 to 25 reported using prescription drugs for non-medical reasons within the past year, and full-time college students ages 18 to 22 were twice as likely to abuse Adderall as those of the same age not in college. When students take Adderall without a medical reason, they can easily become addicted to and dependent on the drug."

(Student Health – Drug & Alcohol Abuse among College Students.)

It's very important to college students to develop a healthy habits. Having a good night sleep is key in order to stay focused on your studies. Along with sleep, nutrition is important in order to keep the brain recharged. Having a good fitness plan is key to help stay in shape and avoid "the freshman 15". Staying away from drugs and alcohol will also help stay healthy. All of these are key aspects to help staying healthy for longer time.

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FOR FURTHER CONSIDERATION

1. Read the following two articles, open them with Hypothes.is and annotate anything you found interesting. Summarize the two articles in your e-post about what you read.

http://www.tandfonline.com/doi/full/10.1080/ 07359680802619834

http://www.tandfonline.com/doi/pdf/10.3200/ JACH.53.6.245-25

2. Read this article, then in your e-post come up with 5 of your own tips to help college students have better healthy habits.

http://grownandflown.com/tips-healthy-eating- fitness-habits-college-students/

CHAPTER 4.

FINDING SUPPORT TO SUCCEED IN COLLEGE

JOHN MANNING, CASSIDY MAVER, JEREMY GILBERT

Introduction: Campus Support

When transitioning from high school to higher education, the stress level rises and the workload increases. In college, nobody watches over you and makes sure you succeed. However that doesn't mean help isn't available. In this section we will talk about where to find campus support and how it can boost confidence in anxious students. Self help, our modern day technology, and campus facilities all further students chances of success while making their educational career less stressful. The help is there, and always has been. It is time for students to reach out and make an effort to want it.

Self Help

by John

Coming to college, whether they take advantage of it or not, most students know that there are campus resources

designed to help them. What some student might not know however, is that they can help themselves too! Some students help themselves without even knowing it. In this section We will go in depth and talk about the ways students can self help and better their chances at success in college. The topics that will be discussed are Using time wisely, studying environments, and Preparing for class and class time management. These three topics are all related to the individual and how they can do these tasks to make college life easier and less stressful.

CC BY: Marketa

Using time wisely is not something that comes nature to most. People need to figure out what works best for them and then use that to their advantage. When to sleep/ take time to relax, How to stay organized, When to start and finish work, and how to become motivated are all the ways students can help themselves manage time. If a student's knows he wants his night free to be social, then he must plan and finish the work that is needed before that free time. Blocking out time frames of when to do tasks will help keep a person focused and stay on track.

That is also an organization skill. Planning out what needs to be done when, helps the individual clearly know the order and the tasks. Less confusion is important when trying to be productive and organized. It also plays into when to start and finish work. If the student made a list and designated an hour to work on a project, then they should start the project right when that time begins. Just because a task on the list is started, doesn't mean it needs to be finished. Stopping a task to start another one, so the list maker doesn't fall behind, Is okay. What might be better is taking a break from that activity, doing something else, then returning to finish the job. However; all this can be easy to not do if motivation isn't there. Becoming motivated is hard to do, especially if the task is cringe worthy. An example of how to become motivated is telling oneself to finish the "bad" activity before being able to participate in the "good" one. Time management is an essential, but there are other colossal factors that can lead you to self success.

Where to study is also a big factor. If students don't know what works best for them when studying, then they are likely to hold off, procrastinate, and sometimes not do it at all. this procrastination can push into a person's free time and end up messing up their whole schedule. This articlestates that when studying people need to find what time of day, sound, lighting, and temperature work best for the individual. Students should chose, "study sessions during the time of day when they are most alert." Giving them the chance to have the most retention when learning. People also concentrate better in a quiet environment. Less distractions equals more focus on the task at hand. "However, if you do choose to study to music, choose Baroque classical music. The tempo and

instrumentation of this music seems to be most compatible with study and learning." Also "Being aware that light does make a difference, you should study in the environment that best matches your learning preferences." Whether the student likes it bright to be able to stay alert and awake, or dim because the surroundings might distract if they are lit up, the individual should find the best lighting spot for them. The last thing to be aware of when studying is temperature. "You should be aware of your preference for either a cool or warm environment." If comfy and cozy is what the studier likes best, then warm is the way to go, yet if being cool makes the individual feel alert, then they should move to a space that provides it. Studying is tough, but by adjusting surroundings then it can seem like less of struggle.

The last self help is preparing for class and class time management. Classes are the whole reason why students go to college, so preparing yourself to succeed in them might be the most important step. This article states, "If the professor tells you to do the reading before class, do it! You will get much more out of class. Be careful, though, about how you do your reading. Many students seem to read as quickly as possible." This quote is saying that most students speed read, or just reading it quickly to get and idea of the topic. If students do that they will not fully understand the concept and not truly learn. Skipping class is another big problem. Students think it is okay to skip class if they just do the assignments that are given, when really, " 'Eighty percent of success is showing up' " (Woody Allen, as cited in Safire, 2001, para. 11). The professors are there because they have the knowledge and experience in that topic that they are trying to pass on to the students. If the students are not there half the

time, How is the professor suppose to educate them in their course. Class time is the student's time, Even though the teacher dictates what is learned, the students decide how how much of that information they pick up. Nobody will help a student if they don't start to help themselves. In conclusion, this is why self help is so vital in today's educational world. Teachers and professors what their students to succeed, but they don't have the time to go out of there way and hand you the skills on a silver platter. That is not the point of learning. Having the motivation, time management, study skill, and class preparation is the way that students help themselves, so help from others and learning become easier. Growing up Most adolescents think people just tell you what to do, but now its time to tell yourself what to do and keep you self in line.

Faculty Help

by Cassie

In college, students can seek support in many ways. Either the support being for personal and social issues or issues involving academics or health issues. Schools provide many services that are here to help college students. Faculty is at every school and they are there to guide students through their college career. An academic advisor is assigned to each student and their job is give advice and support to students who are having trouble in a class or need someone to talk to. Advisors often recommend seeking help through the tutor center. At most schools, including Plymouth State, there are writing and math centers to support and help students who are struggling with their academics. It is free and very useful help for all students. Papers can be brought to the writing center to get organized or edited by faculty or by another

student. The tutor center is also a free resource that offers any students a free tutor to assist them in any subject. This article discusses the significance of taking advantage of your school's academic support services, and resources that can be helpful involving personal or social issues. The article says, "You may be living on your own for the first time when you go to college — but that doesn't mean you're alone. Most colleges offer campus services that students can use when they need help with personal, social, health, financial or other issues." Faculty is there to assist you with any type of problem a student may be having. Health centers are also very important, on campus nurses and doctors are available for assistance to all students.

CC BY: Moyen Brenn

If you are a student living in an on campus dorm, you have an RA. This article says,"Residence Assistants or Residence Directors are students or professionals who live in the residence halls and are trained to help students with issues ranging from academic concerns, roommate issues, social issues, or personal problems. These staff

members are often the first to notice problems since they have daily contact with students." Residential faculty can be a useful resource, they are always there and can help with any topic a student may need support with. Residential advisors are there to guide and help their residents.

Every school also has a library, which provides students with a lot of services. The faculty at campus libraries are there to assist students with finding the resources they need to do a project, help with writing papers and also help with technology. Getting to know the faculty at the university's library can be very beneficial to students. The staff there can fix problems you are having with technology or installing software to laptops. The library is one of the biggest support services for all students.

"If you're having a tough time coping with stress, speaking with a mental health counselor at your college can help. Counselors can also help if you feel isolated or depressed or have other personal issues you want to work through." Every school has counselors, that students can make appointment with and discuss anything that they are struggling with. These guidance counselors are different than the advisor that each student has. These counselors can help students who are struggling with anxiety and other major problems, the article says "If you need more than that, they can refer you to off-campus mental health professionals." Talking with professionals is what students need when they want to get help with any issues. All members of the university's faculty are there to assist students and guide them through their college careers, these people are the main contributors to all the campus support services.

Technology

by Jeremy

Technology has brought education to new levels, advancing millions of possibilities when it comes to efficient learning. It allows us access to faster and more efficient resources, for student, teacher, and parent benefit. For parents, it gives them access to see how their son or daughter is doing in school. Most schools have web pages dedicated to showing students and parents their updated grades, homework assignments, and notes. Here at Plymouth State University, we use Moodle. For teachers, the entire education game has been flipped upside down. Teachers are now given the opportunity to communicate with students faster than ever before. Email, twitter, text, moodle, and hundreds more of online tools allow students and teachers to have limitless communication. This can help students and teachers by asking about assignments, alerting if there is a class cancellation, notifying about specific questions, and of course hundreds more of good usages. For students, this technology is even more important. We can access millions of resources online within seconds, for either really cheap, or mostly, free.
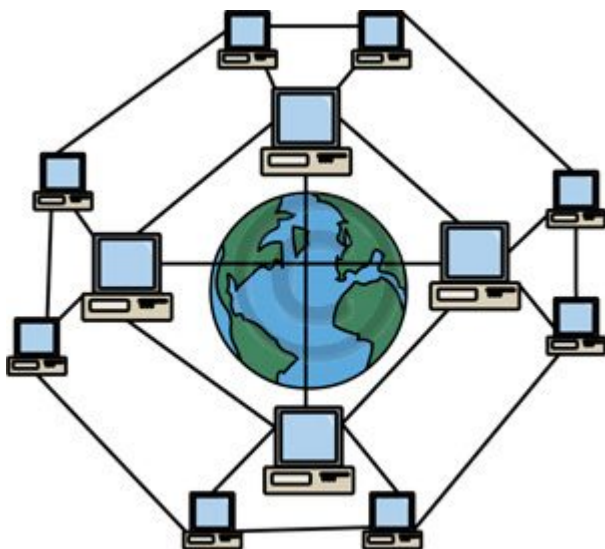
CC BY: LearnerWeb

Students have unlimited opportunity when it comes to using the internet for educational purposes. Information is uploaded every second on the internet, and is the most updated resource for information our world has to offer. It beats books, magazines, and newspapers, being able to present unlimited information to the fingertips of anyone in milliseconds.

One resource that should take most advantage from is textbooks. Textbooks have been a classic, trustworthy source of information for students for decades. The number one problem with them, is they cannot be updated every second. They also are heavy and expensive. Having an updated, trustworthy textbook in your pocket at all times is one of the easiest ways for students to keep themselves with the newest data.

Students also now have the opportunity to keep their work organized, for as long as they want. There are

millions of websites and applications online that have the capability of storing information, usually without any limitations. Computers also can store information in their own systems, allowing us students fastest communication and most efficient ways of storing schoolwork.

Today in a classroom, technology integration is one of the most important keys in creating an efficient work environment. In the article "What Is Successful Technology Integration?" , technology integration is defined as "when students are not only using technology daily, but have access to a variety of tools that match the task at hand and provide them the opportunity to build a deeper understanding of content." If a classroom can use these tools successfully, teachers and students will be much more in sync and it is much easier to have a civilized even learning network.

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FOR FURTHER CONSIDERATION

Assignment one:
Read this article about Campus help and then write an Eport summary and your thoughts before and after the article was read. Did anything change your mind? Was there facts that surprised you? Make it at least three paragraphs. Article here

Assignment two:
Read this article about how to self help yourself. after reading it take some time to test out the different theory the article suggest. find what works for you then write an Eport post about what you learned from the article and why strategies will help you be more successful. At least three paragraphs.

VIDEO BREAK: FINDING SUPPORT

JOHN MANNING, CASSIDY MAVER, JEREMY GILBERT

https://youtu.be/Qqtdp7U0–k

CHAPTER 5.

ENGAGING WITH YOUR COMMUNITY

PATRICK BENTZ AND ERIKA LILLIS

Community engagement can be on a social level, especially when talking about friends . Friends are the biggest factor in a person's social life. Who someone connects with says a lot about their character and values as a person. Friends also have the ability dictate the community a person will be involved with on campus. Retention rates for colleges can be effected by the ability for the students on campus to make friends. The amount and quality of friends a student makes at a college can lead to students wanting to stay at the school. The article INTENTION TO PERSIST AND RETENTION OF FIRST-YEAR STUDENTS: THE IMPORTANCE OF MOTIVATION AND SENSE OF BELONGING states, "Specifically, she found that both social and academic adjustment was related to persisting at that university"(Morrow 483). This quote shows how the social aspect of college life is important to retention rates,

which allows us to conclude friends the biggest socializing agent would affect retention rates. The same article also use the quote, "How connected students feel to their university is an important construct to consider when looking at why students may or may not persist at an institution. Sense of community, or sense of belonging, can be defined as the sense that members of a community feel that they belong and that they matter to one another"(Morrow 484). This quote emphasizes the idea of a community being important for students to feel connected to a school. The more connections or friends made at a college increases the student's feeling of belonging, increasing the feeling of community. The author Tinto says, "Students leave a university for a variety of reasons: academic difficulty, adjustment problems, uncertain goals, lack of commitment, inadequate finances, lack of student involvement, and poor fit to the institution "(Morrow 483). This quote identifies reasons why people leave the school they are attending. Lack of student involvement and poor fit into the institution are two factors of why students leave that can be practically fixed with good friends. This idea of an established community though friends is a major factor of the idea community engagement, since friends are one of the biggest socializing agents out there.

Since community engagement is such an important aspect of a school's retention rate,smaller factors such as clubs affect the retention rate. Clubs allow student to be engaged in extracurricular activities, that introduce them to people that share the same interests. Clubs are the easiest way to get involved, because everyone is welcome. Clubs are a sort of sub community, because of their structure. The structure being referred to creates a hierarchy by establishing a president, a vice president, a treasurer, and other positions created by clubs to set up a power system. This type of power structure is necessary to ensure a club runs smoothly and efficiently for all members. The article College Extracurricular Activities – Impact on Students, Types of Extracurricular Activities, "Specifically, a student's peer group is the most important source of influence on a student's academic and personal development." This quote highlights the fact that peer groups are very important to a student's development and character. The same article also states, "Extracurricular activities provide a place for students to come together,

discuss pertinent ideas and issues, and accomplish common goals." This emphasizes the ideas that clubs make a social connection for people to ensure they are involved inside the community. This also shows how clubs provide an outlet for students to get involved through common goals. Another source titled Involvement matters: The impact of involvement in student clubs and organization on student retention and persistence at urban community colleges addresses clubs saying, "Student participation in campus clubs and organizations has been shown to be a contributing factor in both student retention and persistence at other institutions of higher education." This identifies the fact that clubs and other organizations improves the retention rates for colleges. Clubs allow students to be a part of the social culture of a campus, a factor that increases the overall positive feeling for students about the school. Another article says, "Participation in clubs and organizations is one form of involvement associated with a host of learning and developmental gains"(Case 166). This statements highlights how students not only learn through clubs and organizations, but develop as people as well. Since colleges are looking to increase the retention rate, the amount of clubs and organizations tends to be large, in order to keep all students happy and involved. Allowing it to be concluded that clubs create community involvement, allowing students to feel a part of their school and increasing the retention rate.

College locations also affects a college's retention rate. Lots of students attend a college not only for their education, but what the local area provides around the school. For some people that could mean it close to home, or very far from home, it could be a region where it

is very warm all the time or cool and just right for skiing.Whatever the case may be a school's location is very important. Colleges recognize the need to utilize the resources around it to attract more students and eventually improve the retention rate. This use of the resources that surround the campus also leads to community involvement, because you are going into the town and surrounding areas. This is an example of school created community since they are creating attracting a specific type of student to attend a college. The town community is also involved since its resources around the campus, and not the campus created community.

CCBY: Matt Ball https://flic.kr/p/671zWA

The article The 10 Best Colleges for Ski Buffs says, "And if you're a college-bound ski buff, regardless of where you're from – Alaska, Illinois, Rhode Island – we've got 10 schools from the Rockies to the Appalachians that deserve a serious look." This source specifically targets skiers and their desire to use the recreational area around a college to determine where they should attend. By

targeting these individuals using resources they are creating a skier

Obtaining a job in college helps you acquire skills that benefit your career. Studies show that during your time at college you can still maintain good grades while working up to 15 hours a week. These studies also prove that you become better acquainted with staff, students and faculty. Jobs help the student gain better time management skills that are necessary for academic success. Perfect time management skills will benefit your workflow throughout college and will help you maintain your goals. Grades are not the only thing students are stressing about now days, student loans are becoming more of an issue over the recent years because of the increase in college tuition. Jobs help the student reduce their student loan and give the student some spending cash aside from meal plans. Working for a company before you graduate is a good look on your resume when applying for a job. Most employers look for people that have experience before anything else. Employers are looking for students that either worked during their years at college or as an intern at a company over the summer. Jobs and internships will benefit the student when trying to acquire his dream job that they have been working so hard for. Students who hold jobs throughout their academic years have better connections once graduated then before. Connections allow the student to have a better chance of getting a job right out of college. Companies are looking for people that have the experience and dedication to work long hours while still maintain a good time management skill. Students that are obtaining these jobs tend to have a higher GPA than students who aren't involved in social activities. A study by the (NCES) states, "The National

Center for Education Statistics (NCES), which is run by the U.S. Department of Education, found that students working 1-15 hours weekly have a significantly higher GPA than both students working 16 or more hours and students who don't work at all." This quote proves that students success rates are higher based on working on jobs that benefit the student. Students are also saying that when holding a job, they are forced to become more efficient with what they are doing. Having a job is another way to meet people in your college, this makes the student more involved on what is going happening on campus. Being involved on campus improves the student's success rate in graduating in four years.specific type community. This would create a common interest for many people, leading to easily finding people who share you interest. An article titled The 35 Best Outdoor Schools in America states, "Many of our nation's top colleges see nature as a natural complement to the thinking life. A great place for reflection, personal growth, and experimentation; there's a reason why many top schools are buffered by parks, natural reserves, and great views." This quote proves colleges use surrounding areas to attract students. Students who love an area where their college is, and are invested in the community around them are more likely to stay. Resulting in happy and active member of a community, that will want to stay at that institution.

The impact of sports benefits the student's success rate more than any other activity. Students that are involved in sports have been known to have more skills and higher grades than ones that don't. Being involved in a sport helps the students time management, leadership skills and their dedication to getting their degrees.A study by

Parkus state's "student-athletes across all three divisions generally identify very highly as both students and as athletes … High athletic identity is not itself an indicator of potential academic trouble, but low academic identity is" (Berson). This quote is targeting the students that are not involved in sports, or ones that question if sports affect student success while in a sport. Students are required to maintain a certain GPA throughout their four years at college to help them stay focused while still playing sports. According to the NCAA, it states, "Increasingly, the business world is focusing on creating a team environment with employees, as evidenced by constant discussion of teamwork in publications like the Harvard Business Review." This quote supports that student athletes are more prepared for life after school than students who are not involved in sports. According to Bloomberg, "Seeking accomplished jocks with good grades, especially women, for entry-level positions is becoming de rigueur on Wall Street, where New York-based Drum Associates in February opened what it describes as the first division of an executive search firm that caters exclusively to current and former college athletes." Employers are now looking for students that can maintain good grades and time management skills. No longer are prestigious companies looking for the best or top class students. Firms are looking for the ones that have the experience that these student athletes are getting being involved in these teams. In recent years according to the NCAA, academic success has been increasing, stated in an article, "The NCAA's most recent data indicate that more than eight out of 10 (82 percent) Division I student-athletes are earning their degrees. Overall, college student-athletes graduate at rates higher

than college students in general. As part of the NCAA's Academic Progress Rate, more than 11,500 student-athletes have returned to campus and completed their degrees since 2005." This quote is supporting the fact that students that are attending sports are completing their degrees at a higher rate each year. Alluding to the point that sports allow students to be inducted into the community, leading to a higher retention rate.

The idea of community is very important to establish a good retention rate of students every year. With a lot of factors contributing to a working and well developed community. The major factors contributing to the retention rate were identified to be clubs, sports, recreational activities, friends, and jobs. These factors identify a social community such as friends, clubs, and sports where there is daily interaction with community members. Community is also broken down into the college created community, and the community that is created by the town itself. Students are able to enter whichever type of community they desire through what activities they choose to be involved in. Since community has a direct effect on the retention rate the better the community is, the better the retention rate for the school will be.

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FOR FURTHER CONSIDERATION

PATRICK BENTZ AND ERIKA LILLIS

1. To ensure you have learned how retention rate is affected by community engagement please read the articles College Extracurricular Activities – Impact on Students, Types of Extracurricular Activities and Student Involvement Means Success All Around . During the readings be sure to annotate using Hypothes.is. You must have at least ten annotations on both pages. After you are done reading write a summary paragraph for each article. Then write a paragraph about how you are involved in the community at Plymouth. If you are not currently involved in the community find some ways you could get involved. Make sure to add two pictures with citations, and link the website when citing the article. This entire post should be three paragraphs.
2. To ensure you have learned how retention rate is affected by community engagement please read the articles College Extracurricular Activities – Impact on Students, Types of Extracurricular Activities and

Student Involvement Means Success All Around. After reading these articles go out into the community of Plymouth, and talk to some students. Ask them questions such as do you like it here, are you involved in any activities, and do you plan to come back next year. Make a post using the ten best quotes you got from the students. Make sure to write a concluding paragraph to analyze the quotes and how you think community effects retention rates.

CHAPTER 6.

YOUR GOALS, YOUR TIME

LISSA PERRY, JACK, JACOB MCMASTER, JACK CAVANAUGH

The transition from high school to college might be arguably one of the biggest transitions in life. Self-discipline is a major key factor for having a successful college career along with a successful life. College students go into their freshman year very confident with their self-discipline or very scared of it. Most college kids that think they have what it takes to succeed get a rude wakeup call. In order to achieve strong self-discipline and have a successful college career, a student must know how to plan and organize, manage their time wisely, and set achievable goals.

Time Management is one of the most important parts of the college process. Students managing their time correctly is the hardest transition for them. Some students look at college as freedom and being able to do their work on their own time, while trying to incorporate social life and extra-curricular activities. Students that look at college like that usually get a rude awakening. It is the foundation when students set their goals or planning out their planner. In order to achieve good time management, students need to figure out how to use their time wisely, keeping up with deadlines, and developing a knack for patience. Procrastination will not be your friend in college. Unlike college, in high school, kids are told by parents and caregivers, when practice is, when dinner is. For college its polar opposite. Trying to start homework before a practice or meeting, continuing that work, going to dinner, and trying to finish it all together, is a hard challenge for most students. We see a trend in students who are stressed in college that do not manage their time wisely. Not only do students have to look out for academic time management but students need to consider their health, as well as their personal time.

Students who use their time wisely have more success in college. This is also knowing that college does not have a fixed schedule every day and that students have to

make a set schedule for themselves. Students should use their spread time between classes to get some work done. Students need to figure out what is a more important way to spend their time rather than what they want to do. Procrastination in college is a lot of students problems as well because they think they have all the time in the world and then the due date comes right around the corner. This is also where students get side tracked with their social life, they get too comfortable with the freedom college brings them.

Going to college means that students are on their own and also means students are going to get sick. Students don't realize how important it is to set aside some time for your personal time and personally health time. Being able to have time to take care of yourself while being out with your friends, staying up late doing papers, and going to class. Most common thing for college students is lack of sleep. Students need to make more time for their well-being and letting them go to sleep. The better a student's health is the better they have to succeed.

A 2007 meta-analysis by University of Calgary psychologist Piers Steel, PhD, reports that 80 percent to 95 percent of college students procrastinate, particularly when it comes to doing their coursework (*Psychological Bulletin*, Vol. 133, No. 1). Students should know going to college that professors will not babysit you like high school teachers. Teachers in high school say over and over again it will not be like this in college and students do not take them seriously until they get their themselves. High school professors write on the board, remind you every time in class when assignments are due, but in college, you are reminded once maybe twice and expected to get your work in on time, ready to pass in. Students need

to realize that procrastination is very hard to deal with. College is the real deal and prepares you for after college. After college you are sent out into reality and expected to live amongst people and pretend you know what you are doing. College gives you full preparations and life lessons to learn throughout your experience. You are thrown into the real world where you cannot procrastinate.

Throughout your years at school there are many skills that need to mastered for optimal success, one of them being goal setting. Goal setting is one of the most important skills that need to be utilized every single day. Whether it is for a test that you want to ace or a homework assignment that you want to get done by a certain time, proper goal setting can make or break you. Without setting goals for yourself you are most likely going to poorer than you expect, setting goals for yourself makes you want to complete these and work harder and put in more time than if you nonchalantly do your work without any goal for yourself to reach and accomplish. "By setting goals and measuring their achievements, students are able to see what they have done and what they are capable of. Seeing their results gives the confidence and assurance that they need to believe they can achieve higher goals." ("Effective Goal Setting for Students", 2016)

Goal setting in life is very important and crucial if you hope to achieve success in any aspect. The best way to describe how important goal setting is, is that if you are throwing darts at a dart board without any goal to hit the bullseye you will probably never hit it. But with a goal to hit the bullseye it may be a lot easier to hit it or at least get as close as possible. Goals can keep you motivated at even the hardest times and can give you a light at the end

of the tunnel when working on something that is time consuming or hard because they push you to finish what you are doing and eventually accomplish your goal. "The root of all the motivation or inspiration you have ever felt in your entire life are goals." (Lucas Falconer, 2015).

When giving yourself academic goals you should always start off broad and then slowly set smaller goals for yourself that eventually add up and help you accomplish your main goal. Doing this helps you stay focused because it helps you really understand what needs to be done and how. "You can have all the potential in the world but without focus your abilities and talent are useless." (Lucas Falconer, 2015). While setting and reaching these small goals you are adding up all of your progress and slowly getting closer and closer to your main goal without even realizing it.

Goal setting in my opinion is probably one of my most useful skills when it comes to getting all of my work done and passing a college level course. For me I always start a semester out by setting a simple goal of passing the class, and as the semester goes on I set smaller goals like completing assignments or passing a quiz or test. By doing this it helps me focus on what is in front of me now, and gives me a clearer picture of how I am doing in a class and what needs to be done.

One of the best way to successfully achieve this is with the help of a student planner, where a student can outline every day in a calendar that is created with them in mind. Sketching out a week's plan on a blank piece of paper works, but it lacks the organization a of a student planner. With a planner and a plan, the student's week will be a lot less hectic. Planners are great for writing down your

everyday assignments so you do not forget anything and are always on top of your work.

Planning is a huge part of life whether that is planning for college, planning in college or planning for life after college. Many people when they think of college all they imagine is that it's all just a big party. That is where they are wrong; college life is rushing from class to class, reading, writing essays, and working a job all at the same time. Organization is the key to overcoming this stress. Students should start by using a syllabus for each class and planning ahead of time how much time you think you will need to block out to get work done. Students have to remember that schoolwork takes time. Planning is imperative for students so they are not writing an essay the night before it's due, knowing you also have a quiz on another subject the following afternoon. Students also need to plan out their papers as well. They have to remember that a five-page paper is not just a five-page paper. Papers require research, rewriting, and editing. Most students do not realize this and think, "Why edit or rewrite when you can just hit print?" The problem with this is if you want a solid grade then revising a paper is critical. The best writing comes from hours of work and multiple drafts. Many college students do not want to do that; it's not because they are lazy, but because it takes so much time. Hence why having a planner to plan out your work is imperative to success in school and in everyday life. "By consistently using my student planner, everything became significantly manageable. Throughout the rest of my high school career, I explored new tools and tested various techniques such as RAM charts for projects and the Cornell note-taking method," said

Northwestern University senior Joseph Lee (College Students: These Soft Skills Lead to Academic Success)

By planning, students can alleviate the anxiety of last minute cramming and essay writing. The key is to set up a schedule. For example if a paper is due a Friday, on Monday spend an hour doing research, Tuesday write the first draft, Wednesday rework the paper a couple of times, Thursday do a final edit and print it out. By doing this and spreading out the project or work everything will be less overwhelming and students will be more successful. Unfortunately very few students are able to this mentally which hurts them in the long run. Noting the time spent at work will allow them to be more realistic in their planning, helping them throughout their whole life by being on a schedule. Let's a student has five hours of work on Tuesday along with five hours of classes. This might sound obvious but with the week rushing by it's easy to have work pile up on an inconvenient day. By planning ahead of time, the stress of the student's workload can be alleviated. Once a student has their schedule done, they can sleep easier, knowing they have already planned out the upcoming week. No last minute essays, last minute study sessions, or last minute readings. While the students friends are freaking out on a Wednesday night about their workload, the student is able to relax, knowing they have already completed what needs to be done thanks to planning ahead of time.

Example of a Planner

Monday:
7:00 AM Wakeup
8:00 AM Breakfast
8:30-12:30 PM Classes
1:30-2:30 PM Homework1:00 PM Lunch
3:00-8:00 PM Work
8:30 PM Dinner
9:00-11:00 Relax
11:00 Sleep
Tuesday:
7:00 AM Wakeup
8:00 AM Breakfast
8:30-12:30 PM Classes
1:00 PM Lunch
1:30-5:30 PM Homework
6:00 PM Dinner
10:00 PM Free time
11:00 PM Sleep

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FOR FURTHER CONSIDERATION

1. Assignment: Read and annotate the article using Hypothes.is. After you are done with this task, summarize the article in two paragraphs and then your last paragraph wrap it up with your personal thoughts. And in your ePort write about how you can make yourself more self disciplined. http://www.forbes.com/sites/jennifercohen/2014/06/18/5-proven-methods-for-gaining-self-discipline/#67c26dee1698

2. Assignment: go to the website https://www.mindtools.com/pages/article/newHTE_88.htm and take the test and see what you score. Once you get your score post it in your ePort and explain 3 ways you can better your time management and 3 ways that you think you excel in the field of time management. Write in paragraph format.

COLLEGE AFFORDABILITY

ABBY CORBIN, ZACH NEWQUIST, AND JARED RUTLEDGE

When Gavin Flood started looking at colleges, he wasn't thinking much about how finances come into play. He was still figuring out his own wants and needs in a college. Did he want to attend a big college or a small one? Study medicine or political science? Gavin's mother says that, "College is just a big financial step for us" (Ano). Both he and his sister attended a private school, and that has cut into the family's college savings. Both his parents work for a local government in his hometown and paying $60,000 a year for college was out of the question for Gavin. Him putting it into perspective was hard. He couldn't see why he couldn't go to his dream school. "College affordability has become a nearly universal concern among American families — even those, like Gavin's, with two parents working in good jobs" (Ano). As college affordability is now starting to hit home, it's hard for colleges to make a university's message relevant.

Encouraging middle and upper income families to save for college early, but university's become nervous it might discourage low income families that college is possible for them. But kids dream big. Always wanting the best. To go to the biggest school, or the smallest school with the best program for their major. But little do kids end up realizing how much college is. How the struggle for some families to send their kids to college is.
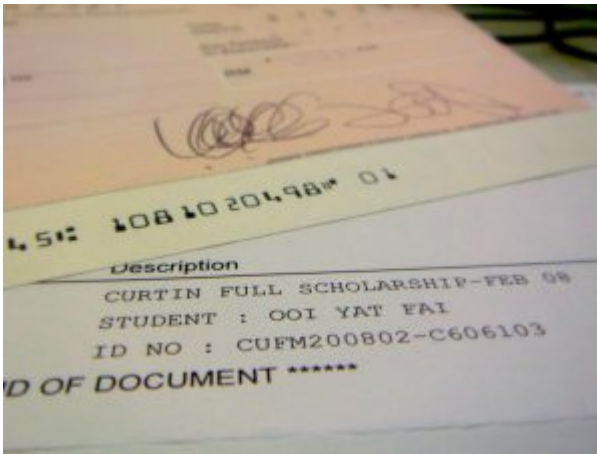
It's not in your imagination, or in your dream last night. College prices are increasing more and more each year. In the lowest-class, earning 25% of all American families with kids, pay an average of $12,300 to send them to public college, after grants and scholarships are subtracted. This was equivalent to 40% of the group's top annual income. For families in the lower-middle class, they average $69,000 for kids going to college. Which the

net public group ate up 23% of the group's top income. The upper middle class, making $111,000 on average, were earning more than 75% of all families who send their kids to college. These two classes, paid around $20,400 to send their children to state-public-college. Cahalan says, "the numbers show that financial aid has lagged so far behind rising living and tuition costs that many low-income students are being priced out of college." It is clear that "low-income students have to work too many hours to survive, and that is depressing their ability to compete and be successful"(Clark). Just because some families are not fortunate enough to have the amount of money some families have, should not be restricting them from going to college. If college was affordable to everyone, more children could have confidence and become more successful in the future. Allowing more workers and children wanting to become the best they can be.

"Scholarships for students are offered by colleges, the government, some private organizations and individuals and charities"(The Bene). You are permitted to apply not just for one scholarship, but for multiple at a time, in hope of getting at least one. By applying for more than one, increases your chances of getting one, or getting all of them. Scholarships give students the opportunity to study in college at a reasonable or lowered price. Some scholarships even allow and give the change for students to go for absolutely free. "Unlike student loans, the scholarships for students do not have to be repaid"(The Bene). They are given in generosity to help students succeed and a prize for their outstanding work and over achievement in some cases. Financial problems can be a stress for parents, but also can be a stress for students. It

can cause them to lose focus and be unable to concentrate on classes. Scholarships are given to anyone, not just a specific class. Students who roll in money receive scholarships and students who come from a lower class can receive them. There are a variety of different students coming from different home styles that are allowed scholarships. Scholarships give students hope and more confidence in themselves. When being rewarded with scholarships, families have a little less pressure removed from their shoulders. This support is a big change for some families and can be very beneficial. No matter what type of family you are coming from, you are always accessed and allowed to receive a scholarship. What is special about these is that they do not favor a type of class. They look to see how much effort and extra work students put in and who earnestly deserve some type of reward for their hard work.

On average, college costs anywhere from twenty to fifty thousand dollars for American families. However, with loans and financial aid, the amount is substantially lower. During the 2014-2015 school year, "about two-thirds of full-time students paid for college with the help of financial aid in the form of grants and scholarships" (The College Board). Financial aid is implemented to cover the cost of books and supplies, room and board, tuition and fees, and transportation; for many students and their families, this is a necessity.

In order to qualify for financial aid, you must meet the specific requirements for eligibility, these include, "Expected Family Contribution, your year in school, your enrollment status, and the cost of attendance at the school you will be attending" (Federal Student Aid). However, not all students are eligible, which results in many

students pay close to, or even the entire full amount for schools. This creates the modern day problem of, "[t]oo poor for college, too rich for financial aid" (Farrington), with the FAFSA (calculates Expected Family Contribution) not considering families other expenses, such as, saving for retirement and saving for other child's college funds.

Also, without financial aid, debt has a detrimental affect on students life after college. It also affects schools retention rates, with students not being able to afford the cost of their most favorable college choice. Although, this is a considerable issue for many of those in the middle class, financial aid provides an essential assistance for students and their families.

When you apply for financial aid, schools may offer you loans as part of their financial aid plan. A loan is money that you borrow and pay back with interest. Student loans can be from private resources such as a bank, or from the federal government. "Loans made by the federal government, called federal student loans, usually offer borrowers lower interest rates and have more flexible repayment options than loans from banks or other private sources" (Federal Student Aid). Therefore, a lot of students lean towards federal student loans rather than from private resources.

Unlike financial aid, loans require to be repaid with interest. According to Student Loan Hero, "Americans owe nearly $1.3 trillion in student loan debt, spread out among about 44 million borrowers." There are a lot of aspects to understand before taking out a loan. These include knowing the definitions of: interest rate, subsidized, need-based, and defer. Interest rate is one of the most significant to understand, because it is the cost

of borrowing money, and the higher your interest rate, the more money you'll owe over time.

The best kind of loans to take out are the need-based. This is due to the fact that the government supports your education by subsidizing it, which means the government will pay interest fees while you are still in college. These loans also have very low interest rates, and allow you to defer repaying money until you have a job, and are out of college. Therefore if you qualify for this loan, you are recommended to choose it first.

Community Colleges are a great option when considering higher education. It is a great way to save money. "No matter which college you attend or your intended major, the first two years will be mainly comprised of the same set of classes" (Enariz). Being said when picking classes in community college you should make sure your credits will transfer to wherever you want to spend your last two years. Or if you intend on finishing your major in community college there are no worries. The worries when picking colleges are the cost. "Most private universities cost around $36,000 per year. That's $144,000 for four years of attendance! Public state universities are far cheaper, costing $9,000 per year on average. However, after four years, this price is still $36,000" (Enariz). Even for most families state universities are too expensive. The cost is a lot of money for families. Especially when considering more than one kid. "the average annual cost at a two-year college is $2,963, according to CollegeBoard. Assuming you complete 60 units, or two years, of required classes at a community college, you will save $12,000 to $66,000 compared to the same education at a state or private school" (Enariz). On top of all these savings many that

go to community college still live at home, meaning they save even more money. Saving money to families is vital these days. When considering colleges most families see "a reputation of being less academically serious than traditional four-year universities. But a lot has changed in the world of community college. Most importantly, academic standards have risen, as have the qualifications of the teachers (Community College). Community College has given many families a better ability to send their children to college.

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"The price students pay includes tuition, fees, books, room, and board. Room is eliminated for those living at home, saving about $5,000 to $6,000 per year, and some fees may not apply to students who don't set foot on campus. Still, the main outlay remains—tuition. It's the elephant in the room that, over 30 years, has grown by 400 percent (twice the inflation of health care), and

at name-brand private colleges today it tips the scale at $40,000 to $45,000" (Casement 15). With online learning these prices can be considerably lower. Online courses have already been available, and "in 2011, 87 percent of institutions offered at least some courses online and 32 percent of college students took at least one online course" (Casement 15). Many online courses cost the same amount of money as normal classes, but in time this price should drop a considerable amount. Also if you can do all of your classes online you can save plenty of money. As of now saving's are being made. In every college that offers online courses the university either makes nor loses any money, or they save money. Now it is time for those savings to be passed on. A great new program has recently been established. It is called Massive Open On-

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line Courses (MOOCs), they are "Sponsored by prestigious universities, they are capable of enrollments running to tens and even hundreds of thousands each,

and students from anywhere can take them free of charge. Harvard (MA), Stanford (CA), Princeton (NJ) Universities, Massachusetts Institute of Technology (MIT), the University of Virginia, and many more schools provide instruction via talented professors lecturing to the masses, with students conversing in chat rooms. Progress is monitored by quizzes scored electronically, along with online final exams… colleges, are beginning to accept MOOCs for transfer credit, looking to keep up with the times and searching for a financial gain. As they become credit-bearing, MOOCs hold the promise of saving students considerable amounts of money. Taken for credit, MOOCs aren't free, but the charge for them is still much less than for on-campus courses." (Casement 17). Online learning is still new but with time it will be a lot more prevalent. The opportunities that are arising can completely change the pricing for college. MOOCs have changed online learning, and even higher education for some. Making college more affordable for everyone.

In today's society college is a necessity. If you want a stable income, college is the best way to get there. Almost any high paying job is going to require a college education. Even then you can still fail to get a job due to others with more education. In order to get ahead the more schooling you'll need. That's the problem, people can't just come up with the money for a college education. The good thing is that there are alternative methods to reduce the price. Even though the price of college is off the charts, more and more methods to afford college are arising. Whether you want to be in a big school, small school, or even online school there are methods to achieve it.

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FOR FURTHER CONSIDERATION

- Linked below is an article discussing college affordability and student success. Please read the article, annotate the key parts, and then write a minimum of one paragraph expressing your thoughts about the relationship between college affordability and student success.

College Affordability and Student Success

- After reading this second article, write a minimum of one paragraph describing your story. How are you paying for college? Did you want to attend an expensive school and had to settle? Are you going to be able to attend your University for all 4 years? etc. Post the completed assignment to your ePort.

College Affordability: a Slippery Concept

VIDEO BREAK: PAYING FOR COLLEGE

ABBY CORBIN, ZACH NEWQUIST, AND JARED RUTLEDGE

https://www.youtube.com/watch?v=LeI2zu_4TkM

CHAPTER 8.

WHERE YOU LIVE: INTEGRATING RESIDENTIAL LIFE INTO YOUR ACADEMIC SUCCESS

SKYLA DORE, DEVANTE OWENS, RYAN KEEGAN

Take notes, cause this is prime

When transitioning from home life to college life, students must adapt to their new environment. To adapt effectively students must take a few things into consideration, for one, dorm rooms are much different than your house. Relating to this is the differences in food, healthy eating and eating in general can take on a whole new form at college, one that you must control yourself. Finally, another thing that is essential is adapting to college recreation, no parents here, keep it classy. These transitions, for some students, can be very difficult but, with the right tips and tricks, these transitions are cake.

Approximately 85% of all first year students chose to live on their university's campus rather than commuting

or taking online classes. Those students that chose to live on campus are likely to demonstrate more of an intelligence in the psychological development aspect of college. Tending to have a more positive attitude when it comes to the social environment (Soria). When coming to college, it's definitely a very hard transition from going to high school everyday and living at home to staying in a dorm while going to your classes that are right next to you. That first day you are moved into to your dorm with your new roommate(s) and your mom and dad are saying goodbye to you, it hits you as to how this won't be as easy as you thought it would be.

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The first few days you're there it's a struggle as you're learning how to adjust to the new change. Now universities have come up with a way for first year students to come into a more comfortable environment and help more with the adjustment. Universities are focusing more on the students engagement and retention by coming up with programs that have to do with living

and learning at the same time. Instead of just focusing with the engagement from teacher to student but the attention more on the engagement through the residence halls. The residential program's goal is to provide greater opportunities for the students through social involvement and integration.

The community advisors known as the nickname CA when you enter college, have the job to help the students be able to learn the names of the people in their hall and to make friends with their neighbors next door. The CA's want to encourage the students to have a discussion with them whether it's about how they're feeling at the moment or discussing their academic life, trying to be a friend rather than just a person who monitors the hallways. It's also a duty of theirs to encourage the students to engage in conversation with their roommates especially if conflicts arise throughout the year. " A noticeable void with regard to understanding whether strengths practices in college and university housing can be leveraged as a catalyst to stimulate students' success," (Soria). But these universities wonder if this can actually work on the students. As there are other factors when it comes to a student feeling comfortable when leaving home away from home for the first time.

"Loneliness is experienced when a large difference exists between the personal relationships one wishes to have and the personal relationships that actually exist in one's social network," (Henninger). Students tend to feel lonely because they leave the comfort of their social support they once had at home and high school. The people they lived with for the last eighteen years of their life or the clique they had for the last four years in school. The two biggest predictors of loneliness is through

personality traits like poor social interactions and environmental effects when you're in an unfamiliar setting with unfamiliar people. "Loneliness is one of the most prominent concerns reported by college students," which is why some students drop out of college but if programs are created to help socially and academically it could restrict students from feeling lonely and dropping out (Henninger).

When being a first year student, you usually have a roommate or two that you have to share your living quarters with, which is different for some as they've always had a bedroom to themselves. When sharing a room you develop different experiences with your roommate(s) like close contact and attachment or where one roommate has a more physical and emotional closeness than the other. Universities have come up with a way to strive to match students to their roommates through similarities and preferences like extracurricular activities or how clean they want their room to be through a housing questionnaire. But there interests and wants aren't what can predict roommate satisfaction but how well the roommates are able to communicate and cooperate with one another. As many conflicts will arise when sharing a room together and be able to help expand one another's social networks. "Because these early interactions are important in helping students create a social network at college, roommates should be paired with care."

"College age men report higher levels of loneliness than do their female counterparts," as young men are taught not to reach out to a same-sex peers when needing social support(Henninger). But even though men tend to feel more loneliness in college they are more satisfied when

being paired with their roommate as they are less bothered by the social interaction, interests, or hygiene. Evidence has shown over the years that men are able to handle and cooperate with another person for a longer period of time than a women can (Henninger). No matter if it's a women or men, it's about the level of social support that comes from the family and friends before college that will decide whether the student will develop loneliness. Every student who enters college has to make a transition and it's definitely not easy for anyone. When living somewhere new you have to adjust, and when living at college the food is not the same as home cooking you may be used to.

Food in a college student's life is very important. It is how they survive on the daily. Dorming takes away the amazing home cooked meals that we thrive on. The dining hall is like a supplement to home cook meals and it doesn't even compare to them. The first few times you go to the dining hall it's all peaches and cream, but after a while you get sick of eating the same thing every single day. Nothing ever changes. It is a endless cycle of the same food every day. When someone is hungry they are going to want to eat in their comfort zone.. At home you could eat whatever you want there are endless options. You could go from steak, mashed potatoes, and biscuits and take a nap, you can't really take a nap at the dining hall. The taste also is a factor. At home the food is fresher and more likely to be up to date. When you are eating a home cooked meal you can relax and don't have to worry about exams or anything big that makes you stressed, it talks more about this in the article "10 Reasons Why Home Cooking Beats the Dining Hall". When you eat at home you limit yourself, unlike when you go to the

dining hall it's like an endless buffet where you eat a lot more than you are used to. Eating whatever you want is a big difference from high school, it gives you more opportunity to eat unhealthy and as much of it as you want. It is recommended that a student should eat more during breakfast because it will help with the cravings throughout the day to eat. Meal plans are required for the most part when students dorm. Most of the time it could be expensive for some people to purchase and could be easier for them to buy food at a grocery story. Students should pick something they are actually going to use instead of wasting even more money on college more than they have to. If you could cook, take the opportunity because more often than not it will be much better than the cafeteria food.

Meal Plans are very important in a college student's life. It's how they get by if they don't work or have a steady amount of cash coming in when they need it. Two to three meals a day is perfect for any college student because it is always a struggle to get food when you're broke. Meal plans are a waste of money in all reality. Colleges know that students aren't going to go to the dining hall for every breakfast, lunch, dinner which is right. Having a meal plan and dorming in college are perfect for full time college students who plan on being there for majority of the time. Most students are not used to eating on a schedule. If they get hungry they are gonna just grab something quick. They also don't usually have time for breakfast either because of terrible 8 am classes. They might be a person who wants a snack late at night. You can't just go to the dining hall and grab something it's going to be closed. Get something that you know that is going to work out with your schedule and also

work with your eating patterns. Food at a dining hall has a 50/50 chance of being a hit or miss. It could be the person cooking, how it tastes, how it is presented that could change your taste buds. The benefits of having a meal plan is that students don't have to worry about going out a buying food which could cost more in the long run. Students also do not have to worry about a certain time to eat. They can go anytime to the dining hall to get grub. It is a drastic change from being in highschool where breakfast and lunch are served at certain times and are only served for a certain of time. Unlike in college where you can go anytime to get something that suits your desires. Dining halls are also not as cramped as high school cafeterias. They are more spread out and you could even be on you own in certain parts of the dining hall if someone wanted to.

The dining hall is a great place to socialize and make friends also. It is a place where everyone goes to get food, so why not join up with your friends? Trying to keep up with healthy ever go to the dining hall hunger. Try going to the dining hall less hunger. You will eat less and eat healthier without even knowing. Going to the dining hall hungry is a very big mistake. You could end up eating three times as much as you would usually would because all the food that you desire is right in front of you to feast on. Exploring and becoming creative is very important as a college student when going to the cafeteria. Eating the same food over and over could make a student crazy. Switching up between fruits one day and vegetables the next is a great idea when you want to start to try to change up your eating habits. Being able to eat what you want can be great until the freshman 15 is a real thing.

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beautifulcataya/

College life, inherently, is much different than home life. Of these differences, one that holds a lot of meaning in a college student's mind, is recreation. Recreation in college, for what it's worth, means different things to different people. Everyone is different and, because of this, the expectations held for college recreation differ greatly. At school, you have a lot of free time. Not only at night but, especially during the day. When faced with this influx of time many students choose to do nothing. It is very important thats we have a release. When you think of a release at school, be honest, what comes to mind? Partyyyyyyyyy, college kids wanna party. Yes, some people go harder than others, but the urge is there for everybody. This drive to party is an important part to the mind of a college kid, but there's more to college then drinking too much milk and punching a cop.

To succeed in college, you need a balance. Spending all your time locked in your room, that's bad, Mmkay.

On the flip side partying all day everyday, that can be detrimental too. In an article by NIRSA, the author says that campus recreation centers, basically, places students can go to express their hobbies, are of great benefit when they are taken advantage of. These recreational activities include things such as, sports, fitness and training centers as well as a wide variety of outdoor adventure activities. Instead of chillen in your room all day, or making like a wall and getting plastered, change things up. Research says, 67% of students said that campus recreation centers influenced their decision to return to that institution. Remember, that's just because of the activities provided by the school.

As an independent person, it is very important that you branch out on your own. The umbrella of the activities provided by the school can only get you so far. For many, to truly enjoy their college experience, you must pave your own way. Based on my geographical location, I plan on doing this is in a very specific manner. Students that engage in activities they enjoy are going to be happier than those that don't. It's important to remember. that college is much different than home. You have to look after yourself, the only activities you will do are those you plan. When I say plan I don't mean write out word for word what you are going to do but, rather, initiate and act on your thoughts. Too many times people sit and don't act. Be bold, make a move, you won't regret it.

A large part of on campus recreation is sports. Intramurals being the top of that list for a few reasons. The laid back nature of these activities combined with the competitiveness are very attractive to many students. By participating in these activities you are expressing yourself in a positive way. For the most part. This positive

expression of energy is a great way to decrease stress and anxiety associated with college.

"When a student's stress and anxiety are reduced, the likelihood of them to stay enrolled increases" (chan). People don't want to live in a toxic environment. As you express yourself you can make that environment much less toxic. Colleges have been begun to back the recreational activities provided by the school more and more. This is because it keeps US enrolled.

There are also many other activities that are not sport related. Hosting these activities includes a wide variety of clubs, organizations and groups. For many, these clubs and organizations give them a purpose. Something to strive for that's not academic.

The number one priority of all students should be to find something that they enjoy at school that's NOT academic. School work does matter but so does your mental well being. Find something you enjoy and pursue it. Do this with as many things as you need until you find you niche. When students find their niche, they stay enrolled and, they like their college experience a whole

lot more. Experimentation is a good thing, try a whole lot of things out. Many times you won't enjoy something. Don't give up on yourself, you'll find something. For some a club might not even be necessary. Having a solid group of friends that you hang out with can be enough. With those friends, you can do anything. It's always better to have a pack to call your own.

For a college student, transitioning into their first year of higher education is a very difficult time whether it's adapting to your new residency, different cooking, or finding extracurricular activities to join or create. To help readjust to everything new that hits you all at once, a freshman should take it step by step when adjusting. Whether that's trying to make small conversations with your roommate, trying out dissimilar foods, and joining an intramural sports team or club. Universities all over the country are trying to keep student retention high by helping students feel more comfortable at their own university and this is where it starts.

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FOR FURTHER CONSIDERATION

Assignment 1

What's the difference between living on campus rather than just commuting? There's more to it than just saving money but more on how it affects a student's academic and social life. Read these articles to expand your knowledge on what the difference between these two are. when being a first year student.

Read the article, "Is there still a considerable difference? Comparing residential and commute….." and annotate it with Hypothes.is.

Write a summary of the article and then answer these three questions:

1. What are the most significant advantages when being a resident rather than a commuter?
2. Personally, what have you learned or gained from being a resident or a commuter?
3. If you had to give advice to an incoming freshman about being or resident or commuter which one would you suggest they do?

Assignment 2

Many kids go in to college and don't know what to expect when they decide to dorm. It's nice to be able

to have other students opinions about what they're experience is, so they understand what they are getting themselves into before it happens.

Read this short article on students' opinion on the dorm life called "Students Speak: What Living In A Dorm Is Really Like."

Then answer the same questions:

1. What surprised you about dorm life?
2. What's your favorite and also unfavorable things about dorming?
3. What are some benefits about dorm living?
4. What's a tip you can give to incoming freshman about the dorm life?

VIDEO BREAK: QUICK TIPS FOR COLLEGE SUCCESS

PATRICK BENTZ

https://www.youtube.com/
watch?v=0nhBedgeVbs&feature=youtu.be

OPINIONS:
STUDENT-TO-STUDENT

CHAPTER 9.

DO GRADES MATTER?

JOHN MANNING

Grades are the backbone of the education system. If students receive bad grades they fail at learning! This system is flawed and needs to be changed.

I have personal experience in grades negatively affecting my life. I am dyslexic and going through school was a real challenge. I hated when I wrote an essay or took an exam and got marked wrong for a mistake. Learning is about making a mistake, so why should the grading system counteract that? The work should be corrected and have
feedback not a grade.

I
loathe
grades
and
think
another

John Manning
@john22francis

I don't go to class working hard to get good grades I go to learn whats interesting to me
#opensem

system should be invented. I hope the education system realizes and does something in my lifetime. I would like to see that happen.

CHAPTER 10.

DOES CLASS ATTENDANCE MATTER?

JACOB MCMASTER

I believe attendance definitely matters in college courses. From student to student attendance is a very important part of your education. If you do not attend class you will miss day-to-day work and homework. You will end up having to teach yourself everything that the teacher teaches in class. Think about it: the point of you going to class is to learn from your professor. As a student you are paying thousands of dollars per year to go to class so why would you even want to skip? I understand if you miss a class here or there because you aren't feeling well or had a rough night with an early morning class, it is college. Either way that should be a rare excuse for you missing a class.

Professors should give you a certain amount of unexcused absences before you start to get penalized for it. For example I have one professor now that every time you miss a class you lose points towards your final grade.

The professors should be pretty lenient about that they went through college as well. But you as the student should be aware of the expense and benefit of attending class. The professor should allow students to come in late to class as well because they are the ones paying for their education. If they are late it is their loss for missing lessons. Everybody should try to make every class they can. I understand the rare occurrence of having to miss but don't miss out on a great opportunity of learning something new every class.

Student performance is measured as the overall score on the three exams in the course. For ease of interpretation, the scores are converted to the usual 4-point grading scale: 3.84 and above represents an A; 3.50 to 3.83 an A−; and so on down to 1.50 to 1.83 for a C−. Because no D+ 's or D− 's were assigned, 1.17–1.49 represents a D and 1.16 and below an F.

The first column of Table 2 reports the results of a simple regression of performance on the fraction of lectures attended.[6] The regression reveals a statistically significant and quantitatively large relation between attendance and performance. The *t*-statistic on attendance is 6.2; the point estimates imply that a student who attends only a quarter of the lectures on average earns a 1.79 (C−), while a student who attends all of the lectures on average earns a 3.44 (B+). Attendance alone accounts for 31 percent of the variance in performance.

Students who are more interested in the material, or more skilled academically, or more focused on academics are almost certain to attend class more often than students who are less interested, less skilled, or less focused (other factors held constant). If this is the case, then the results in Column 1 of Table 2 to some extent reflect a general impact of motivation on performance rather than a true effect of attendance.

David Romer The Journal of Economic Perspectives Vol. 7, No. 3
(Summer, 1993), pp. 167-174

As seen in the image, a study by *The Journal of Economic Perspectives* and written by David Romer talks about attending class relative to grades. David Romer writes, "A student who attends only a quarter of the classes averages a 1.79 (C-) in the course while a student who attends all lectures on average earns a 3.44 (B+)" (Romer 171). This just goes to show you learn much more by attending class. If you don't attend class and don't do well in school it will be harder for you in the long run by creating bad habits

and making it harder for you to find a job. So research pretty much says go to class to succeed in college!

LEARNING OBJECTIVES: ONE STUDENT'S IDEAS FOR FIRST-YEAR SEMINAR

SKYLA DORE

When you're in any class you want there to be a learning objective because if there isn't one, what's the point of that class anyway? And you definitely want there to be learning objectives in a first year seminar class because it's a class that should help with academic skills and make the transition to the campus much easier, as it's a home away from home. So here are the five most important learning objectives when being in a first year seminar.

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ONE: Collaborating with others: Getting to know your fellow classmates is healthy when coming to college, as you get get to know them and their people who you are able to share ideas with. When you're doing a group project everyone gets to insert their knowledge into the group, giving the others something new to learn.

TWO: **Connected Learning:** Not only do you show your work to just your teachers and classmates but the outer world where you can receive feedback . Creating a blog or website that shares the information you know to others for them to comment back about what they also know on the subject and can critique you. Helpful for a job someday because these classmates won't follow you to your future job to give you the feedback you need but your new coworkers will.

THREE: **Learning to Engage:** Talking to others and sharing what you know with other people, is an awesome thing to do in a class. Your listening to what others have to say about certain subjects and also putting your insight into it too. This is useful when your in your other college

classes especially when you need to share your own opinions but it's also teaching you how to hear the other side, as you can't always be correct!

FOUR: Develop Academic Survival: Learning how to get your work in on time and passing a class is something you will need to get through college. You're finally understanding how to check your own grades, learning how to write a paper, and anything else that can help you survive academically.

FIVE: Research Skills: Almost every class in college is going to have to need some research whether it be for a paper, power point, or project. In college you will need to understand how to find accurate research and be able to

Three of many skills that all First Year Seminars are should cover are conducting research, writing, and collaborating with others. To maximize student engagement in this course would be to take a group or partners and have them do a project together that they have to use research to do. A project that includes a writing segment like an essay portion so you can get the whole understanding at the end of the assignment.

What do YOU think are the most important objectives for a First-Year Seminar?

POETRY BREAK: ON TEACHING

RYAN KEEGAN

Teachers.
   think they know how I learn
   Tell me what to do every day
   Make me wanna say no way
   no one can learn like this
   it's a fact.
   I'd rather jump off a cliff.
   this class.
   creating stress in my brain
   mixing my distress and shame
   is it you?
   trying to put knowledge in my brain
   I can see right through your game
   it's the information
   gained from questions
   intelligence
   from being engaged
   there is only one good way
   for knowledge to be made.

ARTIST STATEMENT

What I just wrote is a poem describing the banking and inquiry based models of education. The poem that I wrote is in the student's perspective. Throughout this piece of writing I tried to accurately describe a student's reaction to a banking model class. This was done by saying things like "creating stress in my brain" and "mixing my distress and shame". This shows that the student does not like what they're doing. Another way to hammer this point home is to then break down the banking model more by saying this "there is only one good way for knowledge to be made". Basically, what i'm saying is that the banking model is bad and inquiry is good. This is the exact point that I was attempting to make in this poem.

This poem portrays the Freire model of learning in a positive light. This was done on purpose to show how a student's mind is naturally more attuned to the Freire model of education. Students for the most part follow the banking model of education and, in most cases, they don't like it. That non-enjoyment causes a lack of engagement in classes and a dislike of education in general. students need to enjoy what they are doing to do well. That is the point I was trying to get across.

Being a student I have been in the educational system for many years. Throughout those years I have found that teachers usually teach towards a test. Teaching to regurgitate material is most certainly a banking model approach. This approach to learning did not benefit me at all. Many times I would space out and learn nothing and then stress like crazy before the test. This is unhealthy, both for the students and the teacher. In my experience I have found that many teachers, in fact, don't like the

banking model approach but still use it for other reasons. Teachers, in New York state at least(my home state), are evaluated on there effectiveness by pre and post tests. Therefor teachers teach to save themselves. The focus is to show improvement on paper. This is dead wrong from a moral standpoint.

PROBLEM-POSING EDUCATION

ABBY CORBIN

Problem Posing is....

---

is an act where the teacher is taught while teaching and everyone teaches one another with their surroundings and the world in which we live in.

Advantages...

- Engages students
- Presents transferable skills
- Sets up students for success
- Actively learn
- Keeps open minds
- Stronger relationships between teacher and student

Why Not Banking Education?

Banking education takes away student creativity and is beginning to lead students into have a "robotic" mind. Teachers think memorizing work and then trying to put take that knowledge and put it on paper, whether it be a test or essay, is educational and successful. But infact, its the opposite.

Problem Posing creates a relationship between the educator and the student, allowing comfort when being taught and having the student open up more and become more engaged.

CCBY https://suenglishstudies.word press.com/category/uncategorized/ page/8/

Learn and asking questions is better is more efficient than trying to depend on memorization

Having the skills of inquiry based learning and problem posing education can be beneficial to you in your future careers.

CHAPTER 13.

THE DISADVANTAGES OF BANKING EDUCATION

COLIN JEROME

Picture by Colin Jerome

Freire exposes the flaws in the system of "banking education" and its that it doesn't teach true skills other than memorizing the info long enough to pass the test. Freire's argument can be explained through this video. My artwork relates to this exact idea because when asked "what can this information be used for" the teacher satirically responds "the final". This resembles the fact that the information given is deplorable and ultimately won't help them in the long run but will rather help them pass the test in the near future. Also, my artwork relates to Freire's argument because he says that teachers use their authority to control what is being "taught" which means they use their power over the students to make the students comply to what the teacher knows. This is expressed in my picture because the professor is sitting on a throne and wearing a crown to show their authority, and he is force feeding the "knowledge" to the students.

This artwork shows the value of inquiry-based learning because although it shows the satirical side of how useless banking education is, the underlying feeling of the artwork is that this shouldn't be the overall goal for our children learning. My picture reveals that education is centered around teachers forcing knowledge in students head that will only have the use of achieving a good grade on a test that will have no real meaning in the real world. Also, it reveals that inquiry-based is much better because it shows the distraught faces of the students being forced to learn for tests rather than skills, and showing how much unhappiness and unfulfilled students are after going through this process.

No one should be stuck trying to memorize to pass a test but they should rather learn to develop skills that will help them become the person they want to be. Although

memorizing can be a useful skill, that should not be what education is solely focused and centered around. Inquiry-based learning is so hugely important to help improve education because this makes the student more engulfed in the topic and deeply understand the information; rather than memorize something for a certain amount of time until it is safe to throw out that information and memorize the next topic. This achieves nothing other than bad habits in children because this destroys creative and individual thinking because they are taught to think and act exactly the same as the people preceding them.

CHAPTER 14.

CONNECTED LEARNING

JARED RUTLEDGE

When speaking about "connected learning" Educause states, "[t]he key aspect of this phase of education is moving beyond the familiar notion of information technology simply as the means to deliver content and e-learning." The article is saying that technology is even more important to learning than it already is, and this concept of connected learning is allowing everyone a different type of learning opportunity. It allows students to connect to a mentor or advisor in a specific subject to help coach them through the material. It states that "connected learning puts students at the center of the educational experience, offering the ability to connect courses, and resources to develop unique personalized learning pathways." It not only is a way to acquire more knowledge, but also teaches you how to use connections such as mentors to seek out answers.

DML's article about connected learning talks about how connected learning is an "educational approach designed for our ever-changing world." It stresses the need to make learning relevant and inspiring especially in the digital world. Also, that learning is most successful when it's hands on compared to the more common note taking form of learning.learning pathways." It not only is a way to acquire more knowledge, but also teaches you how to use connections such as mentors to seek out answers.

I believe that both definitions of connected learning is needed, but most importantly DML's definition. A teacher dumping loads of information onto to you that you need to write down is a popular experience for any student. Hands on activities that engages a student is the best way for a student to learn, and keep that information within the brain, not just on paper. It's time to fix our broken education system so students can be successful in their future.

CHAPTER 15.

A LETTER TO MY UNIVERSITY: OPEN ACCESS TO EDUCATION

JACOB MCMASTER

Dear Plymouth State University,

You pay $522,000 per year for databases. Most of that money I would assume this is coming from the student's tuition. If Plymouth State switched over to open access most of that money spent on data bases and what not could be used for other things that the school might need. Open Access is the free, availability of research articles and online textbooks combined with the rights to use these articles in the digital environment through creative commons license. It is also proven that open access books/articles can be updated more frequently then a typical article or textbook, thus making Open Access more accurate and updated to current events. Many people think since open access can be edited by students and teachers that it won't be as reliable as a textbook. This isn't always correct though; Open Access

could be a better form of Wikiuniveristy if every college used it, since their mission is to allow information to be used for free for any subject.

The College Board puts the average annual cost of books and materials for a college student at $655 to $1,168 per year depending on your classes/major. The Huffington Post has a post about the 812% increase in the price of textbooks, they said "College textbook prices have increased faster than tuition, health care costs and housing prices, all of which have risen faster than inflation". So why is Plymouth State still making us pay for textbooks when there are plenty of other resources such as, Open Access resources that can be used by students for free? If the school switched to open access instead of textbooks they could use that money towards other things to make the school a better place.

If Plymouth is worried about the credibility of the Open Access websites, books, or articles they don't need to be because the websites can be verified to be credible. We can make sure to regularly review the articles and check the validity of the information with the publisher. Also, there could be a username and password so that only select people are allowed to write information. This also holds people accountable for what they write. Therefor all the information in each article is up to date with the most recent news and information. When professors can't access the most recent research, they are deprived of the opportunity to bring that material into the classroom to their students. With science advancing every day, it's important that professors have access to cutting-edge research, so the students educations are not outdated before they even finish a course.

Some colleges have already made the switch to online

learning through open access dropping textbooks. For example MIT has already switched over and it seems to be working well for them. As said in the article by Science Alert, "MIT in Cambridge is already leading the way in this area, with their OpenCourseWare program, which was launched back in 2001 and put ALL of the education materials from the college's undergraduate and postgrad courses freely available online, for anyone in the world to download – including textbooks written by MIT professors." 38 colleges have already switched over so hopefully Plymouth State will switch soon and save their students some money.

Thanks,

A Concerned Student

CHAPTER 16.

THRIVERS AND DIVERS IN COLLEGE

COLIN JEROME

The challenges that are present when moving from high school to college are very well put in this article by Jeff Guo. He starts with the fact that students expect a lot more out of themselves going into college compared to what they exert during college. Then he dives into the factors that made students either thrive or dive in their first year of college. For example, work ethic and organization skills were key to becoming a thriver. Lastly, the article express how cognitive skills is what professors now aim for; because "life requires more than just intelligence".

I found the

erndawg   Mon Oct 17 2016

> *Thrivers were significantly more likely to use words such as "trustworthy," "wise" and "helpful" to describe their f⬚ ... More*

We agree with Guo, the goals that individuals set for themselves reveal so much of someone's personality and traits. The "divers" set materialistic goals that show their desires for physical things. This, in turn, reflects the mentality of "divers" and what they expect to see during college. They also believe that they are unprepared for the transaction into college. Whereas, "thrivers" would set goals to show what they expect to receive from their college experience is the possibility to better themselves. "Thrivers" are hardworking and passionate throughout college. Meanwhile "divers" are lacking self motivation to manage their ability to do well in college.

annotation to the left to be a very agreeable comment on the highlighted area. People who expect to just grow older and become wealthy after college, and not about the struggles you are going to have to face, will most likely fail. Also, I agree with the fact that divers are ultimately lacking self motivation because motivation is the one thing that almost guarantees success. If a student is motivated to work hard or to push themselves, they will learn valuable skills that are essential for becoming successful in their endeavors.

The annotation on the right by jakecm19 brings up a very valid point that not a lot of people understand. Just because you aren't necessarily smart in school doesn't mean you aren't an intelligent person. School sometimes targets the wrong things to test to see how intelligent you really are. Testing memorization skills and other non applicable nonsense will not show how well someone is prepared for the real world.

This article is very relevant to our class because all of us are first year freshman that are still getting accustomed to the new environment. The new environment is hard to get used to and many fail to change the ways they developed in high school. Also, this article will help us figure out how to be successful students in college because a big factor of being successful in college is the mindset you have towards school. This school shows how to act and what personality you should be aiming towards to be able to achieve your best.

jakecm19   Mon Oct 17 2016

> *But that does not mean that high school grades are good predictors.*

I know many people who are brilliant people but just don't like school or have the drive to learn. For example Steve Jobs had a 2.7 GPA in high school and i believe that he dropped out of college or never went,

Show replies (1)

CHAPTER 17.

RECHARGING: HOBBIES MATTER

RILEY PAGE

Me working on music

Everyone should have a hobby of some sorts. I have one and it helps me recharge after working on hard classes. Making music helps me recharge after a long day of college classes. I like it because I feel like I'm taking part in solving a puzzle each time I try a new note. I feel a sense of accomplishment once when I find the right note, and feel as if I put two matching puzzle pieces together.

Having a hobby is key to staying on track academically while still enjoying life. Find something that you like and that helps you kill stress, and just while taking a break from academics. If one does this it will greatly help them with staying relaxed and ready to engage with their education. If you're up for hearing some of what I made in the picture above, check out this post in its original form on my ePort: http://sleepinbasement.org/uncategorized/recharging-post/

PART III.

COMMUNITY: ASSIGNMENTS THAT GOT US TALKING

CHAPTER 18.

ARE 8AM CLASSES BETTER?

SKYLA DORE

From the the articles, "Rise and Shine: Why 8am Classes Might Not Be As Bad As You Think" and "Should You Take Early Morning Classes," I learned about the benefits of waking up early. Both of these articles described how waking up at 8am for a class is helpful towards your grades, health and well being as a human. Waking up early to go to class also gives you time in the day to do other things later at night like homework, as well as being able to get your morning started with a healthy and hearty breakfast. It also mentioned how it could be essential class wise, if your someone who'd rather have a smaller class when learning or no one to distract you on your cellphone because not everyone is awake at that time.

For the assignment, I was asked to ask 3 random students at Plymouth State University question about waking up early for classes which were:

1. Which do you prefer, early or late classes?

2. Why do you prefer (early or late) classes?
3. Why do you think some students prefer late classes and why do you think some students prefer early classes?
4. Which do you think is more beneficial for college students?
5. Has a class that doesn't fit you time preference been harder to pass due to the time of day?

and these are the responses I received from them.

Two out of the three students preferred having an early class as they could do activities after class and get their homework done earlier. While the one person preferred having a class later in the night so they were able to sleep in. When asked why other classmates may prefer one or the other, they said late classes help when you just want to sleep while waking up early helps some learn better. The three students chose that late classes would be more beneficial as students would mostly attend those. Having a class that doesn't fit there time preference was harder to pass due to what time it was because it either was too early or you have to wait the whole day to go to a night class.

Honestly I wish that I had more morning classes because when it gets to my 4:30pm class, I just don't want to go as I feel tired by then. I'm also someone who would rather do their homework at night rather than during the day and when you have a class so late, you have to find ways to eat dinner, shower, and actually sleep. So I think that for my next semester, I'm going to try and put 3 of my 5 classes in the morning and have the other two near 12 or 1 o'clock. So then I am able to have the rest of

the day to either take a nap, go to the gym, study in the library, or go hangout with friends.

SHOULD THERE BE A DRESS CODE IN COLLEGE? (I)

ERIKA LILLIS

The article Dress Code For College Students, showed the pros and cons that would come with making uniforms mandatory in college. The article states that a pro of implementing uniforms would be that the visual gap between rich and poor students wouldn't be as clear. I disagree with that statement due to the fact that the college you go to is directly dependent on you financial situation. There are already lines of wealth that are drawn by where you attend college or if you can even attend college. Another pro that is addressed in the article is that less time would be spent on beauty and fashion, which would leave more time for work and studies. This statement is hard for me to believe since forcing a uniform isn't going to stop people from wearing their make-up and fixing their hair. If you stop and think about it putting on an outfit takes the least amount of time when

getting ready in the morning. A con stated in the article are that students should be given the right to wear what ever they want, especially when they are in college since they are over 18.

Plymouth State University should not force a dress code for students.

College students are paying for their education which means they should be getting what they want or pay for. Nobody in college is looking to wear a specific outfit everyday to look like everyone else. Thinking further on this idea who would be the ones paying for these uniforms, the school or the students? Would you be required to wear them all day everyday, or just when you are attending classes? Who would be in charge of checking to make sure everyone's uniform is correct? All of these questions add up to an unstable idea that would fall apart and fail at Plymouth State University.

Will wearing uniforms really help students learn better? I personally do not believe that it will. Students are going to be as engaged in school as they want to be

no matter what they are wearing on their body. People propose the argument that uniforms are made so everyone is equal. Hate to break it to you but everyone is unique and special. The clothes that you wear express a lot about yourself and allow you to be you. They say that uniforms are going to reduce bullying, but if someone really is a bully clothes are not going to stop them. Students shouldn't need to wear a uniform everyday, because it is their freedom to be who they want to be and express themselves however they deem fitting.

CHAPTER 20.

SHOULD THERE BE A DRESS CODE IN COLLEGE? (II)

CARLTON SANBORN

In the article Dress code for college students- should it be implemented?, it talks about the pros and cons of colleges having a dress code. A college dress code is a one type pattern worn by every college student. The pros of having a dress code on college campuses is to reduce the the gap between the rich and the poor. The rich have brand new nice clothes that they will wear, while poor kids wear hand me down clothing. The cons of a dress code are that college students lose their freedom. They are unable to wear the clothes they want to wear that expresses themselves. College students are young adults living away from home. They should be able to make their own decisions and if they don't, then making decisions at age 21 is difficult. I agree with everything this article says. College students wouldn't have to be separated into groups that consist of rich or poor. But college students

are grown ups and they should be able to make their own decisions.

As a student here at Plymouth State University, I think that us students shouldn't need a dress code. There are so many people here at this school that you will find a group of people to be your friends. You also don't need to impress anyone with the clothes that you wear. Most everyone here at this school are at least eighteen, and should be able to make their own decisions especially since they are adults.

In the short video Do School Uniforms Help Students Learn?, it talks about where students stand academically while wearing a uniform. A study shows that students, especially girls, have a better attendance rate while wear a uniform. Academically, studies show that students get better scored on their reading test and assignments while wear a uniform. Math showed no change while wearing a uniform and history and science grades were lowered.

After many studies, it shows that students who have to wear uniform do not perform better academically than somebody without a uniform. The only thing that is good about uniforms is that students are more encouraged to go to class. Also even though students are all dressed a like, bullying still exists in schools. After the video explained the studies that have been studied, I believe that students shouldn't have to be forced to wear a uniform and that there shouldn't be a dress code at all.

CHAPTER 21.

SHOULD WE BE FORCED TO STAND FOR THE NATIONAL ANTHEM? (I)

JOHN MANNING

The national anthem is a song that reminds us that we live in a free country due to the fact that our soldiers fight to keep us safe. The song is mostly played before sporting events to respect and honor the ones who risked their lives so we can live ours in peace. The first article talks about these exact things. The song is part of our nations history touches upon the fact that some people have started sitting or kneeing during the song. Theres no rule that states a person must stand or take off his hat when the song in playing, but people see it as a sign of disrespect if you don't. The article argues that patriotism is doing something to help our home, our country, and it's okay to knee or sit if you are "standing up" for a different cause that supposable helps the country.

CC BY: Melifiscentgirl

The other article talks about the football quarterback who choses to sit during the national anthem before a preseason game, and the games followings. The article states that the quarterback did it to make a point about the mistreatment of African Americans in this country. The article continues to say that it is just because he is standing up for a cause that has an impact on the United States.

I think that everyone should stand and respect the anthem. It's our freedom we are respecting and sitting down is like saying you don't care about freedom. But if we didn't have freedom, then people would care. This song is a reminder that we are here in this safe country of freedom because of the people who protect us. Nobody should disrespect that even if they are trying to make

a point about another cause. The quarterback who was sitting to make a point about racism really didn't do anything. He got attention and publicity, which is all he wanted, but didn't achieve anything. Most people thought," Oh he is raising awareness for African American injustice, that's nice." BUT NOBODY DID ANYTHING ABOUT IT. It would have been more effective and less disrespectful to open a charity or create an organization that helped support the communities affect by the tragic racist event. Not everybody would know his name or the effort he was putting into the issue, but the people who did know now have a chance to help out and make a difference too. Overall, Our freedom and the people who risked there lives for us to have it, should be respected. The least we could do is stand for two minutes and appreciate those people as the anthem is played.
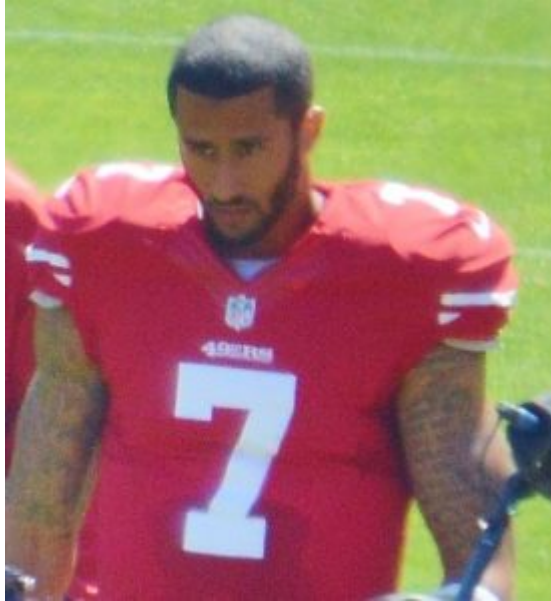
CHAPTER 22.

SHOULD WE BE FORCED TO STAND FOR THE NATIONAL ANTHEM? (II)

DILLON LINDERGREN

In this article, http://www.star-telegram.com/sports/ spt-columns-blogs/the big-mac-blog/ article103142217.html , the author talks about the true meaning of the national anthem. The article explains that the national anthem has true meaning behind and we shouldn't have to stand for it when played.

Being an American, you have the right to not stand for it and a recent event happened that the world reacted to. The incident was on live tv at a preseason game where Colin Kaepernick didn't stand for the national anthem and he's a well-known football athlete. This caused a lot of attention to him and was disliked by many by doing that but he has the right not stand in every way. I agree that we shouldn't have to stand for the national anthem because everyone might not have the same beliefs. The author might not do that what Kaepernick did, but we should still understand why he wouldn't raise up. The examples the article shows are the athletes who also took stands in American history like Jackie Robinson, Muhammed Ali, and Jim Brown. I respect they have pride in showing that because I'd do the same thing, but it draws a lot of negative attention to you.

I also agree that the national anthem shouldn't be our anthem because as it said me the article "We are numb to the song, the music, and the message. There should be an impact to the message when we stand at attention. And

the message is standing for the ideal and what we aspire for America, not always what it is". This is a powerful fact and everyone does not know and should know the real meaning behind the national anthem and discover what it really means. Sometimes we might learn this by watching people who refuse to stand.

CHAPTER 23.

SHOULD WE BE FORCED TO STAND FOR THE NATIONAL ANTHEM? (III)

ZACH NEWQUIST

The National Anthem is a cornerstone in almost every sporting event. Everyone knows what to do when they here those notes. You stand at attention to the flag with your right hand over your heart, and your left usually behind your back. You learn this social norm very early on in life. The article This is why you stand for the National Anthem explains the reasons we do this, and why it is so important. The main point made was that if you do not stand for the National Anthem then you are not patriotic. The author describes what being an American is, in an interesting way. He says "America is a house, and Americans are family. Like most homes and most families, there is a high degree of dysfunction and it's often a giant mess of noise, drama, action, love and stupidity." I agree with this statement, I think Colin Kaepernick does too.He decided not to stand, not because

he was being unpatriotic, many can say his actions were very patriotic. He used his rights in the way he felt necessary to get a message across.

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https://www.flickr.com/photos/brookward/

Being patriotic is more than standing during a song. It is about standing up for something you believe in. In the article Why Colin Kaepernick was right not to stand for the national anthem it explains that Kaepernick was right to not stand for the National Anthem, because he was using his rights to make a stand. The article says he was standing up against racism and more specifically on how African Americans are treated unequally. He told a stand for what he thought was right. I personally believe that being patriot means standing for the Anthem, and participating in the celebrations of our Country. I believe that sitting for the Anthem is wrong. We do this mainly to show respect for those who have fought for our Country.

I understand what Kaepernick is trying to do, but I don't believe this is the best way. Also neither article said one of the very important facts made him sit during the Anthem. One of his main reasons of sitting was the fact that organizations like the NFL only play it because they are now paid to. Kaepernick learned that as well and took a stand. I understand the racism going on in this country. I know it is a problem and that it needs to be fixed. People don't understand that this whole controversy was about more than racism. Most media outlets took the racism and ran with it. No one acknowledged the other issue he was trying to make public. Kaepernick did what he did, and I am sure he is happy with his decision, I like what he did. It shows that he is not afraid to stand up for what he believes in, but when the Anthem plays i'll stand.

STEPPING OUT OF OUR COMFORT ZONES

RILEY PAGE

In my afternoon of doing homework, I had to read this article today. It says, "We often like to stay in our comfort zone, going with what we know." It talks about the pros and cons of going outside the comfort zone. I thought it was an overall interesting read. I especially liked when it said for one of the cons was: "If you're used to winning projects easily within your comfort zone, you may need to check your ego at the door and be ready to face some rejections." This resonated with me.

I think that going out your comfort zone is good in moderation. If you act too brash, you may be more likely to mess up, like someone doing something when they don't have training. It's self-explanatory why someone would think that's a bad idea, but as people say, there's no risk without reward. So going out of your comfort zone is a skill that must be mastered in itself.

I also took a comfort zone test. It gave me the score:

Professional Comfort Zone Score: 55/100
Adrenaline Comfort Zone Score:30.9/100
Lifestyle Comfort Zone Score:: 81.3/100

I wonder what you guys would get. Looks like I'm the lowest in "adrenaline." I'm going to have to go skydive, paintball and scuba dive more. I don't know if I'll do any of that…. It's out of my comfort zone after all….