

# Dickinson

**Helping Students SOAR to Academic Success  
with the help of  
Strategies, Organization, & Achievement Resources**

**Presented on August 3, 2022  
by Marni Jones, Dean and Director, and  
John Joyce, Associate Director  
of Access and Disability Services (ADS) and SOAR**

# POST-PRESENTATION NOTE:

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Although this presentation was available through the *“Helping Your Student Thrive: Virtual Parent Sessions”* series, we invited students to participate and our session was primarily **designed for and directed to students**, since you are the ones for whom this is most important!

Following the presentation, we added some links throughout, including, on slide 13, links to video tutorials showing “How to set up your Outlook Calendar,” “How to use the Planner app” in Office 365, and “How to sync Planner to your Outlook Calendar” so you feel able to set up those valuable tools on your own.

We hope that you’ll find this ppt, the webinar, and the various SOAR resources helpful tools in your journey towards academic success.

# YOUR PRESENTERS

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Marni Jones, Dean and Director

Marni and John oversee SOAR, but also the office of **Access and Disability Services (ADS)**, for which they facilitate accommodations for **students with disabilities**, as well as supports for students who may have **temporary impairments**, such as a broken leg or a concussion.



John Joyce, Associate Director

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SOAR Website: [www.Dickinson.edu/SOAR](http://www.Dickinson.edu/SOAR) Email: [SOAR@dickinson.edu](mailto:SOAR@dickinson.edu)

*For disability related questions, go to [ADS@dickinson.edu](mailto:ADS@dickinson.edu) or email [access@dickinson.edu](mailto:access@dickinson.edu)*



## WHAT YOU CAN PLAN TO LEARN FROM THIS SESSION...

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- What academic supports are available through SOAR, and how to access...
  1. Resources available on our website
  2. Free handouts at the SOAR resource center
  3. How you can get supports from SOAR at the beginning of the semester and throughout
- Some key tools and strategies for managing your time in college
- Where you can find other academic success resources on campus

POST YOUR  
QUESTIONS AS  
THEY ARISE

We'll leave time at the end for...



but if you'd like to ask a quick clarifying question during the presentation, please don't hesitate to ASK IT!

# SOAR: Strategies, Organization, & Achievement Resources

Supporting all Dickinson students with an interest in developing strategic academic plans and maximizing good time management and study skills practices.

[www.dickinson.edu/SOAR](http://www.dickinson.edu/SOAR)

Email: [soar@dickinson.edu](mailto:soar@dickinson.edu)

**Strategies, Organization, & Achievement Resources (SOAR)**

How smart of you to come to this page! Click on each section below to find a wealth of apps, planning tools, and strategic guidance, created by SOAR's Dean and Director, Marni Jones and others to support your academic success.

**TIME MANAGEMENT AND ORGANIZATION**

Many of us have difficulty prioritizing and juggling all we have to do. Discover great apps, tips, calendars and planners to assist you with time management, minimizing distractions, and developing great study habits.

**STUDY STRATEGIES**

Why study harder when you can study smarter? This page contains tips and apps that can help you block distractions, forge effective academic success habits, and tap into other campus resources.

**NOTE-TAKING**

If you have ever opened your notebook and realized that you did not capture all you needed to from the day's lecture, don't despair. This site and the Note-Taking Workshop will provide you with techniques to help you develop note-taking skills that will be the envy of the class.

**MEMORY STRATEGIES**

Have a tendency to forget things? There's a lot you can do to boost your recall. The Memory Strategies Workshop and this site provide a variety of techniques to help your brain retain, including mnemonics, reading strategies, flashcard apps and computer-based games.

**TEST TAKING**

**Advising Overview**

**Advising FAQ**

**Academic Bulletin**

**Advising Handbook**

**Access and Disability Services**

**Fellowships**

**Strategies, Organization, & Achievement Resources**

**Peer Advising**

**Peer Tutoring Program**

**Resources for Faculty**

**Resources for Students**

**First-Year Students**

**Sophomore Academic Year**

**Junior Academic Year**

**Senior Academic Year**

**Pre-Health Program**

**Pre-Law Program**

**Graduate Linkage Program**

**Staff**

# IN-PERSON SUPPORT FROM SOAR

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1. Attend the “**Secrets to Academic Success REVEALED**” Session during Orientation on Saturday, August 27 at 4:00 PM
2. Check out [www.dickinson.edu/SOAR](http://www.dickinson.edu/SOAR) for the fall schedule of Academic Success Workshops to help students with time management, study strategies, note-taking, memory boosters, and test-taking.
3. To request a one-on-one session with a time management strategist, email [SOAR@dickinson.edu](mailto:SOAR@dickinson.edu) explaining what type of help you’re seeking and at least 3 possible times when you would have an hour to meet.



Dickinson

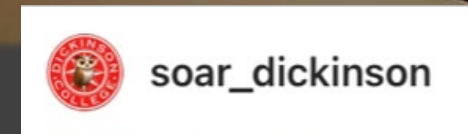
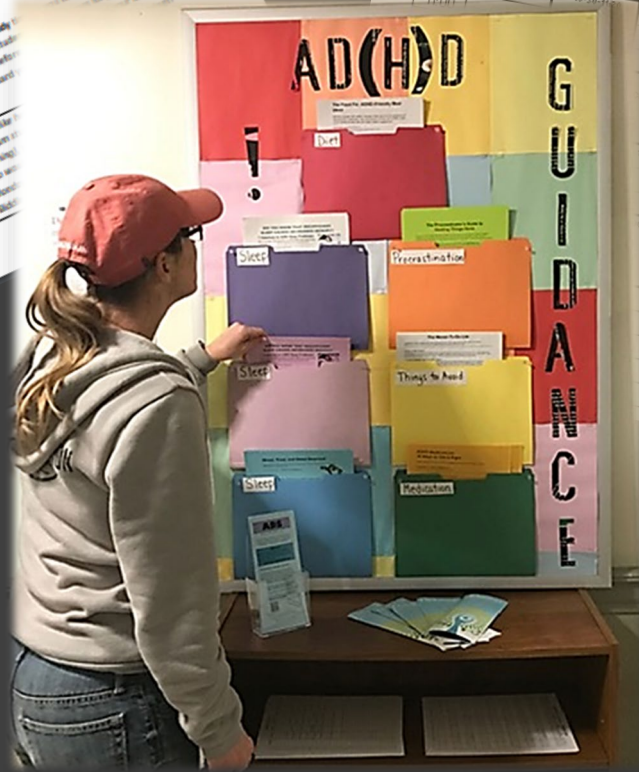
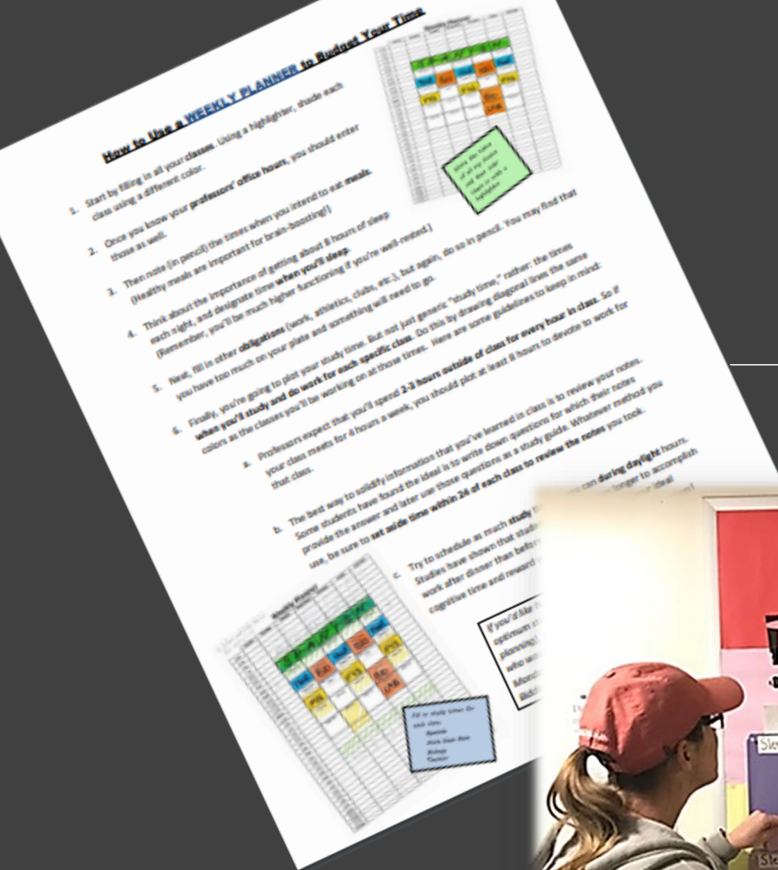
SOAR is located in Old West's Lower Level



“The OWLL”



# SOAR Resource Hall



*Remember: You can go to the OWLL to SOAR!*

# Weekly Planner & Semester Calendar

## WEEKLY PLANNER

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30							
7:00							
7:30							
8:00							
8:30		8:30-9:20		8:30-9:20		8:30-9:20	
9:00			9:00-10:15		9:00-10:15		
9:30		9:30-10:20		9:30-10:20		9:30-10:20	
10:00							
10:30		10:30-11:20	10:30-11:45	10:30-11:20	10:30-11:45	10:30-11:20	
11:00							
11:30		11:30-12:20		11:30-12:20		11:30-12:20	
Noon			12:00-1:15 Common Hour		12:00-1:15 Common Hour		
12:30		12:30-1:20		12:30-1:20		12:30-1:20	
1:00							
1:30		1:30-2:45	1:30-2:45	1:30-2:45	1:30-2:45	1:30-2:45	
2:00							
2:30							
3:00		3:00-4:15	3:00-4:15	3:00-4:15	3:00-4:15	3:00-4:15	
3:30							
4:00							
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8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
Midnight							

## SEMESTER CALENDAR

Semester Calendar – Fall 2022						
Start of Semester through Mid-Term Pause						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Aug 21	22	23	24 New Student Orientation Begins	25	26	27
Aug 28	29 Classes Begin	30	31	Sept 1	2 Last Day to Add/Drop or Change to/from Pass/Fail	3
Sept 4	5	6	7	8	9	10
Sept 11	12	13	14	15	16 Last Day to Change in Level for Language Courses through the Registrar's Office	17
Sept 18	19	20	21	22	23	24
Sept 25	26	27	28	29	30	Oct 1
Oct 2	3	4	5	6	7	8
Oct 9	10	11	12	13	14 Mid-Term Pause Begins at 5:00 PM	15 Mid-Term Pause

TIP: Review each of your class syllabi and mark this calendar with any exams and assignment due dates. Some use a color code for each class or for each type of calendar entry. Help with time management planning is available by emailing [SOAR@dickinson.edu](mailto:SOAR@dickinson.edu). Find many more resources for time management and academic success at [www.dickinson.edu/SOAR](http://www.dickinson.edu/SOAR).

# Create a Study Plan Using a Weekly Planner

2-5 hrs outside class  
for every 1 hr

**Weekly Planner**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
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2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							

*Handwritten notes in the planner:*

- SPANISH** (green background) from 8:30 to 10:00 on Monday, Tuesday, and Wednesday.
- Theat.** (blue background) from 10:30 to 11:00 on Monday, Wednesday, and Friday.
- BIO** (orange background) from 11:00 to 12:00 on Tuesday, Thursday, and Saturday.
- FYS** (yellow background) from 12:30 to 1:00 on Monday, Wednesday, and Friday.
- BIO** (orange background) from 1:30 to 2:00 on Thursday.
- LAB** (orange background) from 2:30 to 3:00 on Thursday.

[Dickinson Weekly Planner](#)

[How to Use a Weekly Planner](#)

Fill in all the times that you have class and other obligations.

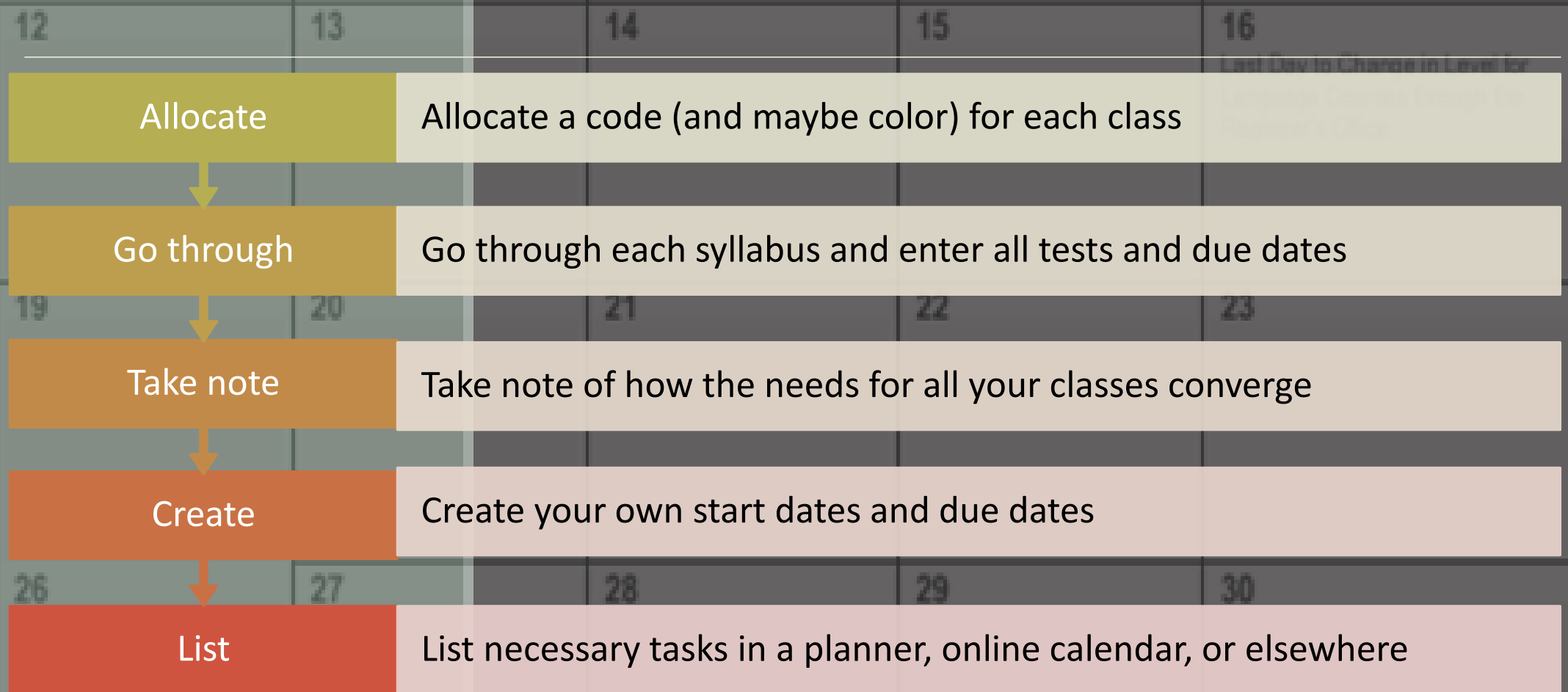
Be sure to allow time for eating, exercise, down time, and enough sleep.

Identify when it would be best to allocate about 6-10 hours a week to each class.

Plan to do classwork in daylight hours.

Adapt as new situations arise.

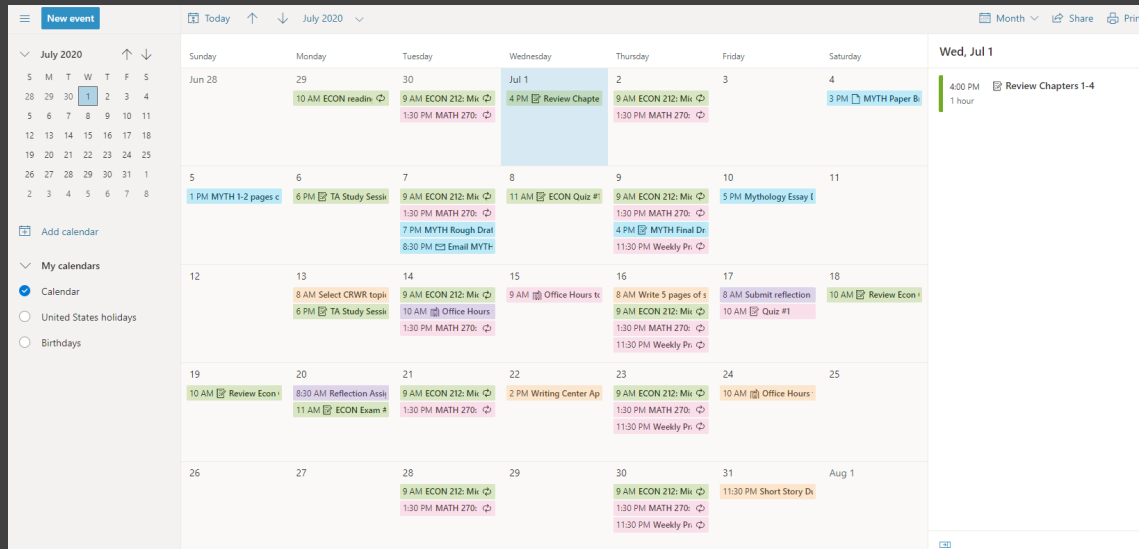
# Use a Semester Calendar to Plan “What You’ll Work on When”



[Link to Semester Calendar for Dickinson Fall 2022](#)

# Office365 Tools

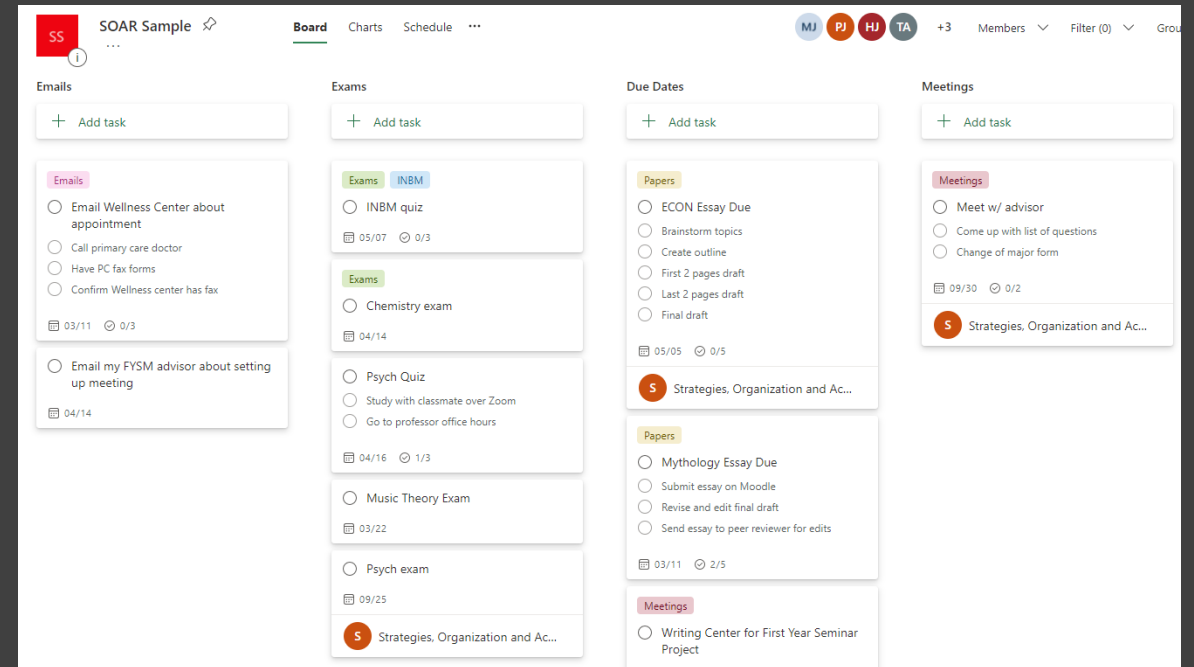
## OUTLOOK CALENDAR



[Video tutorial showing how to set up and use your Outlook Calendar](#)

[Written instructions for Outlook's Calendar & Tasks](#)

## PLANNER APP



[Video tutorial showing how to use Planner](#)

[How to display Planner Tasks in your Outlook Calendar](#)



# Set Goals. Make it easier to reach them by developing “Tiny Habits”

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To reach a goal, think of the habits required to get you to that goal.

Connect a new behavior to an existing habit:

After I (existing habit),  
I will (new tiny behavior).

These tiny behaviors get easier over time and can grow.



*As BJ Fogg explains in this TED TALK:  
"Forget big change, start with a tiny habit"*

# Tiny Habit Examples

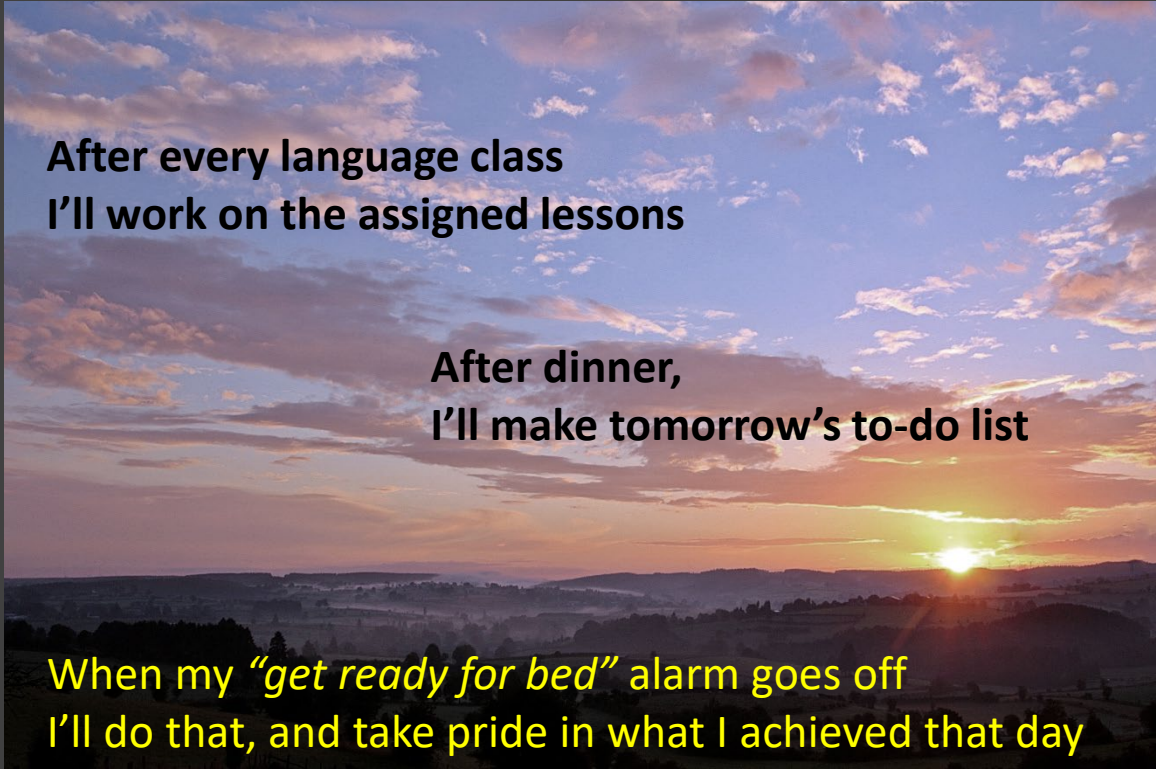
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As soon as I get dressed,  
I'll check the to-do list I made for the day

When I walk out the door of my room  
I will say, "Today will be a great day."

After I eat lunch on M, W, F  
I'll go to the library to work



After every language class  
I'll work on the assigned lessons

After dinner,  
I'll make tomorrow's to-do list

When my "*get ready for bed*" alarm goes off  
I'll do that, and take pride in what I achieved that day

# TAKE ADVANTAGE OF THE MANY CAMPUS RESOURCES AVAILABLE!

- Here are just a few...
- Advising, Internships, and Career Center
- Office of Equity and Inclusivity
  - Asbell Center for Jewish Life
  - Center for Spirituality and Social Justice
  - LGBTQ Services
  - Popel Shaw Center for Race and Ethnicity
  - Women's and Gender Resource Center
- Peer Tutoring
- Professor's Office Hours (found in each syllabus)
- Quantitative Reasoning Center
- Technology Services
- Waidner-Spahr Library
- Wellness Center
- Writing Center

Also, take note of these:

- Academic Calendar
- Final Exam Schedule (Fall '22)

# THE BEST WAY TO **SOAR** TO ACADEMIC SUCCESS IS TO PLAN AHEAD AND USE YOUR RESOURCES

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- Explore the resources found on the SOAR website:  
[www.dickinson.edu/SOAR](http://www.dickinson.edu/SOAR)
- Note all the other resources and support offices available on campus (and use them as needed!)
- Decide what type of time management and organizational tools you'd like to use  
(such as: a physical planner, a "[Weekly Planner](#)," a wall calendar, the [Dickinson Semester Calendar](#), Outlook (or another digital) Calendar, the [Planner](#) app in Office 365, etc.)
- Plan to fill in your calendar with all your test dates and due dates at the start of the semester. Then forge a study plan.
- Seek help when you need it. If you'd like help from SOAR, email [SOAR@dickinson.edu](mailto:SOAR@dickinson.edu). You got this!







**SOAR:**  
**S**trategies,  
**O**rganization, &  
**A**chievement  
**R**esources

[www.dickinson.edu/SOAR](http://www.dickinson.edu/SOAR)  
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