



The 8 Habits of Highly Effective Students

Many students enter today's college and university classrooms lacking the self discipline to be successful. While some might say that it's "not my job" to do more than teach the course material, outstanding adjunct professors realize that students have not had success modeled for them, and that "yes" it is my job to try to influence their acquisition of success skills.

Twenty years ago, Stephen Covey, himself a college professor, published a landmark book, *The Seven Habits of Highly Effective People*, that has provided millions of readers with the skills required to be successful. A few years ago, he published *The 8th Habit* that aligns especially well with the role of a master professor. As you approach the point in the term when some students need to be made aware of a structured approach for achieving greater success, might we recommend that you share our perspective of Covey's habits with them?

Habit 1: Be Proactive

- Visit each of your professors in his/her office before the first exam is given
- Sit in the first three rows of every classroom in which your courses are held
- Take the initiative to introduce yourself to two other good students in each class

Habit 2: Begin with the End in Mind

- Identify for each class how this course will help you reach an important goal
- Ask each professor to see (in his/her office) a copy of an old final course exam
- As you start each class session, identify your learning objectives

Habit 3: Put First Things First

- Arrive two minutes early for every class
- Read textbook chapters the day before they are addressed in class
- Start studying for exams a week in advance

Habit 4: Think Win/Win

- Make your professors look good in front of the class
- Form study groups with other students to prepare for assignments and exams
- Share your successful strategies with other students, ask for theirs in return

Habit 5: Seek First to Understand, then to be Understood

- Ask each of your professors a little about their background
- Identify what you have in common with your professors, rather than differences
- Thank your professor when they do something that is really cool
- Ask professors for informal feedback throughout each course

Habit 6: Synergize

- Identify resources that can help you be successful in your classes
- Talk with students taking your course from other professors – share approaches
- Encourage others to join your out-of-class study groups

Habit 7: Sharpen your Saw

- Establish a mentoring relationship with a professor or experienced student
- Complete a study skills workshop
- Teach what you have learned to someone else

Habit 8: Find Your Voice and Encourage Others to find Theirs

- Identify something that you care about that is related to your major
- Focus your course projects, papers and presentations on it
- Share your strategy with other students and encourage them to emulate it

Schedule of Upcoming Webinars: Following is the upcoming schedule of webinars that are available now for your registration [see directions in the welcome e-mail that you received from Ray Carpenter]. Note: all times listed are Eastern. A recording of each webinar is e-mailed automatically to those who 1. register for it in advance, and 2. log-in during the session. All other members will receive links periodically to a single session of each webinar topic [following the delivery of the last scheduled live session].

Mon., Sep. 29, 8:30 pm	Delivering Effective Teaching Presentations
Tue., Sep. 30, 8:30 pm	Implementing Active Learning Strategies in Your Teaching
Wed., Oct. 1, 8:30 pm	Achieving Exemplary Student Retention
Thu., Oct. 2, 8:30 pm	Managing Your Teaching Life More Effectively
Sat., Oct. 4, 9:00 am	Managing Your Teaching Life More Effectively
Sat., Oct. 4, 10:30 am	Today's College and University Students
Mon., Oct. 6, 8:30 pm	Infusing Technology into Your Teaching
Tue., Oct. 7, 8:30 pm	Managing Your Teaching Life More Effectively
Wed., Oct. 8, 8:30 pm	Today's College and University Students
Thu., Oct. 9, 8:30 pm	Assessing the Effectiveness of Your Teaching
Tue., Oct. 14, 8:30 pm	Employing Authentic Assessment in Your Teaching
Wed., Oct. 15, 8:30 pm	Building Your Adjunct Teaching Career
Thu., Oct. 16, 8:30 pm	Employing Authentic Assessment in Your Teaching
Sat., Oct. 18, 9 am	Building Your Adjunct Teaching Career
Sat., Oct. 18, 10:30 am	Employing Authentic Assessment in Your Teaching

Additional Resources for AdjunctSuccess members: As mentioned earlier, a rich set of printable resources is posted at www.AdjunctSuccess.net to help you in all aspects of managing your teaching. Also in this **Members Area** is an alphabetized [by topic] compilation of websites, each focused on a critical aspect of teaching and classroom management. Explore these resources early, and begin saving preparation time and enjoying your teaching much sooner.

Also: Inside the “Current Members” area of AdjunctSuccess.net appears a link to a set of frequently-asked questions [FAQs] to facilitate your use of our resources. Also at the home page, you will see testimonials submitted by our members that might help others better understand the mission, features, and usability of our resources. Please submit your suggestions for either feature to lyons@adjunctsuccess.net.