

Reflection Guidebook for Students

Twenty Plus Minutes of
Experiencing Confidence and Enjoyment of Learning



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VIDEO LINK: ow.ly/rTTsg



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BACKGROUND

There are many explanations why students do not succeed in college. Most of those reasons have very little to do with their intelligence and more to do with their ability to manage and overcome a variety of environmental challenges such as: poor college preparation, financial demands, family pressures, and health concerns of self and others, as well as psychological-social challenges such as: low academic confidence and self-efficacy, poor help seeking behaviors and restrictive attitudes about learning. The ExCEL program, introduced to the CSUN community in 2006, provides resources to make students aware of some of the psychological-social challenges that may be interfering with their academic success. The goal is to help students address and hopefully overcome these challenges.

ABOUT THE VIDEO

The video is a condensed version of a 60-75 minute ExCEL workshop offered live to students. Produced by the Pathways Project at the CSUN Career Center in conjunction with University Counseling Services, the 28 minute video provides the viewer Seven Steps with examples of how to increase their chances for succeeding academically (and in life). Based on psychological principles of learning and motivation, the steps are presented in simple, yet thought provoking ways. The video encourages reflection and ideally provides hope for students who are struggling with their academic confidence and perhaps not feeling they belong or deserve to be at college.

INSTRUCTIONS FOR STUDENTS

First watch the video. You do not need to take notes while you are watching the video. Pay close attention to how you are feeling and how you are relating to the video. Viewing the video with openness to learning about yourself is the best attitude to have to absorb what you are seeing and hearing. It is important that you watch the video without being self-critical. You know you have made some mistakes, but punishing yourself will not help you out in the short run or the long run.

After watching the video, review the questions below. First answer as many as you can. There are no right or wrong answers. The questions are designed to help you think about yourself as a college student and ways you can better tap into your potential. If there are some questions you are having a hard time answering, then go back and watch the video again.

No need to rush. Try to **enjoy** the process of learning about yourself and setting some goals for the future. Remember going to College is about getting over the bumps in the road, persisting and learning from your mistakes. Most mistakes you make in college are like bumps in the road and not a wall.

REFLECTION QUESTIONS

1. You have been a Dream Maker your whole life. Identify one dream you have made come true.
2. What were the key ingredients of making the above dream come true?
3. Which of those ingredients will be useful in making your college dreams come true?
4. List at least three ways you are going to remind yourself of your purpose for going to college. Be creative and make them doable.
5. All of us have experienced “academic mini traumas.” These events happen when we are young and as we get older. They could come from a parent, teacher, friend, sibling or stranger. How do you think those experiences have impacted your sense of academic self-worth?
6. What might you be able to say to yourself that will free you from believing what you heard during your “academic mini trauma”?
7. What does this quote mean to you? “As a college student you deserve to ask for help and you have the right to be helped.”
8. Remember a time when learning was really fun. Why do you think it was so much fun? How might you bring more enjoyment into the learning process? List at least 3 ways that you could bring more enjoyment into the learning process.
9. Remember a time in your academic life when effort paid off. Be specific in recalling what your effort looked like. What seemed to motivate your effort and drive?
10. What are your favorite learning distraction magnets? List them in order of usage as well as when and where you use them?
11. What is a proud learning moment for you?