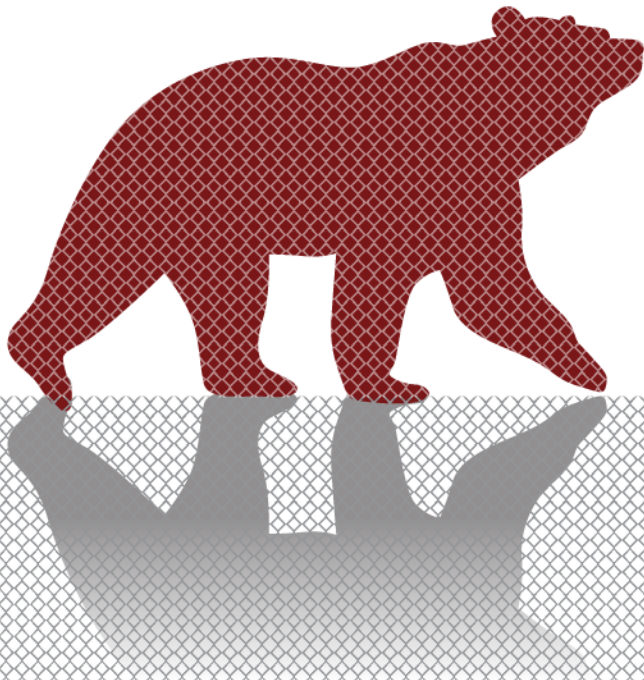




Shifting Focus: The Practices of the Successful College Student

Michael Frizell, *Director*
The Writing Center



Missouri State
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Introduction:

- *Our choices develop our character – and our character determines our choices.*
 - “What we do when no one is looking.”



7 Habits of Highly Effective People by Stephen Covey

- Reinterpreted as:

The 7 Habits of Effective College Students



Habit 1: Be Proactive

- Take responsibility for your chosen actions
- Values & Goals
- Respect
- Active learning
 - The SLANT System:
 - Sit up straight
 - Lean forward
 - Act interested
 - Nod head
 - Track with eyes





Habit 2: Begin with the End in Mind.

- Set goals and have a mission for your life
- **Motivation** - things that direct you
 - Internal
 - External
 - Passive Learning



Habit 3: Put First Things First

- Set goals
- Do first the things that are most important to reaching your goals
- “*Life Leadership*”
- Start a study planner





Habit 4: Think Win/Win

How can we both win?

- Seek mutual benefit in interdependent relationships
- Don't give up!





Habit 5: Seek First to Understand, then be understood.

- Try to see an issue from the other person's point of view...
- then be understood



Habit 6: Synergize

- When the **joint effort or project** of a group is more than what one person can do alone in a reasonable time
- **Value** different opinions, viewpoints, and perspectives when seeking solutions



Habit 7: Sharpen the Saw

- Engage in continuous improvement in the physical, mental, spiritual, and social/emotional dimensions of your life
- Balance is necessary!





THANK YOU!

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1st Floor, Meyer Library
<http://bearclaw.missouristate.edu>
(417) 836-5006
[BearCLAW@MissouriState.edu](mailto: BearCLAW@MissouriState.edu)

Michael Frizell

Director of Student Learning Services

Meyer Library 112

MichaelFrizell@MissouriState.edu

(417) 836-5006

For questions about...

The Absent Professor Program & Prefects

<http://AbsentProf.MissouriState.edu>

Group-Led Educational Experience (GLEE)

Formerly:

The Supplemental Instruction Program (SI)

<http://SI.MissouriState.edu>

The Writing Center

<http://WritingCenter.MissouriState.edu>

WritingCenter@MissouriState.edu

Diana Garland

Director of the Learning Commons

Meyer Library 113

DianaGarland@MissouriState.edu

(417) 836-4229

For questions about...

Subject- Area Tutoring

Math Drop-In Tables

Focused Drop-In Tables

Study Skills Specialists