

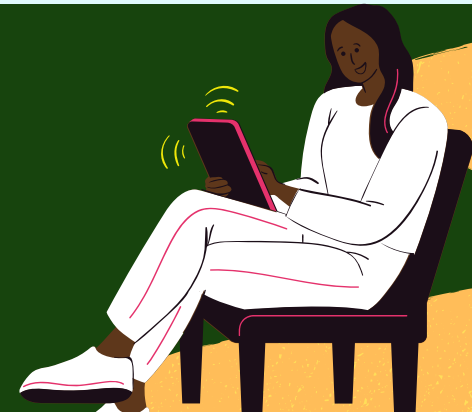
# STUDENT SUCCESS: FOLLOW THE YELLOW BRICK ROAD

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# THE YELLOW BRICK ROAD

MEANING: “THE ROAD TO SUCCESS OR HAPPINESS”



# STUDENT SUCCESS: WHAT IS IT?

- DIFFERENT FOR EVERY INDIVIDUAL
- UNIQUE JOURNEY
- TIME IN SCHOOL
- INTERESTS/MAJOR
- FUTURE & PRESENT GOALS



# ACTION PLAN

## WHAT DO YOU WANT?



### PURPOSE:

- PERSONAL AND ACADEMIC REFLECTION
- SET GOALS
- STRENGTHS AND PAST ACCOMPLISHMENT
- OVERCAME AN OBSTACLE
- INDIVIDUALIZE MEETING ACTIVITIES
- LIST OF AREAS OF SUPPORT NEEDED
- HOLD ACCOUNTABILITY



# Action Plan: Motivation

- **INTRINSIC: INTERNAL REWARDS**
  - EX. SELF SATISFACTION
- **EXTRINSIC: EXTERNAL REWARDS**
  - EX. MONEY, PRIZE

Why am I in college?

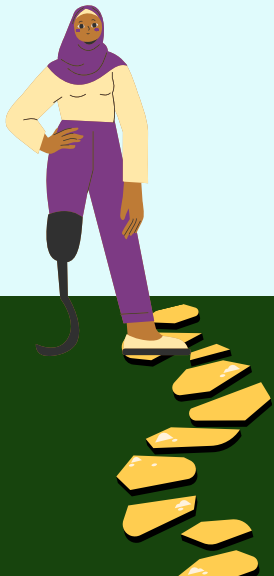
- Parents
- Gain knowledge
- Get a degree
- Have a good job
- Make money



# STRENGTHS/OBSTACLES

## Strengths

- What have been your 2 favorite classes and what did you enjoy about them?
- What are your personal strengths? How can you use these strengths to help you succeed this semester?



## Obstacles

- Three most significant obstacles that affected your academic performance last semester

# PAST SUCCESS

## Let's Reflect:

- When have you worked hard toward a goal you achieved?
- What steps did you take to achieve the goal?
- What obstacles did you encounter?
- How did you overcome the obstacles?



# PLANNING FOR YOUR SEMESTER

|   |  |   |  |
|---|--|---|--|
| Managing stress                         |  | Developing writing skills   |  |
| Time management strategies              |  | Effective study skills & strategies   |  |
| Coping with symptoms of depression      |  | Communicating with course instructors   |  |
| Improving overall health & wellness     |  | Managing distractions (online activities, living arrangement, personal relationships, etc.) |  |
| Getting involved on/connected to campus |  | Attending college as a Veteran  |  |
| Managing financial issues/budgeting     |  | Attending college as a non-traditional / adult student                                      |  |
| Alleviating test anxiety                |  | Adapting to a new culture or language   |  |
| Utilizing campus resources              |  | Other:  |  |
| Finding/maintaining motivation          |  | Other:  |  |
| Major/career exploration                |  | Other:  |  |





# WOOP GOALS

An illustration of two graduates in blue gowns and caps standing on a yellow path with black dashed lines. The male graduate on the left is tipping his cap, and the female graduate on the right is looking towards the path. The background is light blue with white clouds and colorful confetti (pink, green, yellow, blue) falling around them.

## WISH

- Something **you** want to make happen
- Important to you
- Challenging and feasible

## OUTCOME

- How would it feel to accomplish the goal?
- What would it look like?

## OBSTACLE

- What can get in the way?
- Internal or external factors

## PLAN

- "If/When \_\_\_ (obstacle) occurs - I will (action)."
- Steps to reach goal



# Thank you!

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