

College Success Blueprint: Turning SmarterMeasure Results into Actionable Goals



Welcome to college! This ‘College Success Blueprint’ is designed to help you organize your tasks, manage your time effectively, and set meaningful goals to start your semester strong. Alongside these tips, you can use your SmarterMeasure scores to learn more about yourself and position yourself for success as a college student.

SmarterMeasure is usually done when you first start college and looks at different areas across as many as eight scales that can impact your success: Life Factors, Individual Attributes, Reading Rate & Recall, LMS Competency, Typing Speed & Accuracy, Technical Competency, Technical Knowledge, and Learning Styles. By understanding your SmarterMeasure results, you can identify your strengths and areas for improvement in each scale. Note: your college may not be offering all sections of SmarterMeasure.

This blueprint includes open-ended questions to encourage your reflection and interaction, directing you toward specific actions based on your scores. Reflect on these questions and take advantage of the resources included in this blueprint and support provided to you by your college or university. This will help you connect with valuable resources and support systems, ensuring you’re in the best position to thrive in your academic journey.

Academic and Personal Success Plan: Use this downloadable and printable plan to track and document your goals. It’s designed to help you stay organized and focused on your academic and personal growth. For additional support and guidance, feel free to reach out to your advisor or other campus resources.

Life Factors Sub-Scale:	Resources:	What to Consider If Your Score Is an 'Opportunity for Improvement?'	What to Consider If Your Score Is a 'Strength?'
<p>Time: Do you have time to dedicate to your weekly course-related activities?</p>	<p>168-Hour Week Exercise Time Management Worksheet Task Planning & Prioritization</p>	<p>Given your constrained time, it's crucial to pinpoint the time you do have and capitalize on even brief intervals. Complete the Task Planning & Prioritization resource and 168-Hour Week Exercise. What does a typical week look like for you? What are the biggest time commitments?</p>	<p>To maintain your momentum, make sure to leverage the available time slots well. Complete the Task Planning & Prioritization resource and Time Management Worksheet. When can you dedicate time to studying during the week?</p>
<p>Place: Do you have a dedicated place to study and complete your coursework?</p>	<p>How to Find & Create a Place to Study & Take Online Exams Optimizing Your Study Space Do Not Disturb Door Hanger</p>	<p>Finding a focused study environment is crucial to minimize distractions. Could you share where you usually study and discuss any challenges you face there?</p>	<p>Maintaining focus during your study sessions is key. Think about your current dedicated study space and why you find it effective. What other potential study locations could enhance your experience even further?</p>
<p>Reason: Do you have a strong motivation driving you to pursue further education?</p>	<p>Finding Your Why Uncovering Your College Pathway The Importance of Staying Motivated</p>	<p>What motivated you to enroll in college initially? Are there specific goals or outcomes you hope to achieve through your college education, even if they seem distant right now?</p>	<p>What has inspired you to pursue further education at this stage of your life? Additionally, have you thought about the ways you plan to reward yourself once you complete the degree?</p>
<p>Resources for Support: Do you have adequate financial and/or support resources from your family, friends, and/or employer to support you as you pursue your education?</p>	<p>Utilizing Student Support Resources Basic Financial Literacy Tips for College Students Seeking Support Building Your Support System</p>	<p>Remember that you're not alone in this and we're here to assist you every step of the way. What type of support do you feel you're missing most? How do you feel having support would change your experience?</p>	<p>When you reach graduation, who are the ones you'd like to express gratitude to for their assistance throughout this journey? This could be your family, friends, or employer who have played a significant role in supporting you.</p>
<p>Skills: Do you perceive that you have the adequate academic and technical skills to be successful?</p>	<p>Stepping Up with Confidence Best Practices for Taking Notes Note-Taking Template</p>	<p>Remember that you can overcome challenges, and we're here to assist you every step of the way. What aspects of your college work do you find most challenging?</p>	<p>Your proactive approach is commendable. What skills do you think are most important for succeeding in college? Are there any areas where you feel you might need more support or resources to succeed?</p>

Individual Attributes Sub-Scale:	Resources:	What to Consider If Your Score Is an 'Opportunity for Improvement?'	What to Consider If Your Score Is a 'Strength?'
<p>Academic Attributes: Do you have the necessary study skills for academic success?</p>	<p>How to be a Successful Online Learner</p> <p>How to Stay Focused and Study Effectively</p> <p>Best Practices for Taking Notes</p> <p>Note Taking Template</p> <p>Do Not Disturb Door Hanger</p>	<p>Successful students often excel due to effective study habits. How do you get ready for upcoming tests? Additionally, how confident do you feel about your note-taking and review process? Are you familiar with any study skills tutorials that might enhance your approach?</p>	<p>Could you share some of the studying methods that have proven successful for you in the past? Additionally, are there areas, like note-taking, memorization, or utilizing study groups, where you feel there's room for improvement?</p>
<p>Help-Seeking: Are you willing to be proactive in seeking assistance when needed?</p>	<p>Utilizing Student Support Resources</p> <p>Seeking Support</p>	<p>Seeking help shows self-awareness and initiative, essential skills. Let's discuss who you can approach for help.</p>	<p>Seeking assistance is a vital skill that will serve you well throughout your academic career and beyond. Keep embracing this approach.</p>
<p>Persistence: Do you persist with a task until its completion?</p>	<p>Strategies for Persistence in Challenging Academic Times</p> <p>The Importance of Staying Motivated</p>	<p>Can you recall an instance when you resisted the urge to quit? Consider the satisfaction and strength you experienced if you find yourself contemplating the idea of quitting school.</p>	<p>Continue to harness perseverance and always keep your goals in clear view. Let's make sure we set up a clear plan that aligns with your long-term objectives.</p>
<p>Procrastination: Do you have control over procrastination or do you delay tasks that could be completed today?</p>	<p>Controlling Procrastination</p> <p>Winning Against Procrastination</p>	<p>When you procrastinate, is it because the task seems too challenging or are other activities more appealing? Consider taking small steps that can lead to more significant progress.</p>	<p>Can you share some strategies you've used to initiate tasks, especially those you find less enjoyable like studying? What advice would you offer to someone grappling with procrastination?</p>
<p>Time Management: Are you making effective use of your available time?</p>	<p>Tips for Successful Time Management</p> <p>168-Hour Worksheet</p> <p>Task Planning & Prioritization</p>	<p>Contemplate your typical week. Complete the Time Management Worksheet. Be intentional and find manageable time slots that align with your busy schedule.</p>	<p>To keep momentum going, complete the Time Management Worksheet. Continue refining your planning techniques and explore new tools or methods, such as a digital calendar or planner.</p>
<p>Locus of Control: Do you believe that success is attainable if you apply yourself or do you feel that you are not in control of your success?</p>	<p>Replacing Negative Thinking with Positive Affirmations</p> <p>Student Readiness and Mental Health</p> <p>Stepping Up with Confidence</p>	<p>You have the power to shape your academic journey and your future. Let's start by identifying some areas where you feel you can make positive changes.</p>	<p>What encouraging words would you offer to a fellow student who feels that, despite their best efforts in their studies, success remains elusive?</p>

Reading Rate & Recall Sub-Scale:	Resources:	What to Consider If Your Score Is an 'Opportunity for Improvement?'	What to Consider If Your Score Is a 'Strength?'
<p>Reading Recall: Do you retain the information you read on-screen?</p>	<p>A Guide to On-Screen Reading</p>	<p>Is your difficulty more rooted in a lack of enjoyment or a scarcity of time? During your study sessions, try to concentrate on the content, considering you may be assessed on it.</p>	<p>If given a two-hour reading assignment, would you opt to complete it in one sitting or break it down into sections? Also, what are your thoughts on reading on-screen versus reading from a hard copy?</p>
<p>Reading Rate: At what speed do you read content when presented on a screen?</p>	<p>A Guide to On-Screen Reading</p>	<p>Rather than fixating on the speed of your reading, emphasize understanding the material. Try taking consistent notes while reading.</p>	<p>Reading for comprehension differs from reading for enjoyment. Take a moment to reflect on the content you are reading. Consider taking notes to enhance your understanding.</p>

LMS Competency Sub-Scale:	Resources:	What to Say if it's an Opportunity for Improvement:	What to Consider If Your Score Is a 'Strength?'
<p>LMS Competency: How much experience do you have using a learning management system (LMS)?</p>	<p>Mastering the LMS</p>	<p>Are you acquainted with the functionality of the LMS utilized by our school? If you encounter any difficulties, do you know where to access LMS tutorials for guidance?</p>	<p>It's great to see you're comfortable using the LMS! Engaging can enhance your learning experience and help you connect more deeply with your coursework and peers.</p>

Typing Speed & Accuracy Sub-Scale:	Resources:	What to Say if it's an Opportunity for Improvement:	What to Consider If Your Score Is a 'Strength?'
<p>Typing Speed: How fast can you type?</p>	<p>Smarter Typing Strategies</p>	<p>If you use the "hunt and peck" method while typing, have you thought about utilizing a typing tutorial, or have you explored any talk-to-text features?</p>	<p>When and where did you acquire typing skills? Since then, have you ever experimented with typing tutorials to further enhance your proficiency?</p>
<p>Typing Accuracy: To what extent does the student's typing exhibit accuracy?</p>	<p>Smarter Typing Strategies</p>	<p>Once you've completed typing, regardless of the time it takes, ensure to review it for errors. How many errors do you typically discover in material that you have typed?</p>	<p>While typing for your school assignments, acknowledge that precision holds more significance than speed. Do you review and proofread?</p>

Technical Competency Sub-Scale:	Resources:	What to Say if it's an Opportunity for Improvement:	What to Consider If Your Score Is a 'Strength?'
<p>Computer Competency: To what extent can you perform fundamental computing tasks?</p>	<p>Computer Skills for College Readiness</p>	<p>Dealing with technological requirements, like emailing your instructor or engaging in a discussion board can be quite frustrating. How would you seek assistance?</p>	<p>You seem proficient in computer tasks. How do you ensure that your knowledge of technology remains up-to-date?</p>
<p>Internet Competency: To what extent can you accomplish online tasks, such as searching for information or uploading documents?</p>	<p>Cybersecurity Tips for College Success</p> <p>Student Guide to Information Literacy</p>	<p>If you encounter an online task you're unfamiliar with, how would you go about resolving it or seeking assistance?</p>	<p>Consider the notable changes in internet usage over time. How do you go about learning and adapting to new technologies?</p>

Technical Knowledge Sub-Scale:	Resources:	What to Say if it's an Opportunity for Improvement:	What to Consider If Your Score Is a 'Strength?'
<p>Technology Usage: To what extent are you proficient in computing tasks?</p>	<p>Essential Technology Tools for College Success</p>	<p>What computing tasks do you find challenging, such as word processing or creating presentations? Are you familiar with the resources our school offers to enhance your skills?</p>	<p>Which tasks do you anticipate using most frequently for your schoolwork? Are you familiar with any tutorials that can enhance your understanding even further?</p>
<p>Technology in Your Life: How do you integrate a range of technologies into your lifestyle?</p>	<p>Cybersecurity Tips for College Success</p>	<p>What specific types of technology would you like to improve your proficiency in?</p>	<p>How many hours per week would you estimate you spend looking at a screen? In what ways do you believe you can leverage technology to support your schoolwork?</p>
<p>Technology Vocabulary: Are you familiar with terms associated with the use of technology?</p>	<p>Technology Vocabulary</p>	<p>If you encounter a word you don't understand, how would you address it or seek clarification?</p>	<p>How do you stay up-to-date with your understanding of technology and the terms used to describe it?</p>
<p>Computer/Internet Specifications: Do you have access to reliable computing devices and internet access?</p>	<p>Essential Technology Tools for College Success</p>	<p>If you don't own a device, what are some locations where you can borrow or use a computer with Internet access?</p>	<p>How do you plan to ensure your device's optimal performance, and do you anticipate the need for a replacement in the near future?</p>

Learning Styles	Resources:	Understanding Your Learning Style(s)
<p>Learning Styles: What is your preferred learning style(s)? There is no right or wrong style(s) nor are they fixed.</p>	<p><u>Understanding the 7 Learning Styles</u></p>	<p>What is/are your learning style(s)? How can you incorporate your learning style(s) as you study new material in your courses? Refer to the student report and Understanding the 7 Learning Styles resource for study tips.</p>