

IT IS ALL ABOUT STUDENT SUCCESS

College access initiatives have helped to increase the number of students enrolling in higher education by record numbers, but the question remains, “How do we help these students successfully graduate?” Research shows that getting students off to a good start or a successful LAUNCH is critical to a student’s long-term success. Institutions, students, and families are all looking for answers on how to increase student success, so why not start at the root cause? Our starting premise is that students possess the intellect and desire to be successful in college, but often lack the mind-set and skill-set necessary to be successful in this new chapter of life. So, we have decided to provide them with both; mind-set and skill-set.

WHAT IS IT?

It is important to understand the foundation of all human action is human thought and our thought process forms the foundation on which we build every facet of our lives. Therefore, it is essential for each of us to understand how our minds work – to examine our Habits, Attitudes, Beliefs, and Expectations (HABE’s) that may stand in the way of releasing our vast inner potential to lead fulfilling and purposeful lives. We have partnered with an advisory team of Higher Education professionals from around the country to create the ultimate in student success programs and curriculum. LAUNCH Student Success is designed to build understanding, through a safe and structured process, increasing the awareness of how our minds works, and how we can control the way we think to achieve success in any part of our lives where we have the motivation and desire. Based on decades of research in the fields of cognitive psychology, social learning theory and achievement, the content directly addresses the qualities and characteristics of high-performance individuals and organizations. This program teaches the effective and transferable thinking skills that apply to the college experience and successful transition into the adult and professional world - Flexibility, Resiliency, Accountability, Creativity, Leadership, Self-Advocacy, and Time Management (just to name a few).

HOW DOES IT WORK?

This program provides relevant and productive insights into how we think and how our thoughts affect how we act, through an interactive textbook w/ supplemental video bursts for each unit, a mobile student success app to increase student engagement, and professional development for faculty, staff and administrators. The cognitive tools and academic techniques are conveyed through recognizable stories, frameworks, and concepts that can be applied immediately to help students reach their goals in an easy and enjoyable experience.

LAUNCH Student Success blends cognitive principles (goal setting, comfort zones, self-efficacy, self-talk, etc.) with student success concepts (time management, note-taking strategies, communication with faculty, learning preferences) to offer the ultimate in a student success curriculum. Your students will become more effective than they ever thought possible by simply understanding the importance of how to transition their current HABE’s into those needed to achieve their goals.



LEARNING UNITS

The Introduction

Study Break 1 – Learning Styles (Visual, Aural/Audio, Read/Write, Kinesthetic)

Utilizing the VARK Assessment, students will gain an awareness of their preferred learning modalities (how do they prefer to take-in and give-out information)

Unit 1: Transitioning HABEs Understanding the importance of transitioning well from high school to college while exploring habits, attitudes, beliefs, and expectations.

Unit 2: Scotomas & Lock On/Lock Out The recognition of blind spots and how they can be used to unlock potential or become our biggest barriers to success.

Unit 3: Comfort Zones Recognizing the impact of comfort zones on us mentally and physically.

Unit 4: Building New Comfort Zones Learning the process on how to successfully stretch and create new comfort zones.

Unit 5: Time Management – Getting it to all fit Practical tips and techniques to manage time and priorities.

Unit 6: The RAS – Focus The reticular activating system's role in goal setting and helping us to stay focused.

Study Break 2 – Creating Your Blueprint of Success (Monthly Calendar)

Students will learn the importance of their syllabi and how to use them to create their monthly calendar for the academic term.

Unit 7: Making Effective Decisions Part 1 – How it Works The relationship of the conscious and subconscious in decision making.

Unit 8: Making Effective Decisions Part 2 – Avoiding Self Sabotage How the creative subconscious mind regulates performance

Unit 9: Self-Talk Controlling the internal conversation that leads to action.

Study Break 3 – Creating Your Blueprint of Success (Weekly Calendar)

Students will learn how to create their weekly calendar and schedule the necessary “study hours” to be successful

Unit 10: Affirmations – The How to Process A structured process used to adjust habits, attitudes, beliefs, and expectations.

Unit 11: Replacement Pictures The importance of using replacement pictures to correct behavior.

Unit 12: Examining my Habits The role habits and attitudes play in performance and goal accomplishment.

Study Break 4 – Note-Taking Strategies to “Never Study for Another Midterm Again”

Students will learn the importance of identifying their preferred note-taking strategy, and a memorization technique to instantly recall information when needed.

Unit 13: Examining my Attitudes How is it working for you so far? Is it time for change?

Unit 14: Mid-Course Corrections Making adjustments to habits, attitudes, beliefs, and expectations to finishing strong.

Unit 15: Self Image The impact self-image has on goal setting and how to create a healthy self-image.

Study Break 5 – Communication with Faculty/Teachers

Students will learn the importance of building relationships, the role on campus, and how to establish an effective line of communication with their faculty and educators.

Unit 16: Visualization Using visualization as a technique to increase goal accomplishment and remove anxiety.

Unit 17: Creating Intrinsic Motivation The have to vs. want to approach in motivation.

Unit 18: Goal Setting-Going Beyond the Horizon Finishing strong and planning for the next steps.

Unit 19: Putting it Into Practice Continuing to put it all together for immediate and future success.

Unit 20: Closing Thoughts

