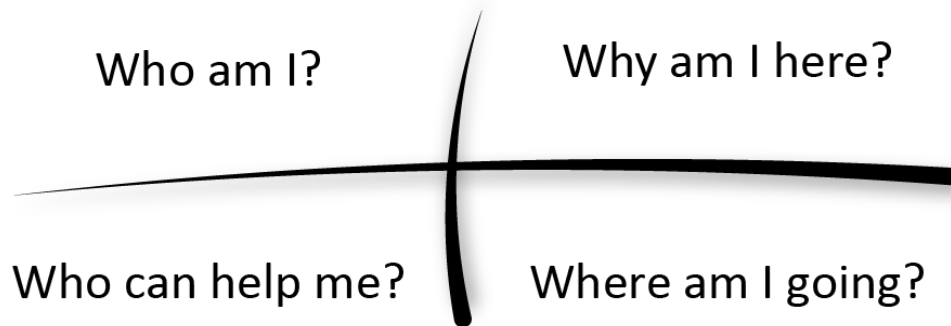Name: _____

Date: _____

My Success Plan

Preparing for Post-Secondary Success

What Are My Learning Preferences?

Do the questions below seem familiar? Self-reflection is important throughout our journey. Understanding our learning preferences is part of answering the question: *Who am I?*

Who am I?   Why am I here?

Who can help me?   Where am I going?

What is something I do well?

Begin by considering something that you do well.

One thing I am good at is:

_____

_____

_____

How did you learn to do this thing? For example, did you read about it, did someone explain it to you, or did you watch and try it for yourself?

_____

_____

_____

Using My Learning Preference(s)

You may have multiple learning preferences, and it is normal to favour some styles over others. Remember, it is important to learn in as many ways as possible. The more ways you access information (visually, aurally, reading or writing, and kinesthetically), the more likely you are to commit it to memory!

My learning preferences are:

☐ Visual

☐ Kinesthetic

☐ Auditory

☐ Reading or writing

Below are some common instructional methods your post-secondary instructors use. Think about using your learning preferences either during the activity or after while studying.

Choose only the types of instructional activities you will participate in during your studies.

Hint: The video *What are my learning preferences?* provided many suggestions. You may want to rewatch parts of the video if you are stuck.

Lecturing

An instructor may give a lecture using slides or simply speaking to the class.

I can incorporate my learning preference(s) by _____

_____

_____

_____

_____

Laboratories

Labs often accompany science and other practical classes. You should expect to carry out an experiment or simulation in a lab.

I can incorporate my learning preference(s) by   _____

_____

_____

_____

_____

Tutorials or Discussion Classes

An instructor (or teaching assistant) may run tutorials to supplement other learning activities. Tutorials often give you a chance to practice examples, talk about the material, and ask questions in a smaller group setting with the help of an expert.

I can incorporate my learning preference(s) by   _____

_____

_____

_____

_____

Seminar

A seminar is often an advanced course where a professor meets with a small group of students. In this setting, the teacher and students get to know each other more personally. Students focus on research and career skills and participate in presentations and discussions.

I can incorporate my learning preference(s) by _____
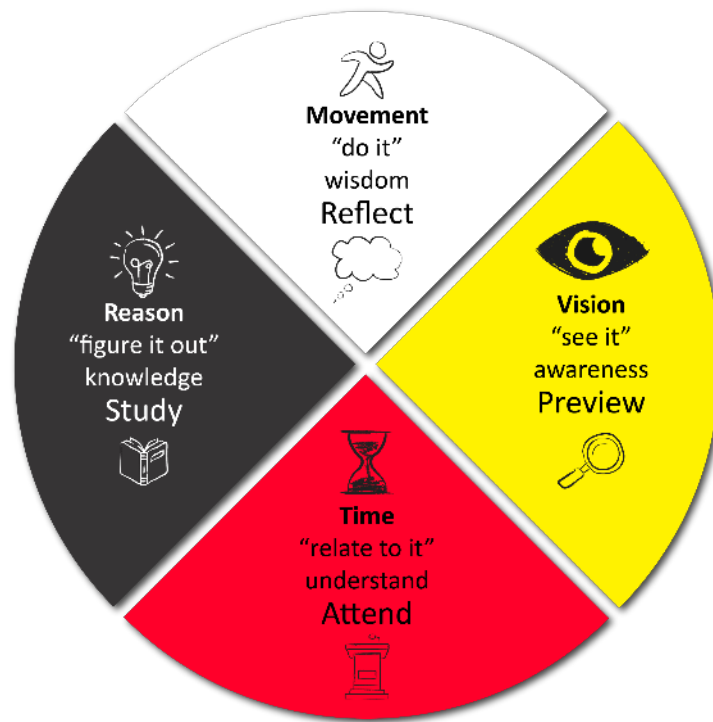
_____

_____

_____

_____

Studio

A studio class may be part of your schedule if you enroll in an arts or design program. In a studio class, you do what you are studying. If you are in an arts program, you may be drawing, sculpting, etc.

I can incorporate my learning preference(s) by _____

_____

_____

_____

The Study Cycle

The Study Cycle expects you to budget your time as follows:

- Preview for about 5–15 minutes before class.

- Review for about 5–10 minutes after class.

- Study for 30–50 minutes twice a week, once during the week and once on the weekend.

- Reflect about once a week. The time this takes may vary.

How will you budget your time? Take some time to find out now!

How many courses am I taking this semester?   _____

How many credits is each of my courses?   _____

The recommended study ratio is 2:1. That means you should expect to spend 2 times longer studying than your credit hours.

My credit hours X 2 = _____

_____ X 2 = _____

It can be helpful to make a schedule to budget your study time. In the table on the next page, include the following time in your schedule:

☐ Each of your classes

☐ 5–15 minutes of preview time before **each** class

☐ 5–10 minutes of review time after **each** class

☐ Two 30–50 minutes study sessions for **each** class

☐ Time to reflect on **each** class at the end of the week

☐ One self-care activity per day

☐ Any family or community responsibilities you may have

Keep your schedule in a visible place, and do your best to stick to it!

| Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Taking High-Quality Notes

The video introduced you to 3 different note-taking techniques: mind mapping, sketchnoting, and Cornell note-taking.

Navigate to the Health and Wellbeing resources on the MentorCity portal. Choose one video to practice the note-taking method of your choice. You might want to try mind mapping, sketchnoting, and Cornell note-taking on different videos if you have time!

Mind Mapping

Sketchnoting

Cornell Note-Taking

Keywords and Ideas	Notes Written

Summary
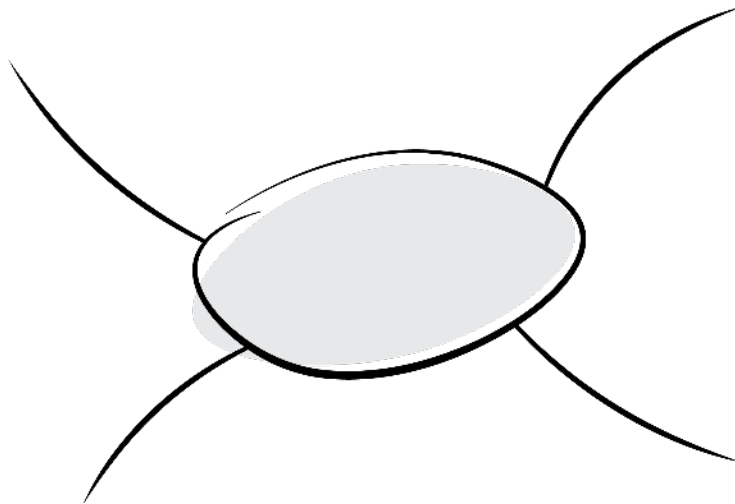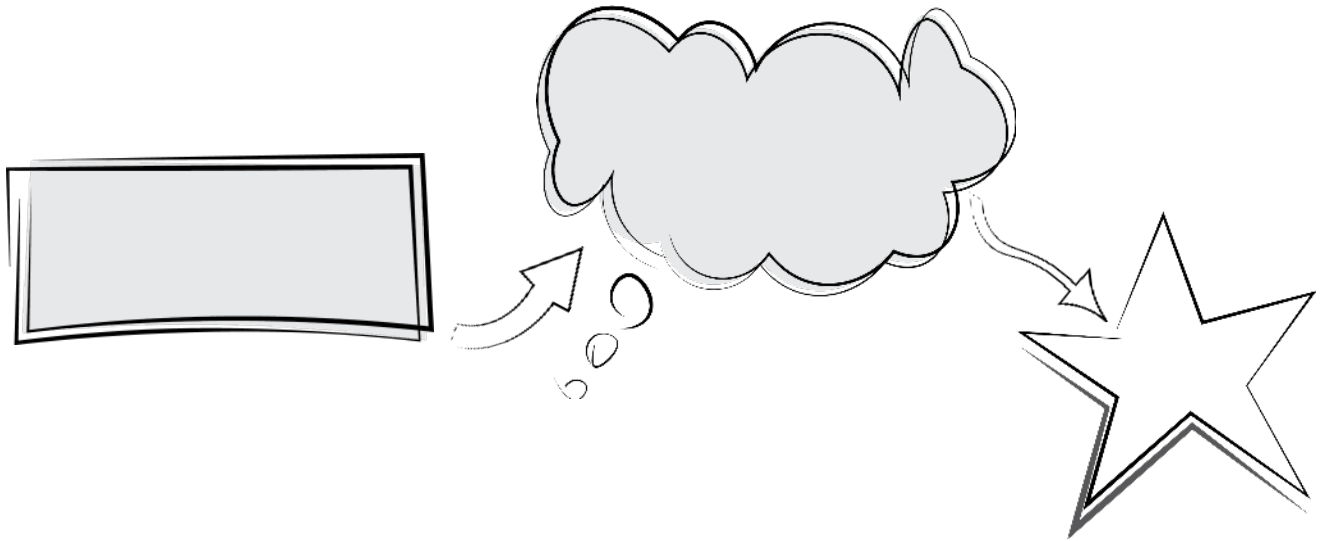
Time Management

Monitoring

Use the space below to keep a tally of each time you notice yourself looking at your phone, surfing the web, or attending to another distraction during the rest of this activity.

Total Times You Were Distracted: _____

Staying on Task

Follow the steps below to try some of the time management strategies you learned during the activity.

Setting Goals

Use the SMART goal templates below as guides to set three goals for yourself.

S	**Specific:** What exactly do you want to accomplish?	
M	**Measurable:** How will you know when you've reached your goal?	
A	**Actionable:** What can you do to achieve this goal? What steps can you take?	
R	**Realistic:** Can you achieve this goal?	
T	**Timely:** Is this the right time for this goal?	

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T	**Timely:** Is this the right time for this goal?	

Prioritizing

Put the goals you created on the previous pages in order of importance. Which goal is the most pressing?

1. _____

2. _____

3. _____

Planning

Now it's time to practice your planning skills. Make yourself a to-do list for tomorrow. Here are some tips for getting started:

- Break your tasks into manageable steps.

- Maximize how you use your time.

- Plan rewards for finishing tasks.

Tomorrow's To-Do List:

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

Getting to Know Your Academic Support Network

My Academic Support Network

Take some time to locate the important services and phone numbers to help you succeed during your post-secondary education. Fill the template on the next page with the following information:

- ☐ What is the name of your academic advisor?
  - ☐ How can you contact them?
  - ☐ When can you meet with them?

- ☐ What tutoring services are available for subjects like math, writing, or other courses you're taking?
  - ☐ How do you access these services?

- ☐ What services are offered by the librarian?
  - ☐ How do you book them?

- ☐ Are there any other academic services you can access?

- ☐ Is there a First Peoples House or Indigenous Student Centre?
  - ☐ What are some of the services they offer?

- ☐ Is there an Indigenous Student Association?
  - ☐ How can you join?

- ☐ Are there any Indigenous-led clubs or organizations?
  - ☐ How can you join?

- ☐ Where is your local Friendship Centre?
  - ☐ How can you get in touch with them?

- ☐ What do you need to do to reschedule an exam?

- ☐ List a few people (friends, family, Elders) who can support you during your studies.
  - ☐ How can you reach each of them?

- ☐ What mental health services are available on campus?
  - ☐ What are the phone numbers to reach them?
  - ☐ What other mental health services are available in your area?

Name: _____

Date: _____

My Academic Support Network

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