



## **ENG EK 100 – Freshman Advising Seminar**

Are you on Track? Case Studies

### **Case Study I**

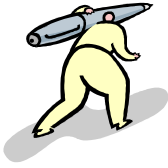
Stanley decided to study engineering because he has always been good in math and science. When the semester started, he felt confident that the academic work of college would be manageable. After all, high school was a breeze and he studied a lot of this stuff in high school. As the third month of his freshman year is nearing, however, Stanley is worried about the GPA he must achieve to keep his scholarship (a 2.3 GPA). Stanley estimates a “C-” average in Chemistry, but he’s hoping the curve will pull him up to a “C+”. His Calculus average is around a “C+” and his Programming average has been about a “C-”. He already dropped his Writing class because he wasn’t doing well. His parents disapproved of this in September, but he assured them the extra time would allow him to focus on his other three classes. He doesn’t even want to think about telling his parents what’s happening now. His grades are lower than he’d like, but he hopes he can pull them up during his final projects and exams. He started to get more concerned, however, when his last Programming exam grade was a “D”. He thought he had done much better on that exam. How can Stanley improve his performance in his classes with the time that remains? What should be his strategy?

### **Case Study II**

Aleksandra has always wanted to be a Biomedical Engineer. She was so excited to come to college, where she could actually study it. She chose to live on an engineering floor and got involved in the Biomedical Engineering Society and the Society of Women Engineers in September. She’s been making some great new friends and is really enjoying college. Her academics are going okay. She can handle the content of her classes, but is having trouble getting all the work done in time. This week alone she has to do her Chemistry lab report, read two chapters for Chemistry, work on her Calculus problem sets, do a re-write for Writing class, start reading her book for Writing which was supposed to happen a week ago, and do a powerpoint presentation for her Introduction to Engineering class. She also works 10 hours a week as part of her work study job. She’s been doing a lot of her studying on her floor, which is fun since there are so many engineers around. She swears she’s been studying for 6-8 hours a night, but she just can’t get the work done. What do you think are some pitfalls Aleksandra is encountering? What would you recommend she do to improve her study habits?

### **Case Study III**

Gerry has always had to work for good grades, but in high school he did well when he applied himself. He’s been counting on the same results in college. He didn’t make a lot of new friends right away in September because he was so concerned about staying on top of his work. Lately, though, he’s been hanging out with some people on his floor and has made some friends from study groups. He knows he spends too much time on his computer, but he’s not really sure where else he is losing time. He keeps in touch with friends, family and his high school girlfriend on his cell phone and through IM. In the back of his mind, though, he’s also getting worried that he is hanging out too much, and not dedicating enough time to his academics. Scheduling classes and time with friends was easy in high school – there weren’t nearly as many demands on his time or options to hang out. How can Gerry make sure that he is getting all of his work done, and still have free time? Is it possible for him to achieve a balance?



## **Are you a Procrastinator?**

### *Procrastinator Awareness Checklist*

To find out whether procrastination is keeping you from getting your work done, put a check beside the statements that apply to you.

- ☐ I put off doing an assignment if it seems too difficult.
- ☐ I put off doing an assignment if completing it will take a long time.
- ☐ I put off studying if I don't like the subject.
- ☐ I put off studying if I'm not in the mood.
- ☐ I put off writing a paper if I don't know how to begin.
- ☐ I put off studying for a test if I don't know what the test will cover.
- ☐ I put off studying if I get hungry.
- ☐ I put off studying if I am too tired (or fall asleep when I'm supposed to be studying).
- ☐ I put off studying if I don't feel well.
- ☐ I put off studying if there is something else I'd rather do.

All the items of the Awareness Checklist describe common tactics students use to avoid studying. To build confidence, you need to understand when and why you procrastinate and find your tendency to delay getting started. Now the trick is to keep yourself motivated so these other distractions do not delay your progress.