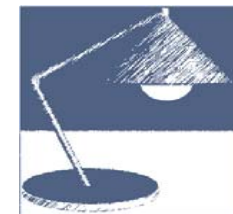


Academic Consultations: A Way to Enhance the Learning Strategies of College Students



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Introduction

The Study, home to Academic Enhancement's many programs and services, strives to serve the academic needs of all students at the University of Kentucky. *The Study* provides a number of academic resources available to the entire campus community and works closely with students, faculty, and staff to develop programs that promote academic success throughout the university. *The Study* provides a welcoming environment for students to meet with peer tutors, consult with a learning specialist, or participate in a seminar discussing effective study strategies.

Consultations

Academic Enhancement at the University of Kentucky focuses on academic consultations as a way to address retention and persistence. The consultations are a way for students to be active in their learning and increase their academic skills. Two types of academic consultations are used to enhance students' academic experiences. Academic consultations focus on behavior changes and are both a proactive and reactive response to students' academic struggles depending on their current need and focuses.

Types of Consultations

General Academic Consultations

- The general academic consultations are a one-on-one sessions with a learning specialist that focuses on a variety of study strategies that can be implemented on a day to day basis.
- The first session focuses on the assessment, Learning and Study Strategies Inventory (LASSI), which gives the student the opportunity to assess deficiencies in learning and study skills.
- The learning specialist then provides the student with active ways to change behaviors, such as setting up study schedules, reviewing critical reading, note-taking strategies, and test anxiety.
- The student then makes a follow-up appointment 2 weeks later to review their progress.
- The general academic consultations are a way for students to assess their study and learning skills prior to grade decline.

Pro-Series 3 Consultations

- If a student is either on academic probation or has a significant decline in grades, another academic consultation is available, entitled Pro-Series 3.
- The Pro-Series 3 is a set of three academic consultations for students who need an intensive review of study strategies.
- The first appointment consists of a review of the LASSI scales that are strengths and weaknesses.
- The next appointment, about one week later, is an intensive review of active approaches to increasing some of the LASSI scales using their strengths as a student.
- The final appointment is a few weeks later to discuss the student's progress and ways to be more proactive in the beginning of the semester.

Learning and Study Strategies Inventory 2nd Edition (LASSI)

Claire E. Weinstein, Ph.D.

David R. Palmer, Ph.D.

Ann C. Shulte, Ph.D.

The LASSI assess strengths and weaknesses in the following areas related to being a strategic and successful learner in college.

- Anxiety:** Anxiety and worry about school performance
- Attitude:** Attitude and Interest
- Concentration:** Concentration and attention to academic tasks
- Information Processing:** Information processing, acquiring knowledge, and reasoning
- Motivation:** Motivation, diligence, self-discipline, and willingness to work hard
- Self-Testing:** Self-testing, reviewing, and preparing for classes
- Selecting Main Ideas:** Selecting main ideas and recognizing important information
- Support Techniques:** Use of support techniques and materials
- Time Management:** Use of time management principles for academic tasks
- Test Strategies:** Test strategies and preparing for tests

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