

January 2022

Tips for Online Academic Success

Achieving academic success contributes to personal gratification. The type of habits you practice for academic success is one's personal achievement. From setting realistic goals, exhibiting a positive winning attitude to watching motivational videos, creating an 'academic success list' is crucial to obtaining your Associate's Degree. The NASNTI Program kicks off the 2022 Spring Semester with a series of online academic success modules to assist you with your educational success goals! Each module will include online academic success tips to keep you on track for the spring semester. *Seminole State College Director of Distance Education, Melanie Rinehart*, suggests ten strategies for online academia success.

Advocate, advocate, advocate!

Instructors are the experts in their area, but you are the expert on you. If you are struggling, have something unexpected come up or just didn't get some material, EMAIL YOUR INSTRUCTOR! They are humans too and can only understand what you're going through and help you if you tell them.

Read Your Syllabus!

Every instructor has a syllabus for each class that lays out all of the details for you for that course. You **MUST** read it for each course!

Keep a calendar!

At the beginning of each semester write out your due dates from the syllabus. This will help you plan for enough time to fit your school work in with your busy life

Set up notifications!

Every learning management system (Brightspace at SSC) has settings that you can configure to notify you when new material is posted. You'll never miss an announcement, discussion board post, assignment due date, etc.

Read your school email regularly!

This is the #1 way all school officials and instructors will communicate with you. If you don't log onto your student email, forward it to an email that you do check.

Know and use your resources!

Every school will have some sort of tutoring, library services, help centers, etc. available to you. If you can't find a resource, reach out to your best resource... your Student Navigator/Advisor.

Know how you are going to pay your bill!

Students are not allowed to enroll in the next semester until their student account is fully paid. You could miss out on getting classes you want if you have to wait until your account is paid. Don't wait until the last minute!

Have your course supplies on day one (including your book!)

Many students wait until after their course starts to purchase books, but this is only setting yourself up for struggles. Most instructors will assign work the first day of class.

Know your limits!

The best part of online programs is that you can do them at your own pace. It is easy to be excited when selecting courses and you can quickly overload yourself. You will be expected to go through the material and study "outside of class" for every course you take. Factors such as courses you've had before, your experience, your study habits, etc. will all determine how long you spend completing your assignments and studies for courses.

Find your motivation!

Completing a degree is a long-haul commitment and at some point, you'll need to remind yourself why you're doing it. Don't lose sight of your why when you're stuck in the how.



Did you Know?

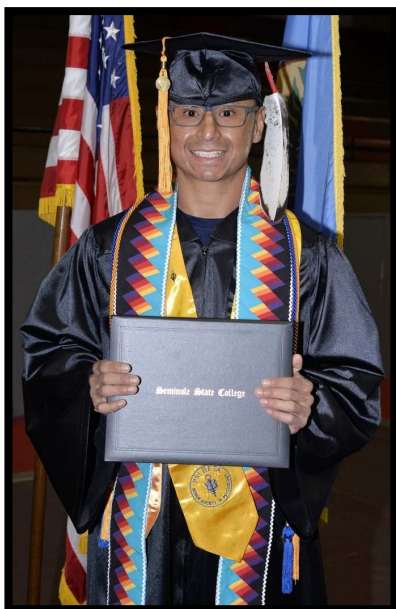
You can check out a laptop and/or scientific calculator from The NASNTI Department?

While quantities last.

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Academic Success

As a student, what does academic success mean to you?



My name is **A-yo Jones**. After graduating from Seminole State College in May 2021 with an Associate of Science in Health, Physical Education, and Recreation, I currently attend East Central University majoring in Kinesiology. Before deciding to come back to school in the summer of 2019, I struggled mightily with drug and alcohol addiction, as well as gang involvement, for over 16 years.

In February 2019, I gave my life to Jesus and turned my back on my old lifestyle. God placed the love of physical exercise within my life, particularly long-distance running, to replace the addiction. Exercise and movement have shown me that I am capable of much more than I can imagine. I regularly run anywhere from 1-16 miles on any given day. I have run in the OKC Memorial Half Marathon, as well as many, many other races. Recently, have also taken up weightlifting. I am on week 31 of my weight training program without having missed a week. I am certified through the National Academy of Sports Medicine as a Certified Personal Trainer (NASM-CPT).

Running and weightlifting have taught me discipline, consistency, and have fostered within me the will to keep pushing when things get tough.

The life lesson that physical exercise has imparted upon me, remind me of how strong a man I am. Everything I have learned about spiritual, mental, physical, and emotional toughness; has come at a cost, but through fitness, I have learned that it is a cost that I am not only able capable of paying, but also willing to pay. Academic success means having the self-respect to know that I deserve more; that I am worthy; that I can and will provide valuable contributions to the world.

Academic success means putting in the work when no one is watching. Academic success is exhibiting courage, tenacity, and resiliency while having to think your way through, around, and over issues that are important to the human experience; all while dealing with your own personal human experience. I always like to end any introduction with my vision and life mission statement. My vision is to promote mental, emotional, physical, and spiritual wellness by creating and implementing community-based exercise and physical activity programs within my indigenous community. My mission is to raise the physical, mental, social, and spiritual health of my indigenous community to the highest level while building strong partnerships and making lasting connections. *This is who I am. This is what I will do. This will be my legacy.*