



Psychology of Student Success

Learn key ingredients about living a successful life in this workshop series

by Jenny Friedl

Overview

What does it mean to be successful in college? How can you be more successful, be it academically, socially, and/or emotionally?

In this workshop series, you will discover what psychology – the scientific study of human behaviour and mental processes – can teach us about how to succeed in college.

The workshop series is designed to help you approach your academic career with greater knowledge and practical strategies, so that you can master the various challenges while studying better. In each workshop, after a short scientific introduction to the workshop topic, we will by means of hands-on activities, work on and discuss key ingredients of student success regarding the topic together. The hands-on activities will facilitate your ability both (1) to identify and learn functional strategies and (2) will help you to evaluate and refine existing strategies that are relevant to academic performance, belonging and well-being.

For whom are the workshops?

Every person, who is a student at the [redacted] is welcome to participate in the workshop series. I would recommend visiting each workshop because each topic tackles one important aspect of being successful in college.

What will you learn?

The workshop series is organised into four fields of psychological knowledge and each field consists of different workshops to help you learn specific knowledge and skills in each field.

1) Introduction to psychology and student success

After you've visited the three workshops in this field, you should be able:

- Understand what success means to you and list key ingredients for being successful in your studies,
- Create a personal development plan (PDP),
- Map ingredients of success you already possess and set goals for ingredients you need to develop in your PDP,
- Understand the concepts of self, self-image, identity and list key factors for a healthy self-image,

- Identify important areas of your life (e. g. relationships, college, community, health, hobbies, etc.) and relate that you how you see yourself, your plans and goals,
- Understand the concept of self-awareness, personality and personality traits, and
- Identify your values and strengths and formulate in your PDF how you can put your values and strengths better to work in order to facilitate your success.

2) Academic Success – Learning and Growing

After you've visited the three workshops in this field, you should be able:

- Understand the concepts of memory, motivation and fixed versus growth mindset and identify key ingredients for being successful in your studies,
- Identify, evaluate and refine your existing learning and motivation strategies,
- understand the importance of setting goals and common obstacles to reaching your goals,
- Set goals for learning and motivation strategies you need to develop in your PDP,
- Understand the underlying beliefs people have about learning, intelligence, success and failure and how these believes influence your own performance and well-being, and
- Identify where you may have fixed mindset tendencies and formulate a plan in your PDP to become more growth minded.

Social Success – Fitting in and Leading

After you've visited the four workshops in this field, you should be able:

- Understand the psychological factors why people form or join groups and the stages and its characteristics of group development,
- Understand the factors that facilitate or debilitate group performance and cohesion,
- Understand the various reasons why people enter and form interpersonal relationships and what characteristics define a satisfying relationship,
- Identify specific skills you can use to maintain or improve your interpersonal relationships and formulate a plan in your PDP how you want to refine or develop these skills,
- Develop skills to connect and get support and to give support and feedback in order to improve or build satisfying relationships, and
- Understand what effective team leadership means and formulate a plan in your PDP how you can use this knowledge to support your study groups to work more effectively and cohesively.

Emotional Success – Health and Well-being

After you've visited the five workshops in this field, you should be able:

- Understand the concepts of emotion, emotion regulation, stress, anxiety, depression, procrastination, happiness and wellbeing,
- Identify key ingredients of well-being and happiness and formulate in your PDF how you can put this knowledge to use to become better at taking care of yourself,
- Recognize the causes and symptoms of stress, map your existing stress relieving strategies and formulate a plan about what strategies you need to develop or refine in your PDP,
- Identify where you may have procrastination tendencies and formulate a plan in your PDP to put into action functional strategies to stop procrastination, and
- Understand factors that can lead to mental health issues and know where to seek help in case of it.

Workshop calendar

Each workshop is 3 hrs long with a bigger break after the theoretical introduction and a shorter break during the hands-on activities.

| Overall topic | No. | Workshop content | Theoretical base and key concepts |
|--|-----|--|--|
| Introduction to psychology and student success | 1a | <i>What is student success? Introduction to student success</i> | Psychology of Student Success |
| | 1b | <i>Who are you? Part 1: Understanding yourself and building a healthy self-image</i> | Developmental and Social Psychology (self, identity, emerging adulthood) |
| | 1c | <i>Who are you? Part 2: Developing self-awareness and discovering your values and strengths</i> | Social and Personality Psychology (self-awareness, personality traits) |
| Academic Success – Learning and Growing | 2a | <i>Efficient and effective studying</i> | Cognitive and Educational Psychology (memory, metacognition) |
| | 2b | <i>Getting moving and getting it done</i> | Cognitive and Educational Psychology (motivation) |
| | 2c | <i>The power of beliefs and how it is related to performance and well-being</i> | Cognitive and Educational Psychology (fixed vs. growth mindset) |
| Social Success – Fitting in and Leading | 3a | <i>Fitting in – belonging to groups</i> | Psychology of Groups (group dynamic, development) |
| | 3b | <i>Connecting and getting support</i> | Psychology of Relationships (maintaining and supporting relationships) |
| | 3c | <i>Giving support and constructive feedback</i> | Psychology of Relationships (maintaining and supporting relationships) |
| | 3d | <i>Leading groups</i> | Psychology of Leadership (team leadership) |
| Emotional Success – Health and Well-being | 4a | <i>Understanding and controlling how you feel</i> | Cognitive and Developmental Psychology (Emotion, Emotion regulation) |
| | 4b | <i>Taking care of yourself: Sleep, stress, and health</i> | Cognitive and Health Psychology (Stress, Well-being) |
| | 4c | <i>When things go wrong, part 1: An introduction to mental health</i> | Health Psychology (Anxiety, Depression, etc.) |
| | 4d | <i>When things go wrong, part 2: Deadline yesterday!</i> | Health Psychology (Procrastination) |
| | 4e | <i>Being the “best” you</i> | Positive Psychology (Well-being, Happiness) |

Workshop Policies

In this workshop series, I strive to foster an inclusive learning community where all participants are encouraged to connect with peers and exchange experiences through discussions and various hands-on activities. Furthermore, the goal of this workshop series is for you to learn concepts and skills that you can apply to your life.

To enable an inclusive learning community where everybody is feeling safe to participate and contribute with her/his experiences, knowledge and skills, some rules of conduct are necessary:

1. Tackle each aspect of the workshop (series) with the mindset that you are investing in yourself and your future,
2. Follow instructions and ask questions if you don't understand,
3. Don't be late,
4. Demonstrate respect and courtesy to your peers and the instructor, because during the workshop we'll discuss aspects our lives that are deeply personal,
5. Listen mindfully to others, even when their perspectives differ from your own, and
6. Be forgiving to mistakes and be prepared to learn from mistakes and failures.

If a participant of the workshop behaves in such a way that the educational experience of other participants or the instructors' workshop objectives are disrupted, the participant is asked to leave the workshop.

Knowledge base

The course is based on scientific knowledge in psychology. After each workshop a reference list with recommendations of literature is shared to the participants of the knowledge. Preferably articles and book chapters from open resources are used.

About the instructor



Jenny Friedl MSSc

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Please read for more information at <https://jennyfriedl.works>

I've taught psychology, statistics and research methods at Karlstad University, Sweden, for eight years. During this time, I've followed more than 1200 students from their first steps at university until they wrote their final bachelor thesis. Already as a student I was interested in what determines student success and was involved as a student representative in improving courses. Later, as a lecturer at Karlstad University, I led the quality assurance team in psychology and were instrumental in creating courses and practices that enhance student success and foster an active and participatory learning environment. In 2018, I was nominated for the Best Teacher among the 755 teachers at Karlstads university.

I'd be happy to share my knowledge and experiences with the challenges you face as a student and what psychology can help you to master these challenges more successfully, with you.

I hope to see you at one of my workshops soon – if not in all!

Jenny Friedl.