

The logo features a stylized white outline of the state of Kansas, with a white number '1' positioned inside the outline.

K-STATE 1 FIRST

**GUIDE TO COLLEGE
STUDENT **SUCCESS****

..... **FOURTH EDITION**

The **K-State First** Guide to College
Student Success:
The Essentials for First-Year
Students at Kansas State University

Fourth Edition

Tara Coleman, Gregory Eiselein, Kylie Kinley, Emily Lehning,
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CONTENTS

Introduction

- Welcome to K-State..... 6

Chapter 1: History and Traditions

- History..... 8
- Traditions..... 9

Chapter 2: College Student Etiquette

- Principles/Things to Know..... 13
- Residential Life..... 14
- The Classroom..... 14
- Technology Use..... 17
- IDEA/TEVAL Forms..... 18

Chapter 3: College Student Success

- Motivation..... 20
- Goal Setting..... 20
- Time Management..... 21
- Information Literacy..... 22
- Writing..... 24
- Academic Resources..... 24
- Critical Thinking..... 26
- Diversity..... 26
- Health & Wellness..... 28
- Financial Literacy..... 30
- StrengthsQuest..... 30
- Career Center..... 31

Chapter 4: KSBN and The Common Book

- Introduction: KSBN, Common Reading, and *The Curious Incident*..... 34
- Resources..... 35
- Discussion Questions for Students..... 38

INTRODUCTION



INTRODUCTION

By Gregory Eiselein
Director of K-State First

Welcome to K-State

K-State First is our University's way of supporting students as they make the tremendously important transition from high school to college-level learning and college life. We have four core programs – CAT Communities, First-Year Seminars, Guide to Personal Success, and the KSBN Common Reading Program – designed to engage students and assist with that transition. But we also wanted to pass along some collective wisdom about how to survive, thrive, and love your college experience. This e-book, *The K-State First Guide to College Student Success: The Essentials for First-Year Students at Kansas State University*, is our attempt to summarize in a compact, readable form some of the most important knowledge, advice, and perspectives you will need to make your first year of college a success.

This book is built around four chapters. The first chapter provides a crash course in the essential history and traditions of Kansas State University. In chapter two, we try to clarify some of the unwritten rules of the college experience by explaining some guidelines of college student etiquette, many of which boil down to being kind and being responsible. Chapter three covers the essential skills you will need to succeed and to graduate, from time management and critical

thinking to health and wellness. And we conclude this edition of *The K-State First Guide to College Student Success* with a chapter about this year's common read, *The Curious Incident of the Dog in the Night-Time*.

Starting your college experience can be an exciting and life-changing experience, though it also often includes some unknowns and perhaps even a few situations that can be intimidating at first. This book will provide solid advice on navigating the uncertainties and overcoming difficult or challenging new expectations. But more important than any book will be the people you meet and the friends you make in this learning experience. Others in the K-State family – students and friends, faculty and student life professionals, RA's and LA's, administrators and campus leaders, tutors and advisors and mentors, alumni and staff – are all here to support you throughout this journey. And they will probably end up being your most important resource throughout your college career.

If I were to offer what I consider to be the single most crucial piece of wisdom about succeeding in college, it would be this:

Make meaningful connections with the other members of your K-State family – your advisor, your teachers, your fellow students, and the rest. Make friends. Go to class always, but also go to your professors' office hours. Be brave and try to meet new people and make new friends each week. Ask for help when you need it. Take advantage of the people around you who want to help you. That's why they're here – to help *you*. Your college success will ultimately be your responsibility and your achievement, of course, but the others you meet during your college years will also play an essential role. Learning is social, and becoming an active part of the K-State family will improve your learning and ensure your college success.

Welcome to K-State, and enjoy your first year here!

CHAPTER 1:

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HISTORY AND TRADITIONS

HISTORY

K-State: your first history lesson

Our beloved university began as Bluemont Central College, and opened to its first students in 1860. Settlers in the area were well-educated and felt that a college was an important addition. Serving first as a primary and preparatory school for students underprepared for college, Bluemont College was privately run until 1863. At that time, Kansas had already become a state (January 29, 1861—be ready to celebrate Kansas Day next semester!) and had accepted the Morrill Act, which allotted each state 30,000 acres of land for each member of the House and Senate. The land, or proceeds from selling the land, could be used to start a college. With 90,000 acres, the state of Kansas was ready to establish its first college, following the provisions set forth by the Morrill Act:

“...the endowment, support, and maintenance of at least one college where the leading object shall be, without excluding other scientific and classical studies, and including military tactics, to teach such branches of learning as are related to agriculture and the mechanic arts, in such manner as the legislatures of the states may respectively prescribe, in order to promote the liberal and practical education of the industrial classes in the several pursuits and professions in life.”

To put it in everyday terms, the Morrill Act aimed to create colleges that focused on agriculture, engineering, and military training, while not

excluding other areas of study, including liberal arts, which had long been the focus for higher education. The goal was to offer educational opportunities to a wider variety of students. These democratic ideals set the stage for the culture and feel of K-State then and now.

At this time, Bluemont College was experiencing financial difficulties. Its board offered 100 acres, a building and library volumes to the State of Kansas. The State accepted on February 16, 1863—K-State’s official Founder’s Day. On March 3rd of the same year, the legislature passed an act establishing Kansas State Agricultural College.

Because of the land “granted” to the state through the Morrill Act, KSAC became a “land grant college”. The first class of 52 students was exactly 50% male, 50% female, and included studies in mental and moral sciences, mathematics and natural sciences, and music. From the beginning, our history proves our dedication to being a co-educational and racially integrated institution.

KSAC became Kansas State College of Agriculture and Applied Science in 1931, and Kansas State University of Agriculture and Applied Science in 1959. Buildings have been added, razed, burned, and rebuilt. Our mascot started out as a black Labrador named Boscoe (no relation to our current Vice President for Student Life, Dr. Pat Bosco, but what a coincidence!) Later, K-State used a real wildcat named Touchdown, and, finally, adopted Willie in 1947. Willie has also changed significantly. You can see the many faces of Willie and his full history here: www.k-state.com/s/1173/social.aspx?sid=1173&gid=1&pgid=411.

Throughout the many changes that K-State has seen throughout the years, there are a few things that remain the same. We have developed many traditions that honor our history and will continue to shape our future.

TRADITIONS

At K-State, we do FRIENDLY

Can't find the building where you have class starting in t-minus two minutes? Ask that person walking by you on the sidewalk. We have all needed help, and our friendliness and willingness to help is what makes us K-Staters.

K-Staters are known for their friendly demeanor. Open a door for a fellow classmate or professor. Direct a visiting family fumbling with a map. Walk the group of new first-year students, standing in the quad with a bewildered look, to the building they need, then sprint to your own class. Extraordinary? Nope, just the K-State way!

At K-State, we do PURPLE

Purple Pride ice cream at Call Hall dairy bar. One of 30-plus flavors, all made by students!

Purple Power Play at the Park. Join more than 20,000 students, alumni and fans for food, fireworks and more at the pep rally held the Thursday and Friday evenings before our first home football game.

Purple Masque Theatre, home to student-directed performances, is housed in the renovated West Stadium.

Purple! Purple shirts, purple shoes, purple bags, purple water bottles, purple pens. If it can be made in purple, you will find it here. Wear your purple with pride!

At K-State, we do the WABASH

After a fire in the 1960's left the music department with only one piece of music, "The Wabash Cannonball" has become an easily recognizable tune that rouses any K-State crowd. Find a short video history here: www.youtube.com/watch?v=pDBAf6yPZS0. Stand up, clap your hands, and get ready to WABASH. You can view a great video and start practicing here: www.youtube.com/watch?v=CMOQ2wU6vGk.

Another great tradition occurs at basketball games. Students at men's basketball games tear up newspapers into tiny bits, throwing them into

the air at the introduction of the home team. You can watch how to do it here: www.youtube.com/watch?v=rUBoa-89m6Q.

At K-State, we are FAMILY

Invite your family to join you on Saturday, October 14, 2017 for our 89th Annual K-State Family Day! You can view details here: www.k-state.edu/familyday/.

Parent and Family Association helps families of K-State students feel connected to the University. Access to a hotline and invitations to family events on campus help our extended family stay close wherever they are.

Bill Snyder Family Stadium. Need we say more?

At K-State, we do GREAT FOOD

Remember that Call Hall ice cream? You can also get your fill of fresh-made cinnamon rolls and hot cocoa (among other mouthwatering goodies) at T-H-E BAKERY in the lobby of Derby Dining Center. Also, each Wednesday during the school year, the Bakery Science Club hosts a bake sale where you can stock up on fresh baked bread, monster cookies, brownies and more. The chocolate milk at the residence hall dining centers is also a student favorite.

Off-campus, you will find student favorites Varsity Donuts, Radina's Coffeehouse, and Taco Lucha, as well as many other local eateries and shopping, in nearby Aggieville.

At K-State, we do OPEN HOUSE

Every year, for one Saturday in April, the entire campus throws open the doors and welcomes over 20,000 visitors to see all of the cool projects students and faculty have been working on all year. See robots in action, watch a glassblowing experiment, ride a weed-eater powered bicycle and enjoy free food throughout campus. Open house will be held on a Saturday in early April, and look for opportunities to get involved in your department and student organizations.

At K-State we CELEBRATE STUDENTS

Check in with #kstate, @KansasStateUniversity and the K-State Today emailed directly to your inbox daily to see what accolades your fellow students are earning.

Become part of the action by getting involved in research, taking leadership in one of our 475-plus student organizations, or serving your residence hall, sorority or fraternity through committee work.

At K-State, we LEARN TOGETHER

In your K-State First First-Year Seminar or CAT Community, you will find that gone are the days of lecture after lecture. From co-curricular activities that have you rappelling down a cliff and walking the history of the Overland Trail to participating in hands-on activities side-by-side with your professor, everyone is engaged in academic endeavors.

Each year, a committee of students, faculty, and staff choose a common book for the campus. This year, you received—and hopefully read!—your own copy of this year’s book. People all over campus have read it, and you will be hearing more about it in your classes, at campus-wide activities, and when the author visits our campus! (See KSBN chapter for more in-depth information.)

Research opportunities are plentiful for undergraduates, and it’s not just for scientists! Work with a professor to study sustainable energy, work with preschoolers at the Hoefflin Stone House Child Care Center, or dream big in the Electronics Design Laboratory. In fact, K-State is working towards being a Top 50 Research Institute by 2025. Learn more about Research, Scholarly and Creative Activities, and Discovery and see what each college offers here: www.k-state.edu/2025/initiatives/rscad/.

Take advantage of the numerous opportunities for co-curricular learning offered throughout campus. Whether it is a Landon Lecture (www.k-state.edu/lectures/landon/), a class field trip, or a comedy act sponsored by UPC (see the UPC line-up of presentations, concerts, and more at www.k-state.edu).

[edu/upc](http://www.k-state.edu/upc)) you will learn just as much outside of the classroom as you will in it—though it is still necessary to attend those classes!

At K-State, we SERVE

K-State Proud, a student-led fundraising campaign, has raised more than \$830,000 over eight years to help fellow students in need. Students raise money through selling t-shirts to wear at a specified home basketball game and through student donations. That money is used to help fellow students who are facing a hardship and need help in order to stay enrolled at K-State.

Students help students, and students help others. HandsOn K-State places students in many service and volunteer opportunities around campus and in the community. Student Program Coordinators are available to help you find opportunities connected to your interests provide service-learning training when necessary. If you are a service-minded individual, add joining HandsOn K-State to your bucket list this first semester.

Join a Staley School of Leadership Studies International Service Team to serve abroad. You can master a language, gain leadership experience, and develop cultural appreciation during a summer of service.

Extend your leadership beyond campus through involvement in the Manhattan Good Neighbor program. Partnering with the City of Manhattan, Riley County Police Department, USD 383, Manhattan Housing Authority and others, you can help maintain safe, clean and welcoming neighborhoods for University students.

At K-State, we INCLUDE

From our first days as KSAC, inclusion has been the K-State way. Throughout our history, we have maintained a near 50/50 enrollment of men and women. Our first black alum graduated in 1899, and presently one of every six students is black, Hispanic, American Indian, or multiracial.

Military men and women are part of our K-State family. Our Army ROTC program earned K-State a designation as a Top 30 College for Military Students in Military Advanced Education

Magazine. The Air Force ROTC program continues to commission excellent officers, and the campus building which houses military sciences has been renamed General Richard B. Myers Hall after one of AFROTC's distinguished alums.

Every year, military men, women and families are honored at various sporting events on campus. In fact, Athletic Director John Currie received the Outstanding Civilian Service award, one of the highest awards a civilian can be given by the U.S. Army.

Thank you for joining the K-State family. We hope that participating in some of the time-honored traditions becomes your K-State bucket list!

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Academic life

Don't be afraid to ask for help. I was a part of a CAT Community during my freshman year and when I didn't understand something or needed help I spoke to my professor about it. It took a couple weeks for me to ask for that help, but once I understood that this professor really cared I went to her not just for class, but recommendations or just to vent about life. During the end of my sophomore year the same professor that taught my CAT Community class recruited me to be her LA for the following fall semester. Through this LA experience I've grown as a leader, but more importantly as a person. As my mom always said, 'A closed mouth doesn't get fed.'

Shaun Dowdell, Residential Learning Assistant for the Be the Change: Social Justice CAT Community*

*Contained in each speech bubble within the book are quotes from students that detail some of their experiences.

CHAPTER 2:

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COLLEGE STUDENT ETIQUETTE

PRINCIPLES/THINGS TO KNOW

Three important truths

1. Certain things are expected of you in college. The sooner you know how to meet and surpass those expectations, the more success you'll achieve.
2. People judge you by your manners. Develop good ones.
3. Likeability gets you a long way. If you respect others and respect yourself, you will be more likeable. You can't please everyone, but you can respect everyone.

Before you even show up, start thinking like an adult

Be an adult. Even if you don't feel like one yet; even if you don't want to; even if it's hard. You may regret acting irresponsibly or entitled or short-sighted like a teenager, but you will never regret being responsible and gracious and patient like an adult. How do you become an adult? It's a lifelong process, and you definitely know people who haven't gotten there, but here's some advice to get started.

Adults ask for help

Ask your professor, your roommate, your residence hall director. Worried about how you get your mail? Can't find your classroom on the

first day? Ask someone. Can't find research? Librarians EXIST to help you. So do most of the people at K-State. They work here because they enjoy students. Don't ever worry about if asking questions makes you look stupid. Your peers aren't looking at you. They're worried about how they can find the answers to their own questions.

Adults keep their commitments

Can't keep up with all of them? Choose a few and commit 100% instead of flaking.

Adults have good manners

Manners aren't about being snobby or keeping your elbows off the table. Manners are about being considerate, respectful, and honest with the people around you. College is an unfamiliar world, but you and the people around you shouldn't have to feel uncomfortable as you navigate that unfamiliar world. The following advice will help you become comfortable with your new life here at K-State.

Professionalism

"So the first thing is, start practicing on never saying 'um'."

I'm sure multiple students have heard this suggestion from English teachers throughout their high school career but it is actually an important piece of advice to follow. When talking with professors, friends, coworkers, or anyone that you are trying to make a good first impression on, do not use the word "um" (or "like" for that matter. In fact "like" is worse).

Without using filler words such as like and um, you can come across as more confident, intelligent, and believable.

This is most important in speeches and job interviews and it's best to start practicing early than learning this lesson the hard way.

Darrah Tinkler, K-State First Student Advisory Board Member

RESIDENTIAL LIFE

Community

Living with hundreds of other people in the same building AND sharing a room and bathroom is hard work, so think of your residence hall community as a job. Your community members are your bosses. Act respectfully and considerately so your bosses don't want to fire you. Often, roommate conflicts can be solved with small acts of thoughtfulness such as using earbuds instead of blasting your favorite song, taking visitors to the lobby or other common spaces, and keeping your messiness to a minimum.

It is not uncommon to have minor disagreements or moments when you feel uncomfortable as you set the ground rules for living in your space. You should have conversations with your roommate about what each of you needs to be successful. If you're having a problem with your roommate or community, finding the right information to solve that problem is essential. Often, the person who has that information is outside of the situation. Your Resident Assistant or Community Coordinator are two options for helping you mediate any conflicts, and they can help you build your new community.

Great communities are made up of people who contribute. Consider serving as a leader on your floor or in your hall. You have many opportunities, and you are sure to find a way to apply your leadership skills through the Association of Residence Halls, National Residence Hall Honorary, housing and dining ambassadors, hall governing board or judicial board. You will gain great experience, and it will help your voice be heard.

Don't be a mooch

Be considerate of other people's time, stuff, and money. If you're low on cash, pay the other person back later that day, if possible. If you borrow a towel or a shirt from your roommate, return it promptly (and wash it first; otherwise – ew). If you make a commitment, even just to hang out, show up on time. No one wants to be the person everyone quits inviting over because of that person's extreme moochiness.

Do not, I repeat, do not, be a total slob with your new roommate. Examples that I can give, from experience, include not letting your apple juice grow mold in your cups, leaving ramen noodles in a bowl for so long they could become the new Hoover Dam, and bringing home a trash bag full of wet clothes from Christmas break, planning on drying them in the residence hall dryer, and then find said wet clothes still in the trash bag when you are preparing to leave for Spring break. True story.

Darrah Tinkler, K-State First Student Advisory Board Member

THE CLASSROOM

Go to class

This isn't a secret. Showing up is essential to success in college.

K-State Tuition (ONLY tuition –no fees, etc) Fun Facts:

- In-state students pay \$18.27 per each class session for a MWF schedule.
- Out-of-state students pay \$48.47 per each class session for a MWF schedule.
- For a TU schedule, in-state students pay \$27.11, and out-of-state students spend \$72.71 per class session.
- Feel like sleeping in? Pretend you're throwing a \$20 in the trash as you hit snooze.

Also, disappearing helps *no one*. Family member sick? Chronically ill? Tell your instructor and tell K-State's Office of Student Life.

Dress for the occasion

Pajamas/yoga pants/gray sweat pants tell your instructor and your classmates that you see class as a distraction from your busy life of working out or sleeping or playing video games instead of as your main priority. If you're on the way to the Rec, pack a change of clothes. Your instructor does not expect a suit or a ball gown; jeans and a K-State t-shirt are adequate. No one wears pajama bottoms to Bill Snyder Family Stadium; your classroom deserves even more respect. (Note: However, just because you wear body paint to football games doesn't mean you should wear *that* to class.)

Don't pack up before class is over

Even if you have to get to another class across campus, this is rude and distracting. Essential information about upcoming homework assignments or exams comes in the last few minutes of class, so you're not just setting yourself up to miss something, but you're signaling to the professor that you do not care. Plus, the sound of zippers zipping is loud and contagious. Don't be patient zero.

Don't ask, "Can we get out early?" – even on Fridays

Your instructor will think you're being whiney (because you are), and you'll lose their respect.

Don't compare grades in class

Your grade is private. If you want to discuss your grade with a classmate or a friend, that's your business, but don't do it when the entire class (including your instructor) can hear your joy or your dismay.

Don't ask, "How do I get an A?"

First of all, the instructor doesn't "give" grades; *you* earn them. Instead, ask something along the lines of, "How can I learn the most?" If you're worried about a paper, see if the professor will meet with you a few weeks before it's due and go over it with you. This means you have to be prepared, but if you truly want the "Excellent" designation rather than the Average (a C) or an Above Average (a B), you have to earn it.

Don't follow your professor to their next class

The ten minutes between classes are crucial for your instructor to prepare for their next class, so they cannot give you their full attention. Make an appointment. You'll both get more out of the encounter.

When to stay home from class

If you have the stomach flu and are throwing up in the trash can in the hallway and your classmates then feel prompted to call out their sympathies from their desks (this is from real life, BTW), you need to stay home. You never have to give your instructor the gritty details. A simple, "I'm not feeling well, and I will not be in class today" is sufficient information.

Eat discreetly/leave food at home

Bringing Panda Express from the union to class every day will get on your classmates' nerves. It might make more money for Panda, and they'll appreciate it, but no one else will. Stick to foods that are quiet and smell-less. Think granola bars rather than orange chicken.

Group project etiquette

Everyone has a nightmarish group project story. Working in a small group with nearly total strangers can be hard, but the ability to work well with others is a life skill that you can use to impress employers and become a person other people actually want to be around. Come to the group meetings on time, take responsibility for your share of the work (don't be bossy and don't be lazy), and be considerate, honest, and respectful of your classmates.

Tips for successful out-of-classroom learning

1. If you attend a lecture, show up on time and stay through the question and answer session. The lecture is not over yet, and leaving is rude. This is often when the speaker is the most engaging, so you might enjoy it even more than the lecture.
2. Never use your cell phone (not even to check the time) during plays, lectures, concerts, or film screenings. In the case of live performances, often, they can see you being rude and looking at your phone. Think how much work your fellow K-State students or the visiting artists have dedicated to provide you with this experience. That dedication deserves your full attention.
3. Show up on time to tutoring sessions, advisor meetings, professor meetings, study groups, and any other commitment you make. Come prepared with questions or a draft of your paper or your ideal class schedule so you make the most of the time.

Email etiquette

The perfect email has:

- Specific subject line
- A respectful greeting
- Clear message body with a neutral or friendly tone
- Specific signature with student's name and the name and date of the class
- Does not ask for information your professor already gave you elsewhere

Example:

SUBJECT: Absent from class today

Dear Professor Smith,

I missed class today. Is the homework for Thursday the reading listed on the syllabus, or did you make changes in class today?

All the best,
Rachel Student
ENGL100
TU 9:30

A bad email has:

- No greeting
- Assumes class was not important
- No specific signature

Example:

Did we do anything important today?

Rachel

A REALLY bad email has:

- An impolite greeting
- Too much information about why you missed class
- No signature at all (but with an email as bad as this, who would blame you for preferring to stay anonymous?)

Example:

Yo,

I was hungover this morning and decided class wasn't worth my time. Did we do anything important?

Another really bad email has:

- An impolite greeting
- Accusatory tone with capital letters
- No specific signature

Example:

Hey,

The grade I got on my paper was stupid, and WE NEED TALK ASAP.

Rachel Student

Proper way to email your professor about your grade:

- Even if you feel your grade is unfair, you need to be an adult about it. To review, that means you need to be honest, considerate, and respectful.

Example:

SUBJECT: Discussion of recent paper

Dear Professor,

Could we meet to discuss the grade on my last paper? I'm available on Monday and Wednesday after 1:30 p.m.

Thanks!

Sincerely,
Rachel Student
ENGL100
TU 9:30

Avoid alarm clock errors

Always set an alarm for the right time of day. It doesn't do you much good to set an alarm to 9:00 pm when your class is at 9:30am.

Cooper Clawson, Learning Assistant for the Profitability in Livestock Enterprises CAT Community

TECHNOLOGY USE

Effective uses within the classroom

In some courses, professors will allow you the use of your electronic devices (laptops, tablets, iPads, e-readers, and smartphones) for classroom activities, learning engagement, and quick access to information. Since we use mobile technology in our daily lives, it can be beneficial to incorporate it into the classroom to develop additional skills for later success.

Appropriate uses of technology (through instructor permission):

- Recording of lectures or discussions
- Taking notes on laptops or iPads
- Collaborative note taking (live tweeting films, events, etc.)
- Use of smartphones to calendar events/ assignments
- Instant communication (polling features, study guide games)
- Photo capturing for assignments
- Research
- Information sharing for group work

When using technology in the classroom, be sure to follow the ground rules laid out by your instructor in their syllabus and daily directions. Use the technology as a way to engage in the class: do not text friends, chat, take calls, use social media, etc. unless given explicit instruction or permission to do so.

Regulated use within the classroom

Not all instructors incorporate or allow the use of mobile devices in their classroom. If it is not allowed, follow their instructions. Turn off your cell phone. Don't check it throughout the class, don't text, and seriously do not talk on it. If you use a laptop (and check and make sure your instructor allows laptops), take notes instead of surfing the web or getting on social media.

Inappropriate uses:

- Texting (typing or reading)
- Talking on the phone
- Sending/reading personal emails
- Checking in with social media
- Gaming

- Shopping online
- Reading materials/articles not related to class
- Paying bills

Learning is social just like Twitter, and you may distract your peers and appear disinterested. You can kill the learning buzz. After all, you aren't just in class to learn the material; you are honing your ability to focus on a topic and/or a person for at least an hour at a time, which is something you will need to do for the rest of your life.

Are you bored? That can be the professor's fault, but most of the time it's your own. You can choose to engage with the lecture and the material, or you can choose to sit and think about what you're eating for lunch or what you're doing on Saturday. You'll get more out of the \$18.27 you are paying for each class session (MWF) if you're paying attention. Plus, you'll fulfill the overall goal of spending four years of your life in college: to learn the most possible.

Pocket Points

Now, you can earn rewards through some K-State Union vendors by staying off your phone during class thanks to the Pocket Points app. Simply create an account, lock your phone through the app during class, and earn rewards. For more information, check out the Pocket Points webpage: <http://union.k-state.edu/pocket-points>.

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IDEA/TEVAL FORMS

Feedback and assessment

There are two different kinds of assessment tools used at K-State which allow you to provide feedback about your courses and instructors at the end of the semester. These are the TEVAL and the IDEA Forms.

K-State First uses the IDEA forms in all First-Year Seminar and CAT Community courses. These forms are a bit longer, and include opportunities for you to assess parts of the courses that are important to you, including the learning objectives, critical thinking skills gained, your general effort and workload, as well as the teaching methods, styles, and overall effectiveness of your instructors.

We encourage you to be open and honest on each question as you fill out the bubbles, and also to provide additional written comments at the end of the form to offer details about your experiences. Some guiding questions to help you with your written comments are:

- What is one thing your instructor is doing really well?
- What is one thing your instructor could improve?
- What is one in-class activity, co-curricular event, assignment, etc that you found to be particularly effective in helping you learn?

Assessing the K-State First program

The IDEA Form responses are not only helpful to your instructor, but they are also beneficial to the K-State First program as a whole as it allows us the opportunity to learn and grow based on the evaluation of all courses and instructors in the program. We use the assessments to help determine any faculty/staff training needs, as well as a way to further understand the impact our program has on individual students like you.

Cell phones

I would advise freshmen to make sure that they have their phone off or on vibrate while in class. My first semester I had my cell phone go off during a Chemistry I lecture. Not only was it very embarrassing, but it also disrupted the entire class.

Erica Schmitz, Learning Assistant for the Art of Engineering
CAT Community

CHAPTER 3:

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COLLEGE STUDENT SUCCESS

doing here at K-State really matters, it'll motivate you to keep achieving and overcome challenges. Another practice that can increase your motivation is goal-setting.

GOAL SETTING

Setting goals is an important aspect of motivation and time management

A goal is defined as “the object of a person’s ambition or effort; an aim or desired result.” Essentially, a goal is what you want and why you’re doing what you’re doing.

When determining your goals, be S.M.A.R.T.

S – Specific Think about what you want in specific terms. Do you want to graduate in 2018, with a 3.5 GPA and an internship completed? To pay off your student loans within a two years of graduation? Don’t be vague about your goals. Attach real experiences and dates to your goals.

M – Measurable Determine how you’re going to measure your progress. By your grades? By a certain timeline? By awards or accomplishments? You need some markers of progress as you work towards your goals.

A – Attainable Attainability is more about attitude than anything. You have to believe that you can achieve something before you can really strategize how to go about actually achieving it. Reflect on what you want to accomplish in life and believe that you can get there – then focus on the how.

R – Realistic Create goals that you are willing and able to work for. If you don’t want to go to school for 6+ years, you shouldn’t plan on getting a Ph.D. Instead, think about what you’re willing to do to and plan accordingly.

T – Timely It is really important to attach real dates and deadlines to your goals. Not because your plans can’t change – they probably will! – but it’s much more motivating to work towards something when you can actually see a finish line.

MOTIVATION

Motivation is the key to your success at college

You have to have a reason for why you’re waking up each day, taking classes, and working towards graduation. You may already be motivated by something – maybe you’ve always dreamed about a certain career, or you want to go to graduate school, or even travel abroad. If some kind of purpose is motivating your work it becomes easier to work hard (though during tough times you may have to pause and remind yourself of your purpose). If you’re less sure of why you’re taking the classes you are, or why you’re pursuing a college degree, take some time for some honest reflection:

- What do I want to get out of my college experience? A specific skillset? Exposure and access into a certain career or profession? The ability to teach, research, or travel? A strong group of peers?
- What kind of opportunities will I gain from earning my degree? Higher pay? More job options?
- What do I have to lose if I don’t graduate?

These questions are meant to cause you anxiety but instead remind you that your success in college has a significant bearing on the rest of your life. When you take time to remember that what you’re

TIME MANAGEMENT

College students are busy

There are classes and labs to attend, homework to do, projects to finish, papers to write, and exams to study for. There are events on campus, activities in your hall or living group, and meetings for the clubs and organizations you join. The happiest and most successful students also make time for eating well, sleeping through the night, exercising regularly, spending time with friends, and relaxing and having fun. Time management, goal setting, and motivation all go hand-in-hand. When you're motivated by something, you'll structure your time in such a way to achieve what you want. Most of us have some kind of way to keep track of our time – a calendar, a planner, apps on our phones or computers. Those are all great! There are multiple ways to manage your time well. So how do you figure out how to make everything fit into the day, week, or semester? Here are a few tried and true strategies.

1. Make a plan

Get an organizer, planner, app, or calendar, and plan out each hour (or half hour) of the entire week. When will you be attending class? When will you do your reading, preparation, homework, writing, and projects and presentations? When will you be getting about eight hours of sleep each night? When will you eat, exercise, and hang out with friends? When will you be working? Which meetings and campus events will you attend that week? What's due that week?

The experts recommend studying about two hours outside of class for every hour spent in class. For example, if you are enrolled in 14 credit hours, you should plan about 28 hours outside of class each week to complete assignments and study. Most successful students report that beginning the semester with a more rigid and generous study schedule serves them well.

A thoughtfully planned calendar can turn an overwhelming situation into a rich and interesting week that balances work and play, quiet time and socializing, challenge and fun.

Tip: Deliberately overestimate how much time it will take to complete long or important projects. For example, if you think it should take about six hours to complete a paper for your History class, allocate nine hours to finish it. If you finish the assignment in less time than need, you'll probably be happy about having some unexpected free time. If you underestimate how long it will take, you may find yourself staying up late, skipping a cool movie with friends, or turning in inferior academic work (when you know you could have done much better).

Organization

From my experience, the best advice I can give is to stay organized. I have found that the more organized I am, the less stressed I feel. On the first day of classes, take your syllabus from each class and combine the course schedules into one spreadsheet. By having all of your due dates listed in one place, it is easy to see when you have exams or big projects coming up. Rather than waiting to the last minute to start studying for an exam you forgot about, this centralized assignment sheet will help you prepare ahead of time. If you are prone to procrastination, this is a way to ensure you will not fall behind.

Jenna Snell, Learning Assistant for the Healthcare for the Heartland: Rural Medicine CAT Community

2. Prioritize

Put your time and energy into those efforts that you care most about and those that are most closely connected to your goals. Be aware of deadlines, and do your best to make sure you arrive at events on time and hand in assignments by the due date. But you'll also want to prioritize important work whose deadline might seem further away at the moment—papers and exams that carry a lot of points, concepts or skills that you'll need to master to do well in the rest of the class, or topics that are fundamentally important to the career you're preparing for or the kind of person you want to be.

Careful prioritizing can reduce stress. By deciding what's important to you and your goals at college, you are often better prepared to say “no” to commitments or obligations of lesser importance for which you really don't have the time.

Tip: Don't spend too much time on activities or projects that really don't matter that much. Gaming and social media can consume a lot of time, when they're not made a part of a larger time management plan that can include such activities but prioritizes big exams, class attendance, and sleep. But even within important activities—an essential class, for example—figure out what to prioritize. For example, what's more important: claiming a few extra credit points that require attendance at a two-hour event plus a paper that takes an hour to write, or spending that time on the final term paper that will make up 30% of your final grade?

3. Figure out your daily rhythms and habits and find your flow

The best students often get lost in working on their most difficult, challenging, and important academic projects. They get in “the zone,” and they produce impressively high quality work. Though it can be hard sometimes to figure out how to get in the zone, there are some things you can try to increase your chances of finding that groove or that flow that will produce your best work.

Focus. Devote your attention and energy to the task before you. Multitasking doesn't really help produce the best work.

Get rid of distractions. Ignore your Twitter feed, close the door if it's noisy, silence your phone. Do whatever you need to keep your energy focused on your project. Your emails and texts will be there for you when you're done.

Figure out when you do your best work. Are you an early bird or a night owl? When do you feel at your best, confident and ready to take on anything? When during the day do you slump or lose your energy? If your daily routine has you energized in the late morning or early evening, then block off those times for doing your very best work. Use this time to tackle your most important and most challenging academic work (your hardest class, a challenging book, that final term paper). If you slump after lunch or feel a little too relaxed late at night, you might use these times for less important or less consuming kinds of activities (catching up on email, for example, or planning your weekend).

Tip: Once you figure out when during the day you're at your best, make it your own time. Don't let Netflix viewing, busy work, unexpected interruptions, an extra shift at your job, or other lower priority activities take over. This is *your* time. Use it for what's most important to you and your goals at college.

Organization

Get a planner and get in the habit of using it daily. At the beginning of each semester, write down all important dates like tests, quizzes, papers, etc., This way you can stay on top of everything and manage your time well. Also, never complain about the Derby, because you will miss it as soon as you move out of the residence halls.

Sarah Pennington, Learning Assistant for the What Not to Wear: the Psychology of Fashion CAT Community

INFORMATION LITERACY

What is information literacy?

Information literacy is knowing when you need information, being able to find the information you need, and then using information effectively.

Why should I care?

You will be writing papers, preparing speeches, creating art, and/or conducting research in college. You will need information for these projects to:

- discover new ideas
- provide context for your ideas
- confirm (or question) ideas

We are swimming in a world of information so deep it might as well be the Marianas Trench (<http://xkcd.com/1040/>). It's in books, on the internet, and in the memory banks of our elders. There is so much information that you can access, and so many places that you can search that it can be overwhelming if you don't have a plan. Information literacy is the plan that will help you.

How do I do it?

Here are some steps to improving your information literacy:

1. Define the problem or task

What are you looking for? If your problem or question, also known as a thesis, is too broad or vague, you may be overwhelmed with information. If your question is too narrow, you might not find anything at all. Take a moment to refine your question. This step will help you focus your search and zero in on what you need to find. An easy rule of thumb is that if someone has written an entire book on your topic, it's too broad. If it's something that only your aunt has ever talked about, it may be too narrow.

Question: Being tall makes you a better person.

Discussion: First, is that even a question? No. It's an assumption. Make it a question that invites investigating multiple perspectives (because, really, is a short person going to agree with that statement?) And, while you're at it, better in what ways? How do you define tall?

Better question: Does being taller than average have advantages in the workplace?

2. Locate information

Now that you have your question, where will you find background information, research, and other information to help you answer your question?

There are many places to access information: other people, books, journal articles, websites, videos, etc. You go to certain types of websites for different types of information you want for your personal life (Reddit, Tumblr, Instagram, Hulu). You will also go to different resources for your research in college, depending on what you need. A book is helpful for some information needs, but other times articles or a music recording will be more relevant.

A good starting point is to go to the library's homepage (www.lib.k-state.edu) and use Search It. It's like Google, but searches for items (books, articles, videos, etc.) the library has access to physically and electronically.

Not all information is equal. Once you find what you need, it's up to you to decide if the information is accurate, current, relevant, and unbiased.

Note taking

Research the different methods of note-taking to see which will work best for you. Make sure you keep all your notes in one place so you don't lose any. If you can find the time, rewrite your notes after class in a bullet-pointed summary (it takes less than five minutes). Doing this will help you reinforce and organize the information you just learned. Also, take notes when you are reading your textbook. If you keep all of these notes together, it will help you reduce your study time because 1) it's all together in one place and 2) you will actually know more of the information.

Jael Whitney, Residential Learning Assistant for the Talking Physics CAT Community

3. Analyze the found information

Once you have your information, you need to verify that it's legit.

- *Currency:* Check the publication date and determine whether it is sufficiently current for your topic.
- *Coverage* (relevance): Consider whether the source is relevant to your research and whether it covers the topic adequately for your needs.
- *Authority:* Discover the credentials of the authors of the source and determine their level of expertise and knowledge about the subject.
- *Accuracy:* Consider whether the source presents accurate information and whether you can verify that information.
- *Objectivity* (purpose): Think about the author's purpose in creating the source and consider how that affects its usefulness to your research.

You might find sources that disagree with each other. When that happens, review the criteria listed above to figure out why. You can discuss this disagreement in your paper.

4. Back yourself up (a.k.a. cite it)

Citing your information sources

- gives credit to the work you used
- provides a paper trail that will help others find the information
- helps you avoid plagiarism

Think of it this way: a paper (or an argument) is like an outfit. You put it together using a lot of different designers. A bibliography is your way of giving credit to the designers who made the clothes you used to complete your look. You're not claiming that you hand-sewed each piece, you just knew how to put it together.

The [Online Writing Lab \(OWL\)](#) at Purdue University is a great place to learn about citing your sources.

5. Review your thesis

Sometimes everything you find perfectly answers or supports your original question. Other times, you discover that the evidence causes you to question or revise your thesis. This is okay! It means that you've learned something about your topic, which is why you are doing the research. If the focus of your project will be dramatically changed or if you were assigned a specific topic, be sure to talk to your professor. But usually you can just refine your thesis and project to account for your new knowledge.

You don't need to know everything; you just need to know how to find it

A lot of the research you will be doing will be to write papers for your classes. For help with finding information and writing your paper, you can use the [Writing a Research Paper Guide](#) as a place to start. If you need help at any time, you can always ask a librarian: www.lib.k-state.edu. You can chat one-on-one with them!

WRITING

Writing is hard...

and don't let anyone tell you differently. Typing, tweeting, and texting are easy because you practice them. So college-level writing will only become easier if you practice. The process of putting your ideas on paper in a developed, cohesive manner that effectively translates the thoughts in your mind to your reader's mind is ridiculously hard, so make sure you practice as much as possible. This is true whether you are writing a research paper, a love letter, a job application, or anything that has passion, truth, and substance.

Have you labeled yourself a "bad writer"? You shouldn't; what happened to you in the past does not define your identity as a college-level writer. Writers become good through reading and writing. Good writers aren't born; students become good writers through the choices they make. As a new college student, you can choose to read the homework and assignment guidelines, meet with your professor, sign up for a tutoring session, and grow as a writer, or you can choose to keep all of your bad habits and your mediocre writing skills. Students at K-State have become better writers in the first month, after the first semester, or even after four entire years. Their secret? Hard work.

ACADEMIC RESOURCES

Academic resources are for all students...

despite stigma that might make you think otherwise. Some students enter college thinking that resources such as tutoring are only for students who are struggling in their coursework, but we know that all students benefit from academic support.

So why does this matter? In general, students who connect with academic resources stay on track to graduate (Cooper; Reinheimer and McKenzie). That's important to you, right?

Luckily for you, K-State has fantastic resources available. Here are some of the options available:

Holtz Hall Tutoring

K-State provides free tutoring to all enrolled students in a variety of classes in three convenient locations. The Holtz Hall Tutoring Center offers several types of tutoring to assist with course content and learning strategies, including weekly scheduled sessions that meet in a small group with a peer tutor and online tutoring for distance learners. Additionally, walk-in-tutoring in a select number of subjects is offered both daytime and evening in the Derby Dining Center and Holtz Hall. For more information, visit the Holtz Hall Tutoring Center's [website](#).

The Writing Center at K-State

Enthusiastic and highly trained writing tutors will spend 30 minutes helping you brainstorm, develop, or revise any type of writing at any stage of the writing process. Scheduled, walk-in, and online appointments are all options. These tutoring sessions are FREE, and you can find out more information about getting a tutor at the Writing Center's [website](#). The Writing Center is located in Room 122D in the English/Counseling Services Building.

Supplemental Instruction

Supplemental Instruction is offered for various courses each semester. SI consists of weekly, peer-facilitated study sessions that complement a large lecture. SI supports students in further engagement with their coursework to reinforce learning. Through collaboration with peers in the course and an SI leader, students work to compare notes, discuss challenging concepts, share study and test-taking strategies, and demonstrate learning. If you want to learn more about supplemental instruction, visit the supplemental instruction [website](#).

Academic Coaching

The Academic Coaching Program provides one-on-one support to help students with the transition and expectations of college life. Students participating in the Academic Coaching Program meet with an academic coach as needed throughout the school year. Academic Coaches support students to work through academic and social transitions, goal-setting, and progress. Students benefit from the individualized approach that includes building community, engaging coursework, and developing skills to be successful at K-State and beyond.

Students interested in connecting with an academic coach should stop by our office or give us a call. Students who did not meet the qualified admissions standards set by the Kansas Board of Regents and were admitted by exception are required to connect with our office during orientation and work with an Academic Coach during their first year at K-State. For more information, visit the academic coaching [website](#).

Department-Level Tutoring

Additionally, some departments have their own localized tutoring instruction. Check in with your specific departments to see what types of tutoring or mentoring opportunities are available!

Get Connected!

As you join the K-State family, remember that these resources are here to help equip you with the skills needed to reach academic success. By connecting with the resources you need, you will be set up for a successful college career.

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Using resources

Like most freshmen in college, I found that the major I started in was not the right fit for me. During my first semester, I was very stressed about trying to determine what major to switch into. During the decision making process, I found that K-State had the resources to help me make the right decision. I visited with my advisor, faculty members in each college, and my Resident Assistant, and worked with the Academic and Career Information Center. Eventually, these conversations helped to find the perfect fit for me at K-State, and I know that if they can help me, they can help anyone.

Erica Schmitz, Learning Assistant for the Art of Engineering
CAT Community

CRITICAL THINKING

Critical thinking means thinking completely, deeply, and open-mindedly

College is not about teaching you *what* to think. College should teach you *how* to think.

You cannot rely on your parents, your professors, or your friends to think for you. You are capable of making your own decisions, choosing your own actions, and forging your own education. You must learn to craft what you think, what you say, and what you do so you can be the best version of yourself.

This isn't meant to pressure you, but to challenge and free you. If you accomplish one thing your first year, strive to develop the sense of curiosity that comes with honing critical thinking skills. A dedication to intellectual curiosity will serve you for the rest of your life. You can start with everyday decisions. Don't like your major? Be curious enough to look in to other options. Afraid of joining a club? Be curious and ask a professor or RA what clubs they recommend. Intimidated by the course material in a difficult class? Be curious and find a classmate or tutor to review some concepts. Critical thinking is about never hiding from knowledge and being motivated enough to get the resources you need to make the best decision possible. Critical thinking is being aware of others and knowing how your decision affects them as well as yourself; it's about abandoning selfishness and thinking for the greater good.

Critical thinking is also an important concept in developing as a scholar. Scholars are people who do more than just memorize for the test; they learn new concepts and connect their learning between different subjects and classes. Making connections between seemingly unrelated subjects gives you access to a whole new world of knowledge and the application of that knowledge is what creates a great academic experience.

The old saying goes "curiosity killed the cat," but for K-State Wildcats, that's not true. Curiosity and the determination to satisfy that curiosity through participating in class, engaging with

course material, attending lectures and plays and sporting events and striking up conversations with other students sitting next to you in class instead of choosing mindless interactions with electronic devices – none of these will kill you. Curiosity and critical thinking skills don't kill the 'Cats; they create them. Critical thinking is part of the Wildcat Way.

DIVERSITY

"It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences."

~Audre Lorde

What does it mean?

What is diversity? It is a word you might hear a lot, but how can we define it in a meaningful way, and how can we integrate it into our lives so we're not just checking off the "diversity" box?

Diversity, in its most basic definition, is simply a group of people with different social and cultural identities working, learning, playing, and living together. You might hear the term diversity together with multiculturalism. Here at K-State, and in most university settings, multiculturalism means we work to foster respect and understanding of varying social groups, races, religions, ethnicities, sexualities, and cultures. Culture encompasses the beliefs, arts, and ways of thinking or behaving of a particular group; for example, part of the culture of K-State is that we are a family. You should not simply be surrounding, or "collecting", people who are different from you, but engaging with them to understand knowledge and ideas from varying perspectives.

Some of the forms and categories that we use when discussing diversity are:

- Race
- Ethnicity
- Sex/Gender
- Gender Identity
- Sexual Orientation
- (Dis)ability
- Age
- Socioeconomic Class
- Religion
- Political Affiliation

Think of the other students, staff, and faculty of K-State as your community. We all have different backgrounds, but we are working together with the common goal of furthering our education and continually engaging in critical thinking. This is an easier task when working respectfully with a group of people. Part of being an educated person is knowing about others and working effectively with people who are different from you – college is a great place to gain practice for your future professional work and place in diverse communities.

Looking in before reaching out

Oftentimes when we think of diversity our minds immediately go to others, and how they are different from us. However, an important first step is to look inwards and examine our own identities and biases before engaging with someone else.

Who are you? There are a variety of different identity categories that influence the ways that we shape ourselves. These categories can also inform our actions in the world and how we respond to those that differ from us. These include, but aren't limited to, race, gender identity, sexual orientation, physical ability, age, class, and religion. Try to think critically about the personal values and beliefs you hold. Some ways to get started are to ask yourself the following questions:

What informs you? Who influences your understandings of yourself and of others? List some out, and try to add some specific examples (we made a short list to get you started):

- Parents
- Peers
- Media (television, movies, social media, advertising, etc)
- Specific personal experiences

After looking at some of your influences, work to examine your ideas and beliefs more critically. Do you hold any biases or believe stereotypes about certain groups of people? Where might these be coming from? How can you move beyond those?

Try to keep in mind that mere tolerance should not be your end goal. Go beyond tolerance and begin to respect and celebrate the differences among

people. Enhance your understanding, and the ways in which you learn. Remember that you are not an individual learning in the vast vacuum of space; rather you are part of a larger community, and other people will help to shape you and the culture you engage with.

Seeking and celebrating diversity

“I entered the classroom with the conviction that it was crucial for me and every other student to be an active participant, not a passive consumer... education as the practice of freedom.... education that connects the will to know with the will to become. Learning is a place where paradise can be created.”

- bell hooks

Classes:

Within the university you have a unique opportunity for engaged learning. While here at K-State, many different people from varying backgrounds surround you. A world of difference is at your fingertips. Actively seek out any chance you can to learn from those around you.

When focusing on learning within the classroom, K-State has an inclusive curriculum and many opportunities for you to explore:

The K-State 8 general education program helps students widen their perspectives, explore relationships among subjects and build critical and analytical thinking skills. K-State 8 exposes students to a broad range of knowledge in different academic areas. The program shapes well-rounded thinkers and helps prepare students for careers, graduate school and other post-graduate experiences.

One of the 8 Areas is Human Diversity within the U.S. in which many classes focus on diverse perspectives. When deciding on your class schedule with your advisor you can actively seek out classes that fall into this category.

Student Organizations:

Your education does not end once you walk out of those classroom doors. Consider joining or going to meetings and events held by different student groups and organizations. This is a chance for you to get involved and meet new people!

Examples of student organizations at K-State:

- Sexuality and Gender Alliance
- BSU (Black Student Union)
- Christian Challenge
- International Buddies

K-State has hundreds of student groups that you can get involved with. For a full list of possibilities, check out www.k-state.edu/directories.orgs.

Preventing and responding to discrimination and prejudice

K-State has a very inclusive nondiscrimination policy:

Kansas State University is committed to nondiscrimination on the basis of race, color, ethnic or national origin, sex, sexual orientation, gender identity, religion, age, ancestry, disability, military status, veteran status, or other non-merit reasons, in admissions, educational programs or activities and employment, including employment of disabled veterans and veterans of the Vietnam Era, as required by applicable laws and regulations.

Hate crimes and discrimination are not to be ignored or tolerated. But if you see this happening on campus, what actions can you take? Again, we ask that you look inward and examine your thoughts and feelings on the matter. How might you respond to discrimination? What if it doesn't affect you directly? Have you ever witnessed harassment? What can you, as a bystander, do to prevent or intercede?

While any instance of discrimination is unacceptable and might reflect poorly on your experience at K-State, these instances also allow you the opportunity to unite with students, faculty, staff, and administrators to create a positive impact on your community. Some steps you can take might be to attend diverse events, training sessions, workshops, symposiums, movies, guest speakers, etc.

Also keep in mind that there are many campus resources available to help you or anyone else that has had to deal with discrimination or harassment, including the [Office of Institutional Equality](#), the

[Office of Student Life](#), the [Center for Advocacy Response and Education \(CARE\)](#), the [LGBT Resource Center](#), and the [Campus Police](#).

Getting involved

1. Grab three or four people and go to at least one Union Program Council event a month.
2. Week Of Welcome is a perfect time to gain some friends and get some free pancakes.
3. Be a lobby person, not a be-alone-in-your-room person, for the first two weeks of college. You won't meet new friends by sitting in your room.

Parker Heinze, Residential Learning Assistant for the Psychology of Prejudice CAT Community

HEALTH AND WELLNESS

An important factor in your college success is your overall wellness. Your wellness is a combination of how you are feeling physically and mentally and the interaction of you and your environment. College is a new environment with a new schedule and new friends and new food. All of that "new" can throw off your health and fitness plans.

There are many resources available to promote a healthy lifestyle to keep you feeling like you have every opportunity to be successful.

K-State Recreation Center (a.k.a. The Rec)

recservices.k-state.edu/

The recently renovated and expanded Rec Center offers weight and fitness areas, intramural sports, fitness classes that range from yoga to Zumba, courts for basketball, racquetball and handball, indoor tracks, a 40-foot rock wall, and so much more! Students access the Rec with their student ID and most activities require no additional cost. The Rec is a very popular place with students and nearly 5,000 people use the Rec each day.

Lafene Student Health Center

www.k-state.edu/lafene/

Lafene is a full service medical provider that offers students affordable, convenient and high quality outpatient healthcare. It is located just west of campus on Sunset Avenue, near the Kramer residence hall community. This service is funded in part by the privilege fee you pay each semester. You do not have to pay to see a doctor and some services (such as prescriptions, lab tests, and physical therapy) are charged to you at a reduced rate.

Counseling Services

www.k-state.edu/counseling/

College is an important and busy time. Some students find that having someone to talk to about issues of stress, homesickness, career-decisions, or relationships is helpful in staying on track to their goals. Students may also discover or seek treatment for existing concerns such as depression or anxiety. You have up to four free sessions per year and additional sessions are very affordable.

Office of Student Life

www.k-state.edu/studentlife/

Difficult situations happen. It is likely that you will encounter a situation where you will need a sounding board or where you just are not sure where to turn for help. The Office of Student Life is your go-to resource for help if you need to leave campus for a personal or medical emergency or if you need an advocate in working with a professor and campus entity. The professionals who work in this office provide support and advice.

Center for Advocacy, Response and Education

www.k-state.edu/care/

The Center for Advocacy, Response, and Education provides 24-hour assistance for K-State students who have been victimized by violence. We can assist students in working with offices and agencies on and off campus who help students with law enforcement, legal, medical, and academic concerns.

YOUR SAFETY

K-State is a very safe campus. We enjoy a safe environment because faculty, student and staff

consider campus safety to be an important, shared responsibility.

The University offer many programs and resources to help keep our environment safe. There is also an expectation that students look after each other and take a strong personal stance to keep our community safe and supportive for everyone. Utilize the following resources and learn more about how you can enhance your ability to stay safe.

Sign up for K-State Alerts

www.k-state.edu/safety/alerts

Opt-in for K-State Alerts and sign up your parents and loved ones, too. K-State Alerts is a system that will send texts, e-mails, and phone messages in the events of severe weather or other emergencies.

Use Wildcat Walk and SafeRide

Call 785-395-SAFE or use one of the blue light emergency buttons on campus to have a Wildcat Walk safety escort walk you across campus (or up to two blocks off campus). You can also call ahead and have someone meet you in the parking lot to walk you back to your residence hall or another campus building.

SafeRide is a fixed-route shuttle service that runs Thursday through Saturday nights from 11 p.m. to 3 a.m. and offers students a safe ride home. Pick up locations and route maps are available online. www.k-state.edu/osas/saferide.

Be aware of your surroundings

A point of pride at K-State is our tradition of walking across campus and looking people in the eye. Keep your eye out for yourself and each other. The campus is well-lit and we have emergency/information phone boxes or “blue lights” around campus in areas with a lot of student traffic. Use the boxes to request assistance or to report a crime or suspicious behavior.

Protect your possessions

www.k-state.edu/studentlife/campussafety/theft

Theft of personal property is one of the most common crimes on college campuses across the country. Be sure to protect your stuff. Students

sometimes are lulled into thinking that Manhattan is a small community and they can be relaxed about the seemingly little things – like locking car doors and residence hall rooms. Purchase a sturdy bike lock, watch your laptop or tablet, and keep other valuables secure. You may benefit from considering more ideas about preventing theft.

Party safe

www.k-state.edu/studentlife/campussafety/decisions

College life offers many occasions to celebrate with friends. Making good decisions around your use of alcohol and drugs is an important part of managing your personal wellness and keeping you on track toward your goals. Check out these tips for staying safe when out with friends.

Prevent sexual violence

www.k-state.edu/studentlife/campussafety/stopsexualviolence

Sexual violence is a very serious and real problem on college campuses across the country. Protect yourself and others by educating yourself about consent, ways to prevent sexual assault, and how to support those affected by sexual violence.

Report suspicious behavior

If you see anything that seems out of the ordinary, tell someone. The Office of Student Life is a good place to begin, 785-532-6432. If it is an emergency, call 911 and you will be connected to the K-State Police. Our police department is on duty 24/7.

FINANCIAL LITERACY

Money

Money management might be the most useful skill you gain in college, so start early. You might feel overwhelmed by \$8,000 tuition bills, but remember while you are required to pay bills, you still make the choices about what you buy. Coffee, the food court, and the plethora of good-looking K-State gear available can make your money disappear. You can control your spending; you just might need some tools to help you make healthful financial decisions. Two resources on campus are:

Powercat Financial Counseling

Current students can schedule one-on-one financial advising appointments, and PCFC holds several events geared to educate you about smart financial decisions. The office is located on the first floor of the union in the office of student activities and services. Visiting Powercat Financial Counseling will answer your questions about student loans, budgeting, credit use, identity theft, and other aspects of your financial life.

Financial assistance advisor

You will also find that your personal financial assistance advisor, assigned to every K-State student, is a great resource. Your advisor can assist with questions about the Free Application for Federal Student Aid (FAFSA), the availability of loans, grants, work study and tuition waivers. Stop by Fairchild Hall to schedule an appointment.

STRENGTHSQUEST

“One should waste as little effort as possible on improving areas of low competence. It takes far more energy to improve from incompetence to mediocrity than it takes to improve from first-rate performance to excellence”

~Peter Drucker

Leverage your Strengths

It can be easy to focus on things that you are not good at, but it is far more rewarding to leverage your talents and skills while at college.

In an effort to increase the retention, engagement, and overall well-being of its students, Kansas State University has partnered with Gallup to become a strengths-based campus. What this means is that all incoming freshmen, transfer, and international students who have attended orientation and enrollment at K-State have free access to the Clifton StrengthsFinder® online assessment.

The StrengthsFinder assessment, based on the concept of intentionally developing your strengths rather than your weaknesses, identifies students' top five strengths from a list of 34 talents. The assessment is utilized campuswide in classes and communities, as a way for you as students to better understand what you and others have to offer.

Strengths Equation

The Strengths equation helps to determine how to use your strengths:

$$\begin{array}{l} \text{Talent} \\ \text{a natural} \\ \text{way of} \\ \text{thinking,} \\ \text{feeling, or} \\ \text{behaving} \end{array} \times \begin{array}{l} \text{Investment} \\ \text{time spent} \\ \text{practicing,} \\ \text{developing your} \\ \text{skills, and building} \\ \text{your knowledge} \\ \text{base} \end{array} = \begin{array}{l} \text{Strength} \\ \text{the ability to} \\ \text{consistently} \\ \text{provide} \\ \text{near-perfect} \\ \text{performance} \end{array}$$

Peer Coaching

After you take the assessment, it's great that you know your top five strengths — but what do they even mean? How can strengths be applied in the classroom, in the workplace, in life?

The Strengths peer coaching program seeks to help you answer those questions. Strengths peer coaching is perfect for students who want to learn how to best leverage their strengths. In addition to building general strengths knowledge, our peer coaches are trained to help fellow students set both short- and long-term goals with their strengths in relation to their academic, career or personal development. StrengthsQuest helps you to name your strengths, claim them through use in the classroom and beyond, and then aim them you to help you reach your career and personal goals after your time at the university.

Get Started!

www.k-state.edu/strengthsquest/

Visit the StrengthsQuest site to find partners across campus, get paired with a strengths peer coach, and explore ideas on how you can leverage your strengths to overcome challenges and reach your own personal, academic, and vocational goals.

NAME --> CLAIM --> AIM
your top 5 *your talents* *your strengths*

CAREER CENTER

The Academic and Career Information Center and Career and Employment Services have combined to become the Career Center. Their primary responsibility is to assist students in their academic preparation, as well as their career and employment readiness, here at Kansas State University. Their services include an extensive career library, job search training, career advising,

employer connections, and a staff that is trained and dedicated to assisting students in the career development process.

Services within the Career Center

- Scheduling an appointment for personalized major exploration or job search assistance.
- Taking a free career assessment to explore their interests and to help students decide on a major.
- Shopping the Career Closet and preparing for interviews.
- Researching employers, K-State curriculum guides, or graduate school information.
- Dropping in to have their resume critiqued or ask a quick question.
- Finding job listings online (part-time, internship/co-op, and full-time).

Additional resources that are provided within the Center include: Employment profiles, salary information, career reference books, K-State curriculum guides, graduate school information, and career planning workshops.

Career and Employment Fairs

The Center offers various career and employment fairs during both the fall and spring semesters. At these fairs, employers travel to campus and recruit K-State students for internships, part-time jobs, co-ops, and full-time jobs. In October, the Center also hosts an *event for students to explore more than 250 majors, minors, and certificate programs.

Upcoming events:

- Part-Time Opportunities Fair – August
- All-University Career Fair – September
- *Majors, Minors, and More Fair – October
- Agril-Industry Career Fair – January
- Engineering Career Fair – February
- Business Career Fair – February
- Education On-Campus Interviews – March

The Center offers a job portal that is a free service for students to view employment opportunities, make their resume visible to employers, sign up for on-campus interviews and find employer contact information. The portal is an effort to assist students in enhancing their professional networks and to expand their opportunities for employment.

Career Center Account

www.k-state.edu/careercenter

Through an online, free account with the Career Center, K-State students can view part-time job openings on campus. Some campus positions will qualify for federal/state work study programs, while other campus and community positions will be regular payroll jobs. Some of the largest employers on campus include: Bramlage Coliseum, Housing and Dining Services, the K-State Student Union, the Division of Facilities, and K-State Libraries.

EDCEP 120 and StrengthsQuest

Within the Career Center webpage, students may find more information regarding the EDCEP 120 course. This course is designed to enhance students' ability to approach academic and career decisions and is classified as a K-State 8 requirement (1 credit hour). Also within the site, students can learn more about how their StrengthsQuest assessment correlates with future careers and parents can find resources to help them assist their student(s) in the career development process. Please feel free to explore the Center's website for additional resources, as well as more information about services, programs, and assessments!

CHAPTER 4:

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KSBN AND THE COMMON BOOK

KSBN AND THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT-TIME

What is KSBN?

The K-State Book Network (KSBN) is part of K-State's first year experience program, K-State First. K-State First was established to help first-year students transition to campus by providing them with the elements necessary to create a solid foundation that will help students be successful in college. These elements are mentoring, small interactive classes, community, and a shared academic experience.

KSBN's goal is to help guide the transition from high school to college by giving students a shared academic experience and social activities centered around a book.

Why read a common book?

K-Staters wear purple, do "The Wabash," and read books. This year, we invite the K-State community to read *The Curious Incident of the Dog in the Night-Time* by Mark Haddon. A committee of over 50 students, staff, and faculty selected this book because they believe the book will provide a great introduction to the academic culture at K-State.

By participating in this common reading you will

- be introduced to thought-provoking ideas
- participate in engaging discussions
- learn persistence
- build community by interacting with others in activities and discussions built around the book and the issues it raises
- use what was learned from the book in other settings, both in the classroom and more broadly in the university community

How to read a book in a scholarly manner/tips for reading critically

No matter what your skill level, everyone comes across a text that is difficult to read, hard to follow, or just not interesting at least once in their college career. Regardless of the reason, these tips can help you get through the text and retain the information so you can be successful on your next test or essay.

Environment

- Do you do better reading in a quiet space or a lot of background noise? Take that into consideration when before you pick up your book.

Read

- Read in manageable sections. Don't force yourself to plow through the assigned readings all at once if your brain is fighting it.

Take notes & summarize

- Underline or highlight sections that seem important or spark questions. Break the rules and write in the margins of your book, no one will tell. Write a short summary in your own words of the chapter, section, or paragraph you just read. It will make it much easier to review when it comes time to study for the test.

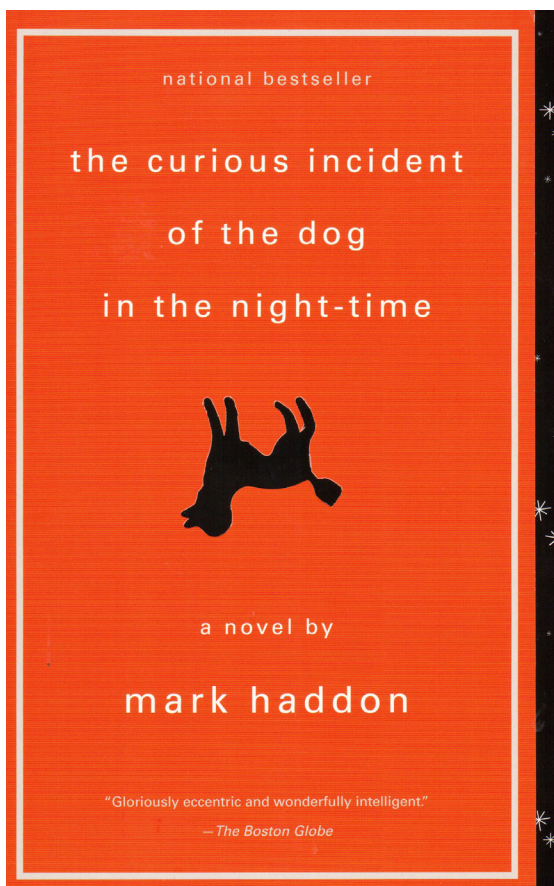
Talk about it

- Make a new friend in class and talk to him or her about what you read or explain the text to your roommate. Remember, if you can't explain what you read simply, you simply do not understand what you read.

Summary of the book

The Curious Incident of the Dog in the Night-Time is a 2003 mystery novel by British writer Mark Haddon. The novel is narrated in the first-person perspective by Christopher John Francis Boone, a 15-year-old boy who describes himself as “a mathematician with some behavioural difficulties” living in Swindon, Wiltshire. He also has a mystery to solve: the suspicious death of a neighborhood dog. Along the way, Christopher’s investigation reveals important truths about his community, his family, and himself.

Calderdale Nas (2017). *The Curious Incident of the Dog in the Night-Time*. Retrieved from <http://www.calderdalenas.org.uk/resources/curious-incident-dog-nighttime/>.



RESOURCES

K-State (click for more information)

- One Stop Shop
- Powercat Financial
- K-State Libraries
- Center for Advocacy, Response, and Education
- Career and Employment Services
- Multicultural Student Organizations
- HandsOn K-State
- StrengthsQuest

Other titles of interest

Read-a-likes:

- *The Curious Incident of the Dog in the Night-Time* - Simon Stephens and Mark Haddon
- *Thinking in Pictures* - Temple Grandin
- *Angels & Demons* - Dan Brown
- *Murder on the Orient Express* - Agatha Christie
- *The Hound of the Baskervilles* - Arthur Conan Doyle
- *Eat, Pray, Love* - Elizabeth Gilbert
- *The Call of the Wild* - Jack London
- *The Little Paris Bookshop* - Nina George

Watch-a-likes:

- *Temple Grandin*
- *The Body in the Library*
- *Angels & Demons*
- *Call of the Wild*
- *Cube*
- *Eat, Pray, Love*
- *Forrest Gump*

Videos (click for more information)

- Official Trailer for The Curious Incident of the Dog in the Night-Time Play
- TED Talk: Got a wicked problem? First, tell me how you make toast
- TED Talk: Do schools kill creativity?

Facts, Statistics, and Terms to Know

British Education System

- AS and A levels – exams that help determine what university students will get into
- Primary School - ages 4-11
- Secondary School - age 11-16

Sources:

- BBC. (2015). AS and A levels. Retrieved from <http://www.bbc.co.uk/schools/parents/alevels/print>
- University of Colorado Boulder. (n.d.). UK Education System. Retrieved from <http://www.colorado.edu/suep/top-scholarships/explore/studying-uk/uk-education-system>
- Department of Defense Education Activity. (nd). Guide to British Education. Retrieved from www.dodea.edu/nonDoD/upload/UK_ed_.pdf

England vs Great Britain vs United Kingdom

- England is a country that shares borders with Wales, Scotland, and the Atlantic Ocean. Great Britain is an island that includes the countries of England, Scotland, and Wales.
- The United Kingdom is a country made up of Great Britain and Northern Ireland.
- See also The Difference between the United Kingdom, Great Britain and England Explained by CGP Grey

Sources:

- "Great Britain." Britannica Academic, Encyclopædia Britannica, 3 Feb. 2017. academic.eb.com/levels/collegiate/article/Great-Britain/37843. Accessed 17 Apr. 2017.
- "England." Britannica Academic, Encyclopædia Britannica, 7 Dec. 2016. academic.eb.com/levels/collegiate/article/England/110752. Accessed 17 Apr. 2017.

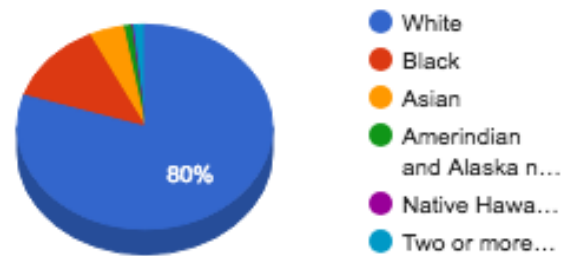
Slang Terms to Know

- Telly - Television or TV
- Cashpoint machine - Automatic Teller Machine (ATM)
- Cashpoint card-Debit card
- Quid - Buck (money)
- Give a ring - Call someone
- Bobby - Cop or police officer
- Tube - London Underground (public transportation)

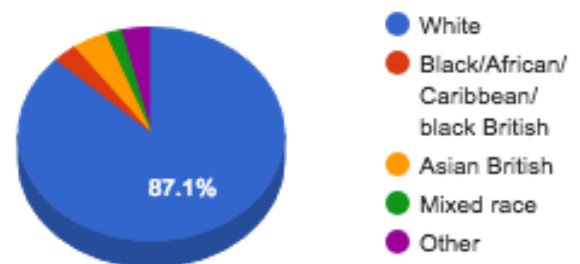
Compare and Contrast

British Demographics vs American Demographics

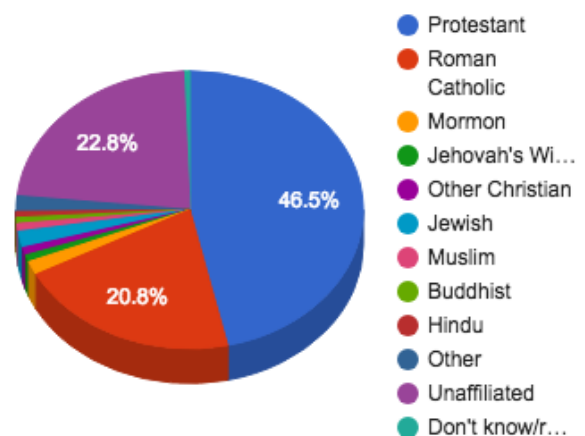
American Demographics: Race/Ethnicity (2007)



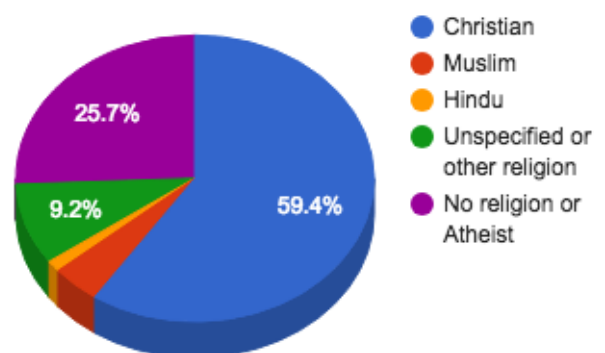
British Demographics: Race/Ethnicity (2011)



American Demographics: Religion (2017)



British Demographics: Religion (2011)

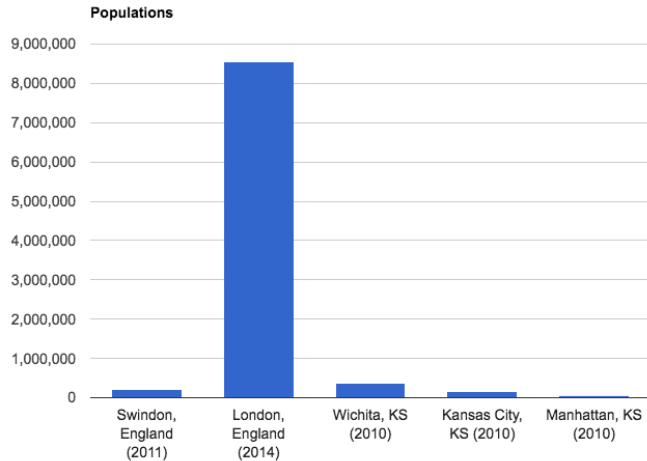


Sources:

- CIA World Factbook

Compare and Contrast

City	Population	Year
Swindon, England (2011)	209,156	2011
London, England (2014)	8,538,700	2014
Wichita, KS (2010)	382,368	2010
Kansas City, KS (2010)	145,786	2010
Manhattan, KS (2010)	52,281	2010



Sources:

- American FactFinder
- Office for National Statistics

Four rules to live by

1. Drink the chocolate milk in the Derby
2. GO TO CLASS
3. Learn how to navigate the library and don't be afraid to ask librarians questions
4. Always check your email!

Meredith Clark, K-State First Student Advisory Council Member

Meet the Major Characters

Christopher John Francis Boone

Christopher is a fifteen-year-old boy who lives in Swindon, England with his father, Ed. He is different, but that does not stop him from solving advanced math problems and figuring out some of the world's greatest mysteries. Christopher uses scientific reasoning to explain why things exist as they do. A Sherlock Holmes fan, Christopher uses Arthur Conan Doyle's stories as inspiration into discovering the answer to *The Curious Incident of the Dog in the Night-time*. Through this discovery, Christopher breaks his comfort zone, and sets off alone on a journey that changes his life.

Ed Boone

Ed, Christopher's father, owns a heating maintenance and boiler repair business in Swindon, England. The two trust each other, that is, until Ed tells a white lie he is unable to hide from Christopher.

Judy Boone

Judy, Christopher's mother, lives in London, England. Initially believed to have died from an unexpected heart attack, Christopher sets out on the journey of a lifetime to reunite with her.

Siobhan

Siobhan is Christopher's teacher at school. She is the only character who truly understands him. Siobhan helps Christopher write his book as a murder mystery novel, and encourages him to expand his horizons socially and academically.

DISCUSSION QUESTIONS

By Themes:

Problem-Solving

1. Christopher experiences the world quantitatively and logically. His teacher, Mr. Jeavons, tells him that he likes math because it's safe. But Christopher's explanation of the Monty Hall problem gives the reader more insight into why he likes math. How is math safe? How does Mr. Jeavons underestimate the complexity of Christopher's mind and his responses to intellectual stimulation?
2. Christopher uses logical methods to control and organize his life. How does this concept assist in understanding Christopher's personality? How do you identify with the idea of using order and organization to control life's uncertainties?

Family

3. What caused the breakup of the Boone family? Is there anything that could have been done to make it easier for the family to cope?
4. How do you define family? Who is part of Christopher's family?
5. What are all the ways Christopher gives and receives love from his family?

Geographic Information Systems

6. If this book took place today rather than 2003, how would Christopher have approached finding his mother's home differently?
7. In the age of smartphones, what is the value of learning to read a map?

Animal Companionship

8. What can we learn from Christopher's affection for animals? Why is he able to connect with them more easily than he can with human beings?
9. How do animals make us human?



Education

10. How is the education system portrayed in the book different from the system you grew up with? What are some important differences between those systems? How do those differences contribute to the success or failure of students?
11. What is an A-level math test? Why was it important for Christopher to be successful at that test?

Creativity

12. How does logic differ from creativity?
13. How does Christopher use creativity instead of logic when solving the mystery of the missing dog?

