

## Running Start – Helpful Information For RS Students

Here are some helpful hints and tips from faculty who want to help Running Start students succeed.

### General Reflections:

- College classes require more self-monitoring; some faculty send progress reports mid-quarter, but students are largely responsible for keeping track of their grades.
- Responsibility for learning is more on the student than on faculty; faculty are present and available to teach and assist, but much more responsibility to learn lies with student.
- The Syllabus is your road map for each class and each professor, read this carefully.
- College attendance is a choice, not required as is high school. Relatedly, even if students follow the suggestions below to the best of their abilities, passing is not guaranteed. Passing college classes is not a product of effort alone; it requires content mastery.

### General tips for success:

- In-class instruction time
  - Attend regularly, don't skip class.
  - Take notes in class, noting comments professor makes or writes on board.
  - Come to class prepared with note-taking materials (pencil/paper or laptop).
  - Come to class prepared by doing readings in advance.
- Communication
  - Communicate with your professors if you are struggling or need any help.
  - "Office hours" are times when professors are in their offices, with the door open, hoping students will come and talk with them. Coming to office hours is NOT an imposition, it's our job to be available and help students. Office hours can be a new concept so explaining this ahead of time is good.
  - If an emergency comes up, family, health..., communicate with your professors as soon as you are able. They are more likely to provide accommodations when notified ASAP.
  - Email etiquette: remember, your professors are not your best friends. Write emails to your professors in a respectful manner using complete sentences, not texting language.
- Assessments/Grading
  - Assessments/exams often cover much more material than high school exams, so be sure to plan study time accordingly, and cramming seldom works.
  - Professors all have different grade policies, making navigating classes a bit of a challenge. Check Syllabus for specific course policies.
  - Simply completing the assignment may only result in a grade of a C; often A and B work require exceeding standards rather than simply meeting standards.
  - Late policy. Late policies also vary by professors; some accept, some accept with a penalty, some do not accept late work. This seems to be a significant difference with high school.
  - Multiple Attempts. In high school, frequently students may retake quizzes and exams until they reach standard. In college/university, generally students don't receive multiple attempts on assessments.
  - Feedback. If professors provide feedback on how to improve, make the changes. Many of us keep track of our feedback and when we don't see improvement responding to feedback it becomes a problem.

- Studying
  - Study outside of class is often required. Typically, a full academic load is the time equivalent to a full-time job, 15 credits = 35-40 hours a week.
  - Review lecture materials and notes.
  - College reading assignments are often dense, it's good to read them sitting at a table, in a library or coffee shop (not a bed or couch where sleep beckons!).
  - Procrastination is a real challenge, don't put off homework or reading until the last minute.
  - Study groups help immensely!
- Student to student advice: This faculty (the one compiling this list) asked her two sons who participated in Running Start for the single most important tip they thought helped them succeed. The both quickly agreed: **organization and routine**. Students must plan their weeks, find assignment and exam dates for all classes, use a calendar to map out due dates, and create a daily and weekly routine. And do not miss exams!