

IT'S TIME FOR

# GPS

## Guidance / Preparation / Success TOOLS FOR FALL 2011

We are proud to present the GPS Tools for Fall 2011! Printed materials for the current tool will be made available in the AAC and library. For more ideas about how to engage each tool go to the GPS website: [gps.comm.gocolumbia.edu](http://gps.comm.gocolumbia.edu)

### **TOOL #1: Father Time**

9/6–9/18

Time management is an essential tool for success throughout your life.

### **TOOL #2: Is Anybody There?**

9/19–10/2

Participating and engaging in your college experience will make a difference in your grades and how well you understand the material.

### **TOOL #3: Dude, Relax!**

10/3–10/16

Finding ways to manage stress will be essential throughout your college experience and your life.

### **TOOL #4: I Think Therefore I Am.**

10/17–10/30

Knowing about knowing can take many forms; it includes knowledge about when and how to use particular strategies for learning or for problem solving.

### **TOOL #5: He Can Be Taught!**

10/31–11/13

With many ways to learn and teach, we can become aware of our individual styles and in turn customize our style to maximize learning.

### **TOOL #6: Shhh....What was that?**

11/14–11/27

Listening and observing is essential to taking in information. There are ways to increase this skill.

### **TOOL #7: You've Come a Long Way Baby!**

11/28–12/11

Reflections on where we started, where we are now and how we got here can be keys to helping yourself and others achieve goals and increase self esteem.



**PLEASE POST!**

a project of the Academic Wellness Educators (AWE) Committee