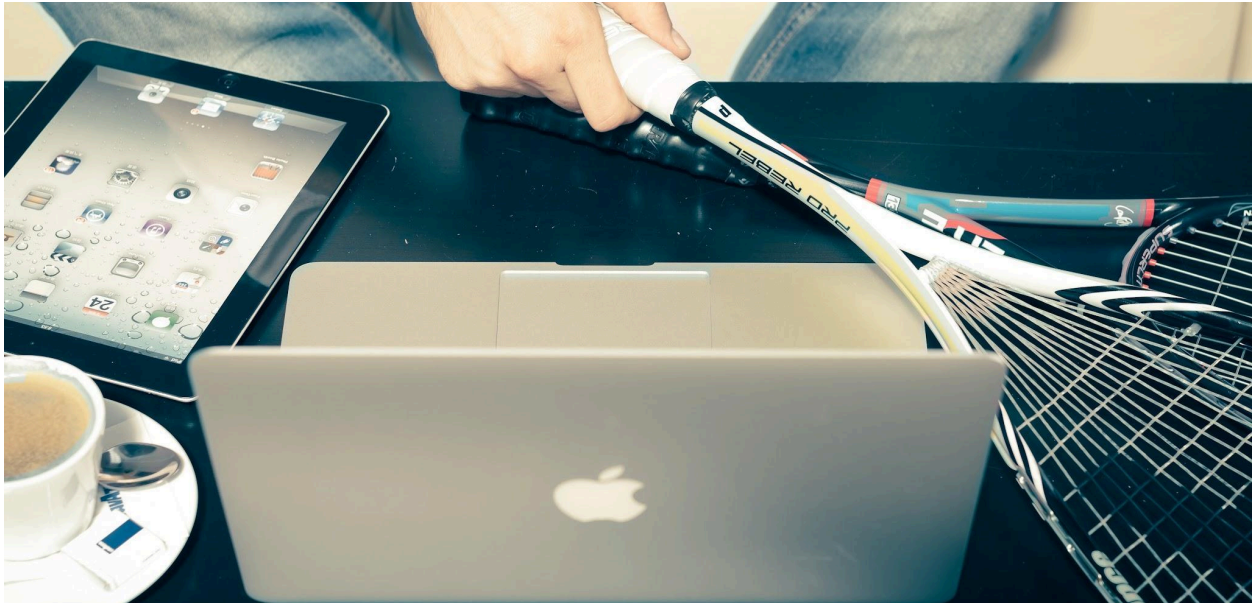




Session 4: Academic and Extracurricular activities

Ensuring Timely Graduation and Outstanding Achievements



Recap

- Review progress from the previous session on Time management and discuss any tasks your mentee has completed. Address any questions or challenges they face.

INTRODUCTION

Welcome to Session 4, which is to be covered in Week 7 & 8. This session equips you to guide your mentee on successfully navigating the juggling act of academic and extracurricular activities. By exploring various study tips and fostering a strategic approach, your mentee can maximize their learning, contribute to their passions, and graduate on time with outstanding achievements.

The Value of Extracurricular Activities

Guide

Discuss the benefits of participating in extracurricular activities alongside academic pursuits. Extracurriculars can enhance:



SCHOLARS MENTORSHIP PROGRAM

ACADEMIC TRACK

- **Communication and Leadership Skills**

Participation in clubs or organizations fosters communication skills through collaboration and public speaking.

- **Teamwork and Collaboration**

Extracurricular activities often involve working with diverse teams towards a common goal. This experience is invaluable for developing teamwork and collaboration skills, essential for success in both academic and professional settings.

- **Personal Growth and Exploration**

Extracurriculars allow mentees to explore their interests, discover new passions, and build a well-rounded skillset. They can also broaden perspectives and foster personal growth through social connections and unique experiences.

Activity

Brainstorm a list of potential extracurricular activities available at your university (e.g., clubs, organizations, research).

Prioritization and Time Management

Guide

- Revisit the importance of effective time management from Session 3. Acknowledge the additional challenge of integrating extracurricular activities into a busy academic schedule.

Focus on High-Yield Activities

- Discuss the importance of identifying the most valuable and time-efficient study activities for each course. Prioritize active learning methods like spaced repetition flashcards, practice problems, and self-quizzing over passive reading.

Academic Support Resources

Guide

Ask your mentee about the academic support resources available at their university and encourage them to join or engage with some of them. This could include:



SCHOLARS MENTORSHIP PROGRAM

ACADEMIC TRACK

- **Tutoring Centers**

Trained tutors can provide personalized assistance with specific subjects or challenging concepts.

- **Writing Labs**

Writing labs offer guidance on developing strong writing skills, crafting effective essays, and revising academic papers.

- **Academic Advisors**

Advisors can help with course selection, major exploration, and navigating academic requirements to ensure timely graduation.

- **Study Skills Workshops**

Workshops can equip your mentee with practical strategies for effective note-taking, time management, and active learning.

Effective Study Strategies

Guide

- Discuss various study techniques to maximize learning and retention. Include any study techniques and strategies that you used while in school that helped you pass your exams. These may include:

Note-Taking Methods

- **Cornell Method:** Divides the page into sections for notes, cues, and summaries.
- **Mind Mapping:** Visual representation of information to show relationships between concepts.
- **Outlining:** Organizing notes in a structured format with headings and subheadings.

Best Studying Methods

- **Pomodoro Technique:** Study in intervals (e.g., 25 minutes of focused study followed by a 5-minute break).
- **SQ3R Method:** Survey, Question, Read, Recite, Review. A comprehensive approach to studying that enhances comprehension and retention.
- **Spaced Repetition:** Review material at increasing intervals to improve long-term retention.
- **Study Groups:** Form or join study groups to enhance learning through discussion, explanation, and mutual support.



SCHOLARS MENTORSHIP PROGRAM

ACADEMIC TRACK

Activity

Encourage your mentee to reflect on their current study habits and identify areas for improvement. Discuss how these strategies might be adapted based on the specific requirements of different courses. Ask your mentee to apply any of the strategies above and report back in your next session.

Balancing Studies and Extracurricular Activities

Guide

Discuss the challenges of maintaining a healthy balance between academic commitments and extracurricular activities. These challenges may include:

Time Management

Encourage your mentee to prioritize tasks, create a realistic schedule, and utilize time management tools.

Prioritization

Help your mentee distinguish between urgent and important tasks.

Saying No

It's okay to decline additional commitments if your schedule is already full.

Maintaining a Healthy Lifestyle

Ensure your mentee prioritizes enough sleep, healthy eating habits, and regular exercise to maintain physical and mental well-being.

Ensuring Timely Graduation and Outstanding Achievements

Academic Planning

Emphasize the importance of academic planning, including understanding degree requirements, planning course schedules, and seeking academic advising. Ask your mentees about the progress of academic goals and plans they set in session 2. Have they achieved any?

Monitoring Progress

Teach mentees how to monitor their academic progress, identify areas of improvement, and seek help when needed.



SCHOLARS MENTORSHIP PROGRAM

ACADEMIC TRACK

Utilizing Resources

Encourage mentees to utilize available resources, such as tutoring services, study groups, and academic workshops.

Activity for Next Session

In preparation for Module 5: Developing a Career Plan

Encourage your mentee to research potential career paths that align with their interests and skills. They can utilize university career resources, explore online job postings, or conduct informational interviews with professionals in their field of interest.

Feedback Form

Please fill out the feedback forms at the end of your meeting. Share the mentee feedback form with your mentee to fill out as well. Your input helps us improve the program, and we appreciate your assistance.

Mentor feedback form - <https://airtable.com/app9D3AZKrWuuIryo/shrEc8sDgcxbci9Wt>

Mentee feedback form - <https://airtable.com/app9D3AZKrWuuIryo/shrH0VAQT8he1C3kx>.