What is Your Mindset?

No matter who you are, you can significantly change your intelligence level.

Your intelligence is something about you that you can't change very much

Carol Dweck,http://mindsetonline.com/

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Speaking of Learning.....

	Fixed Mindset (intelligence is fixed)	Growth Mindset (intelligence can be developed)
Challenges	Avoid challenges; stick to what you know well	Embrace challenges; overcoming challenges makes you stronger, smarter, etc.
Obstacles	Give up easily when you encounter obstacles	Persist in the face of setbacks; failure is an opportunity to learn
Effort	See effort as unpleasant and fruitless; the need for effort is a sign of low ability	See effort as the path to growth and mastery
Criticism	Ignore useful criticism; see negative feedback as an insult	Seek feedback and learn from criticism

Academic Resources

- Tutoring and Learning Services (http://lib.usf.edu/tutoring/)

  - ➢ Study Skills Workshops

  - ➢ Tutoring

- Counseling Center's Workshops & Outreach Services Program

  - ➢ Time Management, setting goals

  - ➢ Fitness, nutrition

  - ➢ Communication skills

- Student can visit with their advisor and instructors during office hours or prearranged times

Please encourage your self and your friends to visit with their _instructor_ as often as possible!
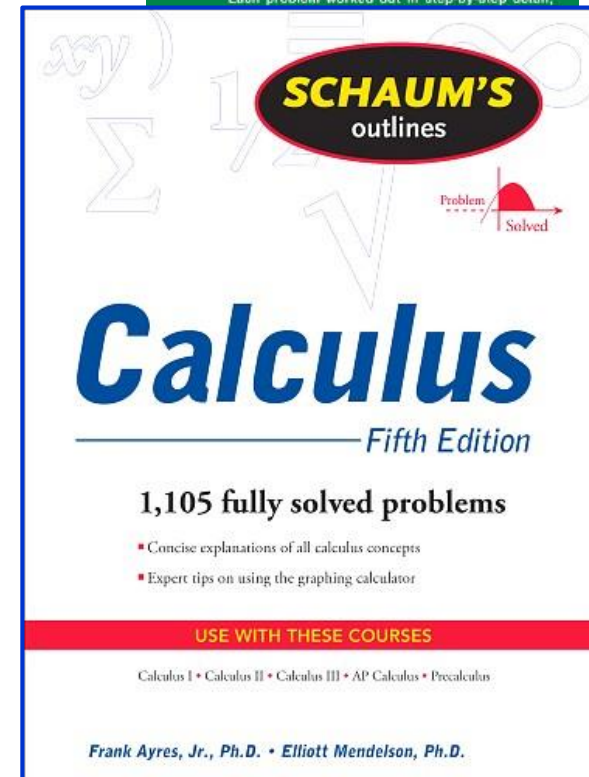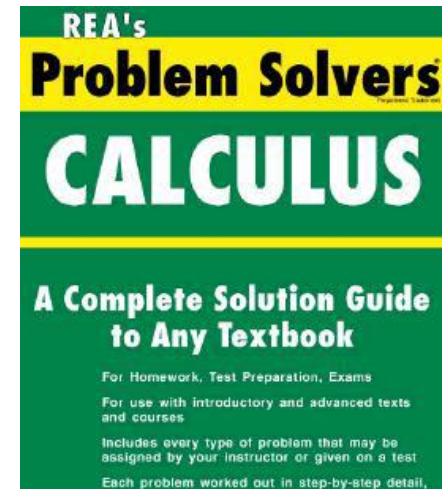
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You need to allow enough time to study

Problem Solving Classes

• Time management is difficult

• Just how long will it take me to do those 8 calculus/chemistry/engineering problems???

• Instructors and friends – are resources!

Help Books (Find in any bookstore) –

➢ Research on learning indicates the importance of **reviewing as many problems as possible**

➢ Doubles learning by reviewing additional problems that are completely worked out

REA's
Problem Solvers®
CALCULUS

A Complete Solution Guide to Any Textbook

For Homework, Test Preparation, Exams

For use with introductory and advanced texts and courses

Includes every type of problem that may be assigned by your instructor or given on a test

Each problem worked out in step-by-step detail,

SCHAUM'S
outlines

Problem Solved

Calculus
—— Fifth Edition

1,105 fully solved problems

• Concise explanations of all calculus concepts
• Expert tips on using the graphing calculator

USE WITH THESE COURSES

Calculus I • Calculus II • Calculus III • AP Calculus • Precalculus

Frank Ayres, Jr., Ph.D. • Elliott Mendelson, Ph.D.

Ask for Help *EARLY*

- First 4 weeks are critical –

- Problems build on the knowledge learned from the prior assigned problems