MESA Praxis – the Practical Application of Learning Theory: The practices in the MESA Program, including the MESA cultural elements, are supported by the following theoretical constructs related to student achievement and success.

- **Validation of Students, Increased Sense of Belonging and Internal Locus of Control** – associated with MESA learning culture of success (with language of success) and Victim/Creator (VC)
- **Self-efficacy and Learned Optimism (Empowerment)** – associated with Secret to Success (AVS) and Capstone (CAP)
- **Student Engagement & High Expectations** – associated with Program Resources, Enrichment Opportunities and Leadership
- **Resiliency and Emotional Intelligence** – associated with Foundation for Learning
### Core Elements

**AVS**  Secret to Success, a.k.a. *African Village Story*

**CAP**  MESA Program Capstone: Purpose for the learning *(freedom!)*

**VC**  Victim/Creator: MESA students are Creators!

### Enrichment Opportunities

**C&R**  Calculator Olympics & Robotics Competition

**CO**  Conferences, e.g. Joint Planning, Student Leadership

**CS**  Community Service

**IN**  Internships

**LES**  Leadership Summit

**MA**  San Diego MESA Alliance: MSP, MEP, MCCP

**MAC**  Math Challenge

**NS**  National Societies: AMSA, NSBE, SHPE, SWE

**O**  Other workshops, i.e. resume writing, mock interview, etc.

**PO**  Precollege Outreach

**R**  Research, including summer and year-round experiences

**RO**  Seminar of Research Opportunities *(January)*

**SS**  Social 5: Putting “family” into the MESA Experience

**SC**  Student Chapters

**SD**  Industry Shadow Day

**TA**  Training Academy

**TW**  University Transfer Workshops *(led by MESA transfers)*

**UT**  University Tours: SDSU and UCSD *(October)*

**WOW**  Walk-on-Water Competition

### Foundation for Learning

**BP**  Big Picture Approach to Problem Solving

**BPR**  Bullet Point Reading

**C2S2P**  Community College Semester-by-Semester Plan

**C3**  Understanding the College System, Standards, and Culture

**CSI**  CSI *(Crime Scene Investigation)* approach to BPR

**DLS**  Domains of Leadership Strength

**EA**  Early Alert

**EP**  Education Plan

**EQ**  Emotional Intelligence

**ET**  Effort Tracker: Week-by-Week Checkup

**GF**  Goal Focus

**ID**  Identity as a College Student

**IF**  Interaction with Faculty

**LS**  Learning Styles

### Foundation for Learning (continued)

**LT**  Learning “T”: Where Creators sit in class

**ML**  MESA Law: ① Write, ② Simple, ③ Smarter

**PM**  Pyramid Model: Defining College Readiness

**POH**  Professor Office Hours

**PR**  Progress Reports *(4, 8 and 12 week)*

**S2**  Section Summaries: Capturing the Big Picture!

**SA**  Self-Advocacy

**SL**  MESA Story for Learning: Key is to know how the story ends!

**SQ**  StrengthsQuest

**T2S**  Test Taking Strategies

**TMS**  Time Management Strategies

**UT2P**  University Term-by-Term Plan *(post transfer)*

**WP**  Weekly Planner

### Leadership

**AL**  Alumni

**CEL**  Culture of Effective Leadership

**M**  Mentoring

### Program Resources

**$S$**  Scholarships

**AEW**  Academic Excellence Workshops, a.k.a. Chem-Team

**C**  Counseling

**C2**  Common Classes

**CM**  Corner Man, a.k.a. MESA Director

**COM**  Computers

**LC**  Learning Community

**LF**  MESA Legacy Facebook *(transfers only)*

**MC**  MESA Center

**MF**  MESA Program Facebook

**OR**  Other Resources, i.e. headphones, office supplies, etc.

**PRT**  Printing *(free!)*

**SG**  Study Groups

**SM**  Social Media

**SR**  Study Rooms

**ST**  Support Staff

**T**  Tutoring

**TB**  Textbooks

**TI**  Calculators

**WEB**  MESA Website, including online learning resources