

# Engage, Educate, Empower: The MESA “Foundation for Learning”

*True learning WILL happen with a strong foundation!*

**What is “learning”?** Learning means “to gain new knowledge and skills” ♦ Learning is personal – it is affected by culture, experiences, career goals, likes and dislikes ♦ We learn naturally every day, and we learn best when we are actively engaged in the learning

**What does it take for TRUE learning?** Learning requires an awareness of what is needed for college readiness and success ♦ Learning requires an understanding and use of successful approaches, strategies, plans and personal strengths ♦ Learning requires support and tools for success

**Below is the MESA “Foundation for Learning”.** Learn it ♦ Own it ♦ Use it ♦ Success is waiting for you!



## How strong is YOUR foundation & what steps do YOU need to take?

<b>Early Alert – ① Recognize, ② Seek solutions, ③ Implement change: A strategy for student success!</b>								
<b>Learning Styles</b>	<b>MESA Story for Learning</b>		<b>Interaction with Faculty</b>	<b>Plan of Attack</b>	<b>Test Taking &amp; Time Management Strategies</b>	<b>StrengthsQuest</b> 5 Most Dominant Personal Strengths	<b>Education Plan</b>	<b>Emotional Intelligence</b>
	<b>Approach to Learning</b> Bullet Point Reading (BPR)	<b>“Big Picture” Approach to Problem Solving + Section Summaries</b>						
(H) (W)	(B) (H) (P)	(B) (H) (P)	(H)	(B)	(B) (W)	(H)	(H)	(H)
<b>MESA Law</b>								
① <i>If you don’t write it down, it didn’t happen</i> ② <i>Keep it simple</i> ③ <i>Work smarter, not harder</i> ④ <i>Low score? See Corner Man</i>								
(H)								
<b>Pyramid Model</b>								
<b>College Readiness: First Generation College Student Perspectives</b>								
① <i>College Readiness Skills &amp; Abilities</i> ② <i>Background Factors &amp; Life Experiences</i> ③ <i>Non-traditional Student Self-Concept</i>								
(C) (H)								

Available Resources: (B) Bookmarker (C) Course (H) Handout (P) PowerPoint (W) Workshop

# Engage, Educate, Empower: The MESA “Foundation for Learning”

*The cornerstone of the MESA Program culture*



## Tools for Success

**College Readiness: First Generation College Student Perspectives** – The *Pyramid Model* is the *base* in the MESA “Foundation for Learning”. This tool identifies what is needed for college readiness and success, according to successful first-generation college students. Each section of the *pyramid* represents an important category with key factors for success. There are 3 categories and 10 factors in the pyramid. ♦ ***What factors do you need help with or do you need help to better understand any factors? Speak with a MESA tutor to learn more about the pyramid model or any tool in the MESA “Foundation for Learning”. Also, Personal Growth 120 can help with Category 1, and Personal Growth 140 can help with Categories 2 & 3.***

**MESA Law** – This is the *glue* in the MESA “Foundation for Learning”. The 4 laws were inspired by *lessons learned* by past MESA students. ♦ ***Always remember to follow the laws, and you will be more successful.***

**Learning Styles** – This tool helps you to determine your preferred learning style (Visual, Auditory or Kinesthetic/Tactile) and provides study tips for each style. Knowing your learning style can also help you learn from professors with different teaching styles. ♦ ***What is your learning style and what steps can you take to be a more effective learner? Need help understanding your learning style? Visit the Tutorial Center for a workshop on Learning Styles.***

**MESA Story for Learning** – The “formula for approaching the learning”:

**Approach to Learning: Bullet Point Reading (BPR)** – Part of the “Guaranteed 4.0 Learning System”, BPR is the most effective note-taking technique. This tool will help you to organize your reading notes, improve your long-term memory and come to class better prepared to learn. ♦ ***What do you do to come prepared for class? Need help to learn the BPR approach? BPR training is available anytime in the MESA Center. Just ask for it!***

**“Big Picture” Approach to Problem Solving** – This tool will help you do your homework and will be the key for earning an “A” on your tests. The “Big Picture” approach has 2 parts: Part 1 – Seeing the “Big Picture” and Part 2 – Solving the Problem. Use Section Summaries to capture the Big Picture. ♦ ***Do you look for the “Big Picture”? Need help seeing the “Big Picture”? MESA tutors are trained to work with students using the “Big Picture” approach.***

**Interaction with Faculty - 4, 8, 12 Week Progress Reports** – Interaction with faculty helps you to build an important relationship with your professors that will help you to be more successful in your classes. The MESA Program requires progress reports every 4 weeks. The 4-week report is an icebreaker to build a relationship with faculty and learn your early progress in classes; the 8-week report identifies your progress half-way through the semester; and the 12-week report confirms your class status heading into finals. ♦ ***Do you build relationships with your professors? Do you keep track of your progress in classes? Did you know - many students don’t speak with their professors and do not know their true progress in classes! Don’t let this happen to you.***

**Plan of Attack** – use it to stay in control of your learning, stay focused, track your progress and work to achieve excellence!

**Test Taking Strategies** – Knowing how to take tests is an important skill. You need to be prepared mentally, physically and emotionally. This tool contains key strategies to help you *before, during* and *after* tests. ♦ ***Got test anxiety or need help with test taking? Visit the Tutorial Center for workshops on test taking and test anxiety.***

**Time Management Strategies** – Knowing how to effectively manage your time is critical for success. This tool contains key strategies to make the most of your time. ♦ ***Need help with time management? Visit the Tutorial Center for a workshop on time management.***

**StrengthsQuest** – The StrengthsQuest assessment can help you to identify your 5 most dominant personal strengths. Knowing your strengths is key for overcoming challenges, working with the strengths of others for team building, and developing your leadership skills. ♦ ***What are your strengths and how do you use them? Need to take the StrengthsQuest assessment? See the MESA Director for assistance.***

**Education Plan** – An education plan is key for reaching your goals. It is important to know which classes to take and when to take them. Also, it is important to see a Counselor at least once each semester to review your progress and check for any changes in transfer requirements. ♦ ***Need help with your education plan? See the MESA Program Counselor for guidance.***

**Emotional Intelligence** – Emotional intelligence (*referred to as EQ*) is your ability to **be aware of, understand and manage your emotions**. *Why is EQ important?* While intelligence (*referred to as IQ*) is important, success in life depends more on EQ. ♦ ***How is your EQ? For help with EQ, visit the Mental Health Counseling Center.***

**Early Alert** – A **3-step** strategy for student success ♦ ***Learn it, use it, succeed! Speak with MESA Director for assistance.***