



**RUTGERS**

School of Graduate Studies

# Strategies for Success



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# Strategies for Success

**Bad News**

**Good News**

# Strategies for Success

**Bad News**

**Good News**

# Strategies for Success



**Good News**

# Strategies for Success

## **You will need to:**

- > Make changes
- > Have tough conversations
- > Get out of comfort zone



## **Good News**



You have already done this, or  
you have demonstrated  
potential to do this !

# Strategies for Success

## **You will need to:**

- > Make changes
- > Have tough conversations
- > Get out of comfort zone

## **Take ownership of your education**

Educate yourself about the school and the policies – don't rely on doing this when you need it



**Where are the forms  
located?**



**Where are the policies,  
guidelines, and student  
handbooks located?**





<https://njms.rutgers.edu/sgs/>



**Students**

School of Graduate Studies

# Welcome to the Newark Health Science Campus

[About Us](#) →

[Upcoming Open House](#) →

Forms

Student Health and  
Wellness Services

Course Information

Student Life ▾

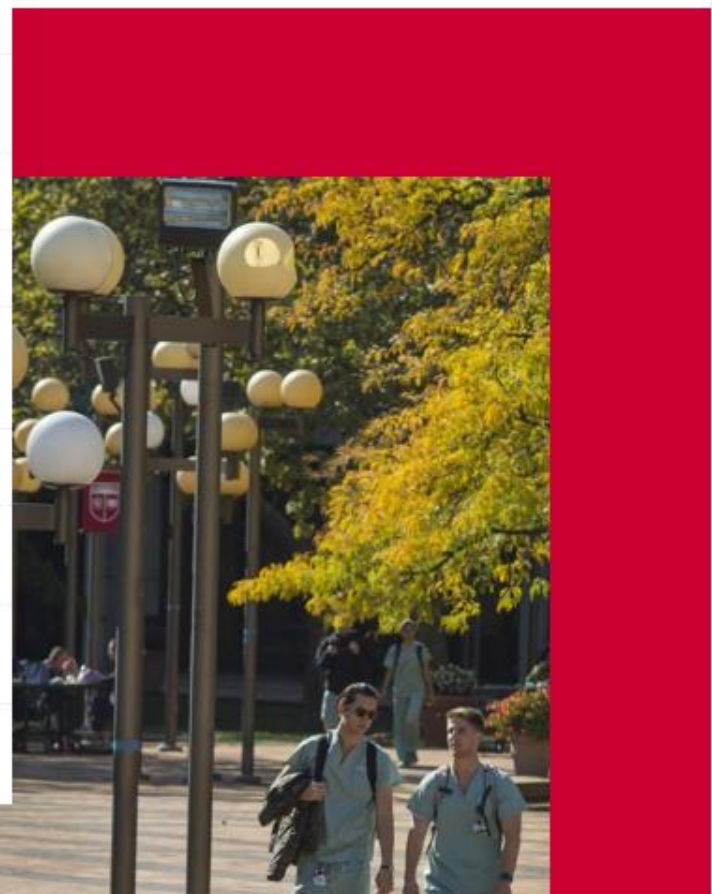
Finances (Financial Aid,  
Fellowships, Awards, Tax  
Information)

Career Development

**Guidelines, Policies and  
Student Handbooks**

Information For Incoming  
Students

Information for Graduating  
Students





## **Please open the Master's & Certificate Student Handbook**

How many points does the D grade  
receive?



## Please open the Master's & Certificate Student Handbook

How many points does the D grade  
receive? – go to page 11

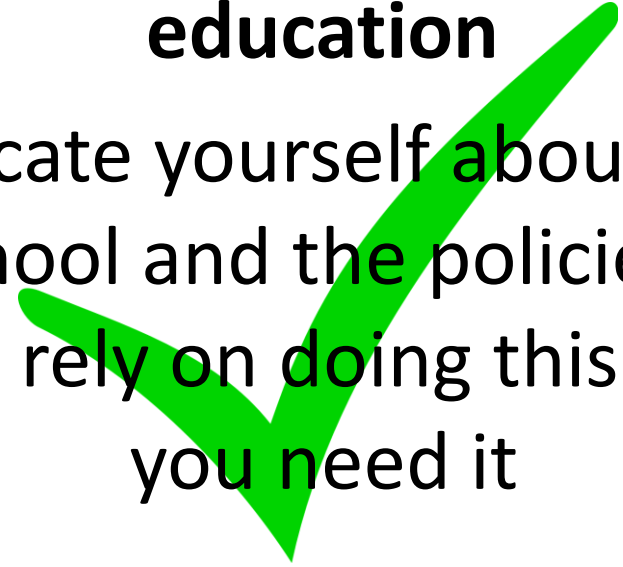
# Strategies for Success

## You will need to:

- > Make changes
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## Take ownership of your education

Educate yourself about the school and the policies – don't rely on doing this when you need it



# Strategies for Success

## You will need to:

- > Make changes
- > Have tough conversations
- > Get out of comfort zone

## Take ownership of your education

Learn about the technologies.

## Activate zoom

[Visit this link](#) and click on Service Activation in the left-hand navigation

# Strategies for Success

## You will need to:

- > Make changes
- > Have tough conversations
- > Get out of comfort zone

## Take ownership of your education

Learn about the technologies.

[Learn about Canvas](#)

[Explore Yuja](#)

# Strategies for Success

## You will need to:

- > Make changes
- > Have tough conversations
- > Get out of comfort zone



**Take ownership of your  
education**

Learn about

**Turning technologies, Exam  
Soft, and other course  
specific resources.**



# Strategies for Success

## You will need to:

- > Make changes
- > Have tough conversations
- > Get out of comfort zone

**Use a calendar or a scheduler**

# Strategies for Success

## You will need to:

- > Make changes
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- > Get out of comfort zone



**Use a calendar or a scheduler**

**For those who are already  
using one, what is the  
advantage ?**

*Audience question*

# Strategies for Success

## You will need to:

- > Make changes
- > Have tough conversations
- > Get out of comfort zone

## Use a calendar or a scheduler

### ADVANTAGES

- Helps you plan your time
- Helps you stay on track
- Keeps you accountable

# Strategies for Success

## You will need to:

- > Make changes
- > **Have tough conversations**
- > Get out of comfort zone

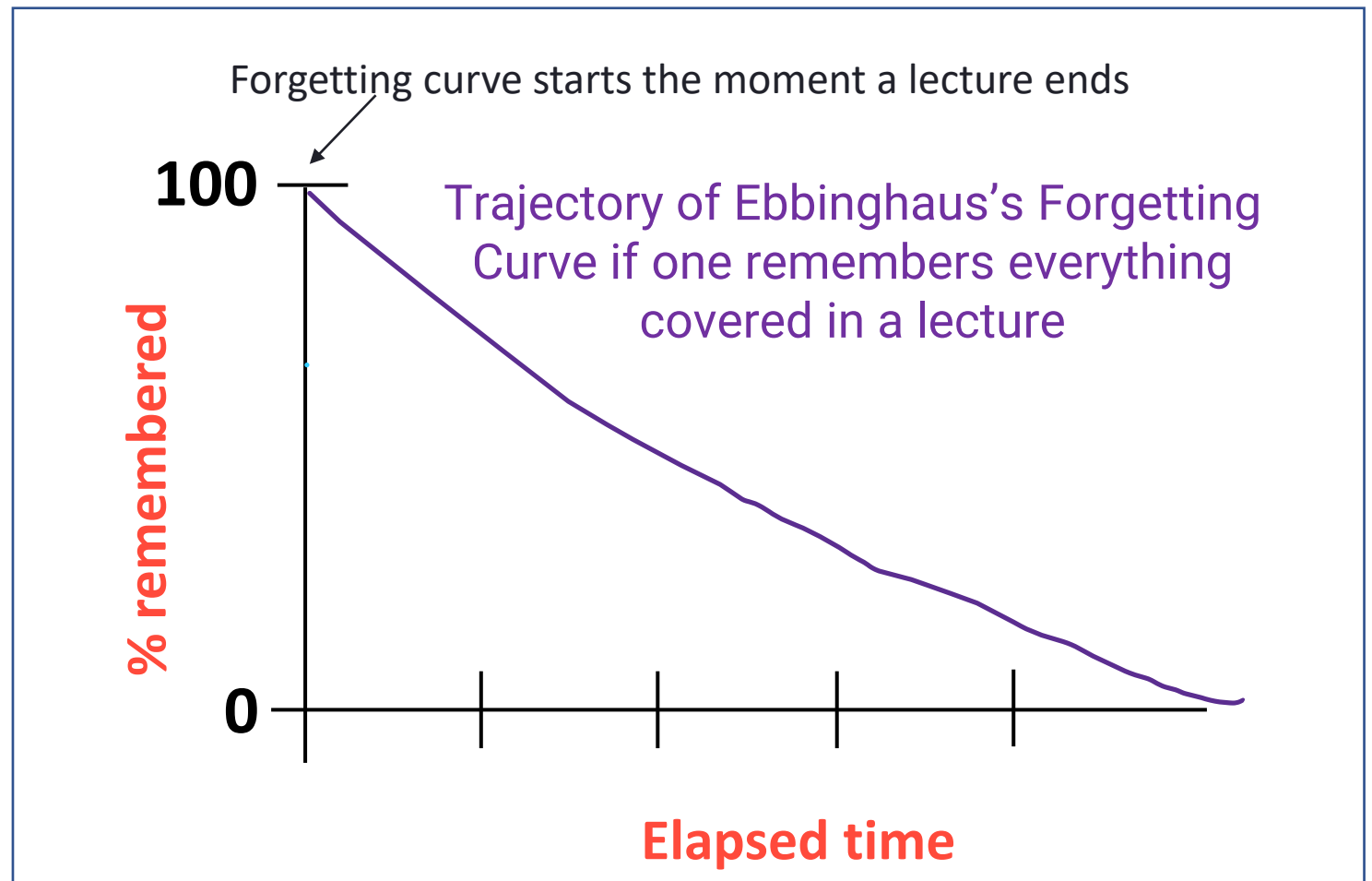
## Use a calendar or a scheduler

### ADVANTAGES

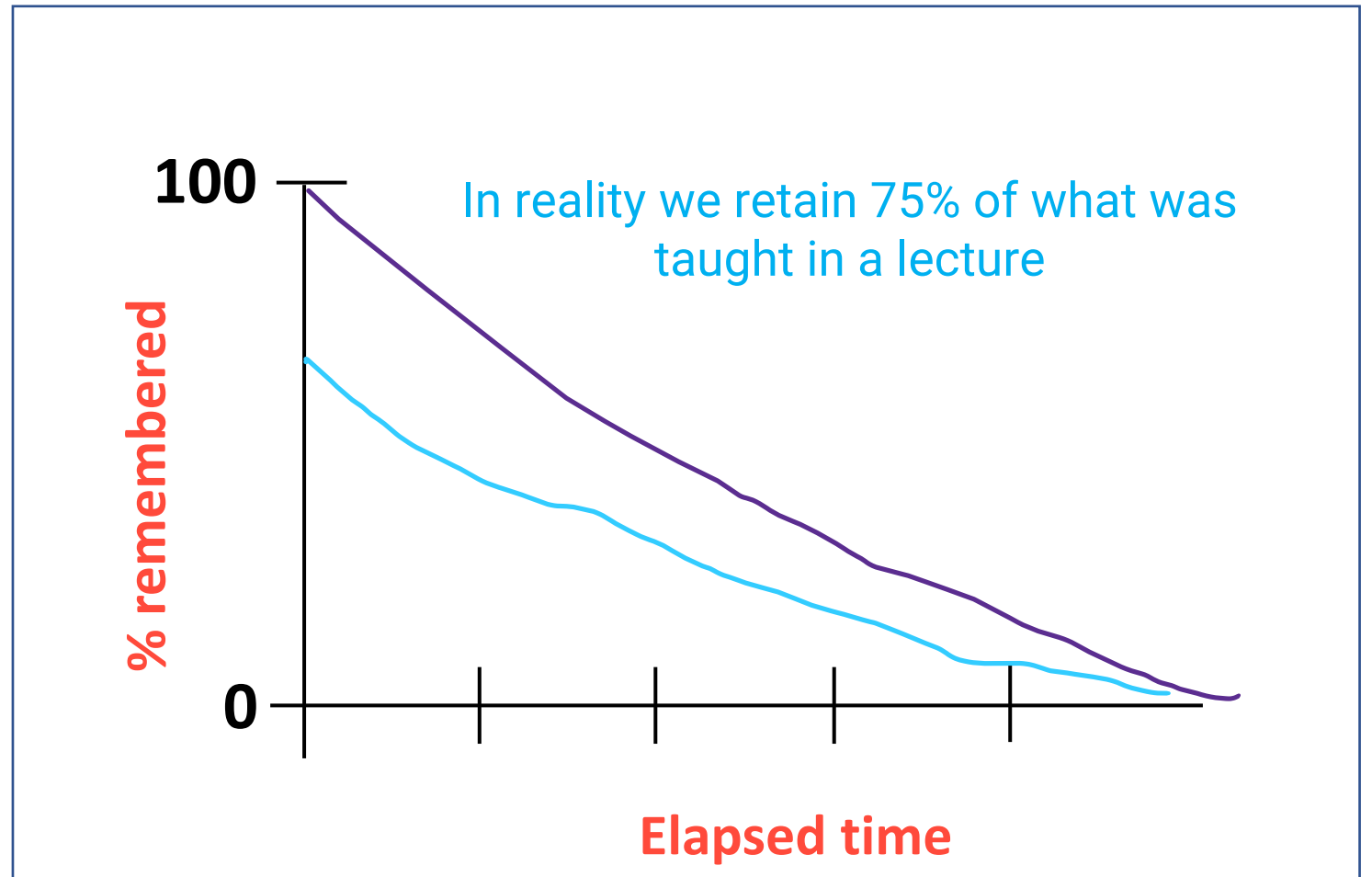
Helps you plan your time

- Helps you gauge your time and say NO to potential personal and professional commitments

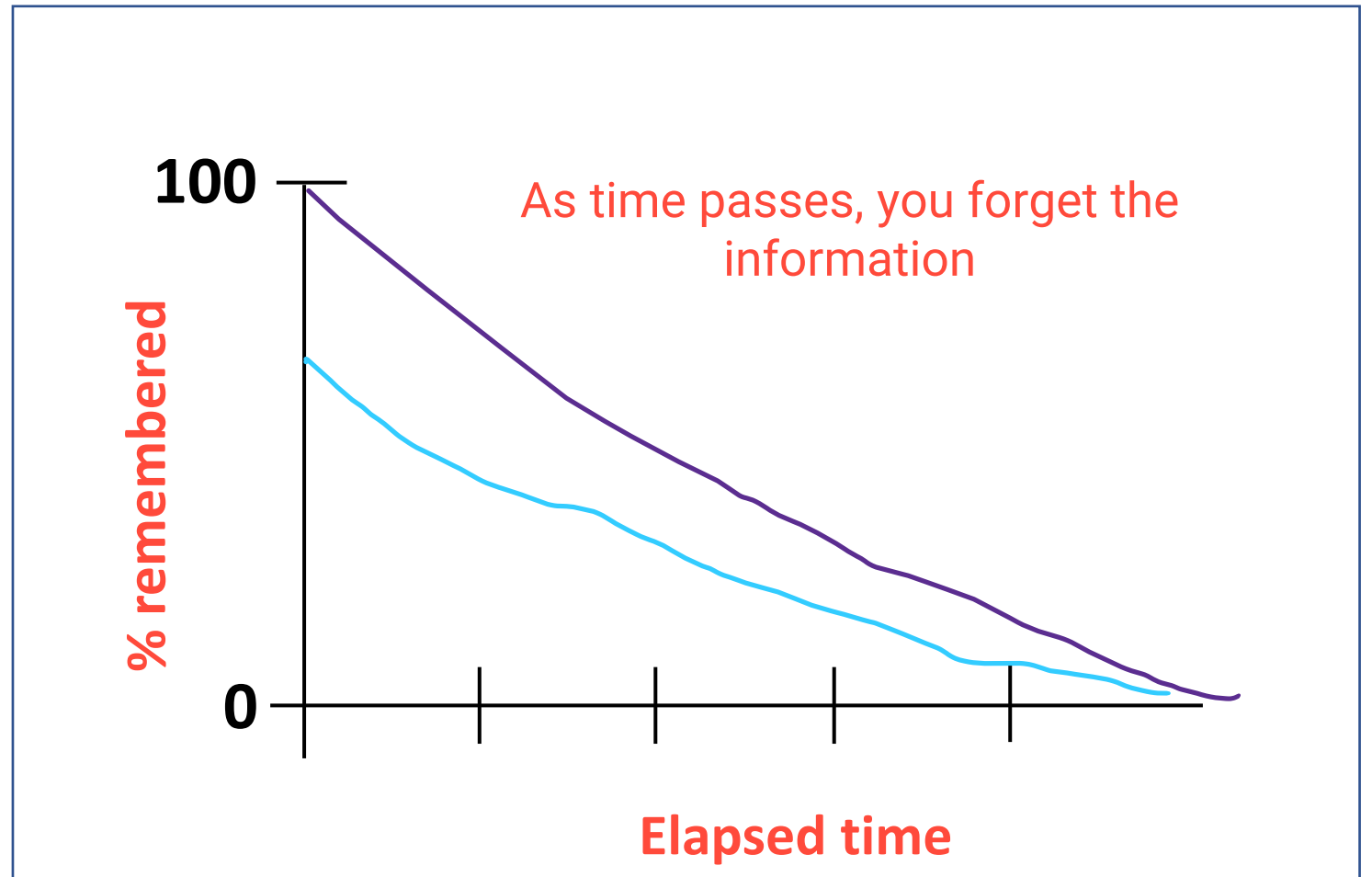
# The Forgetting Curve



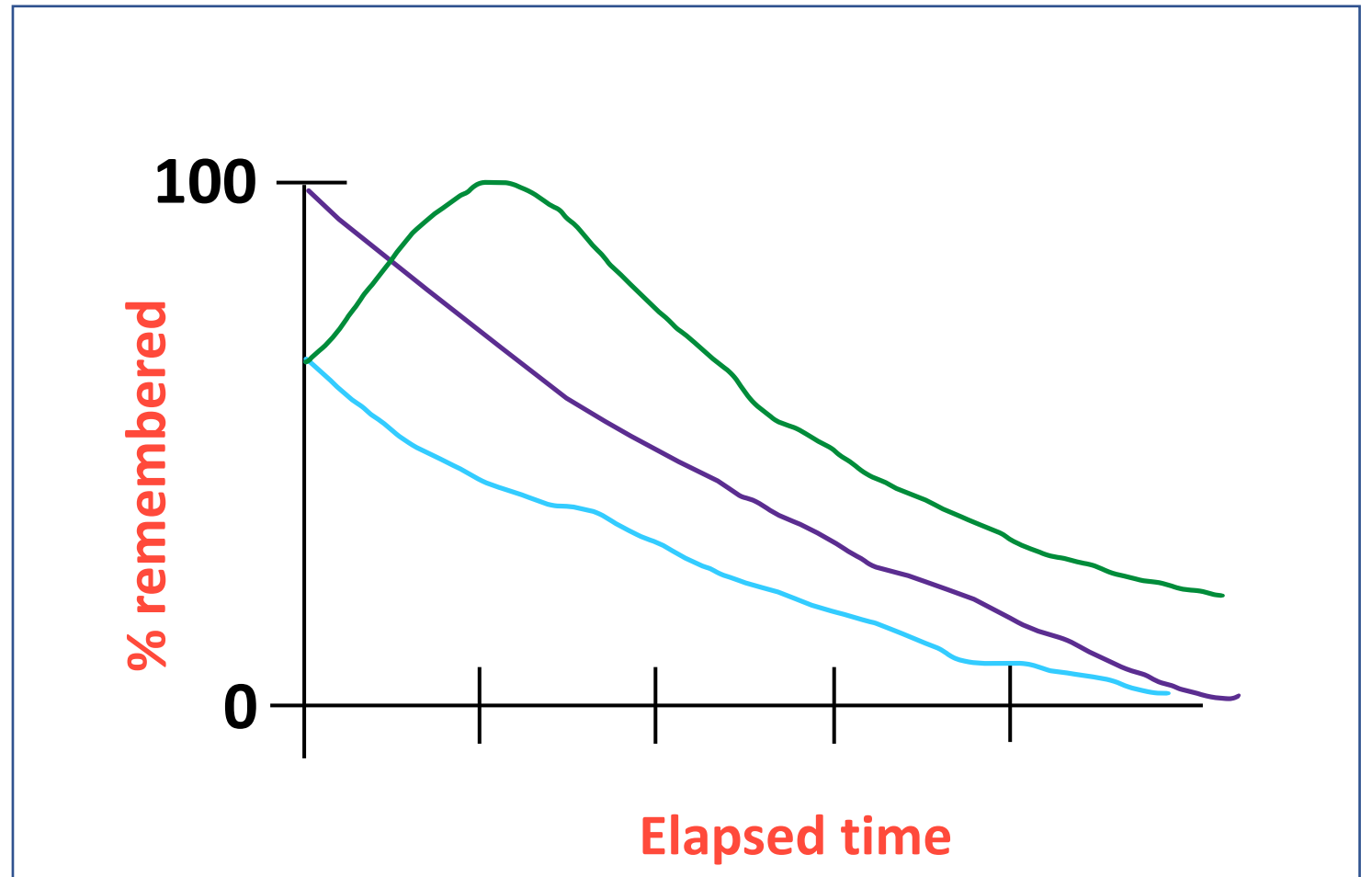
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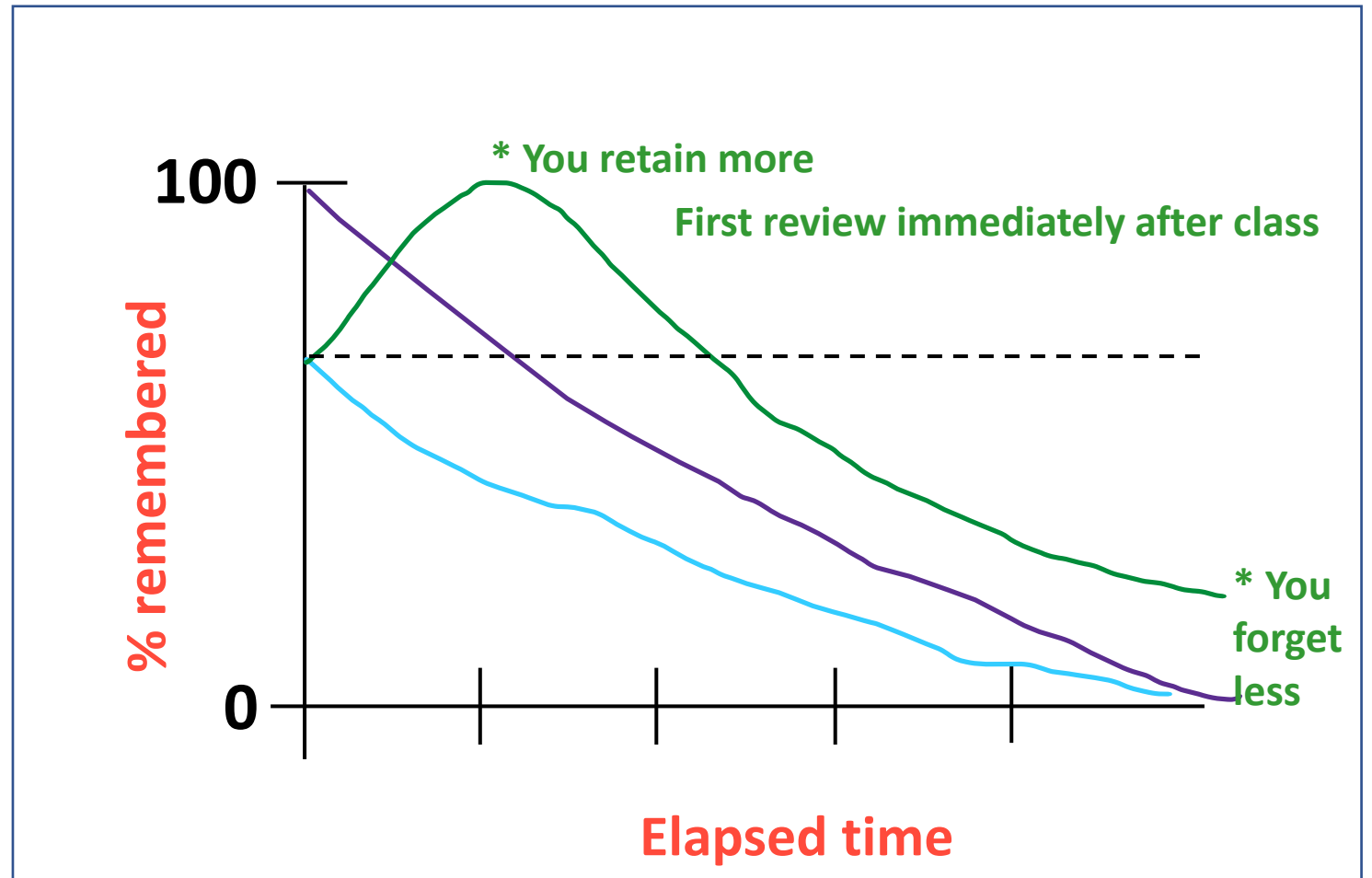


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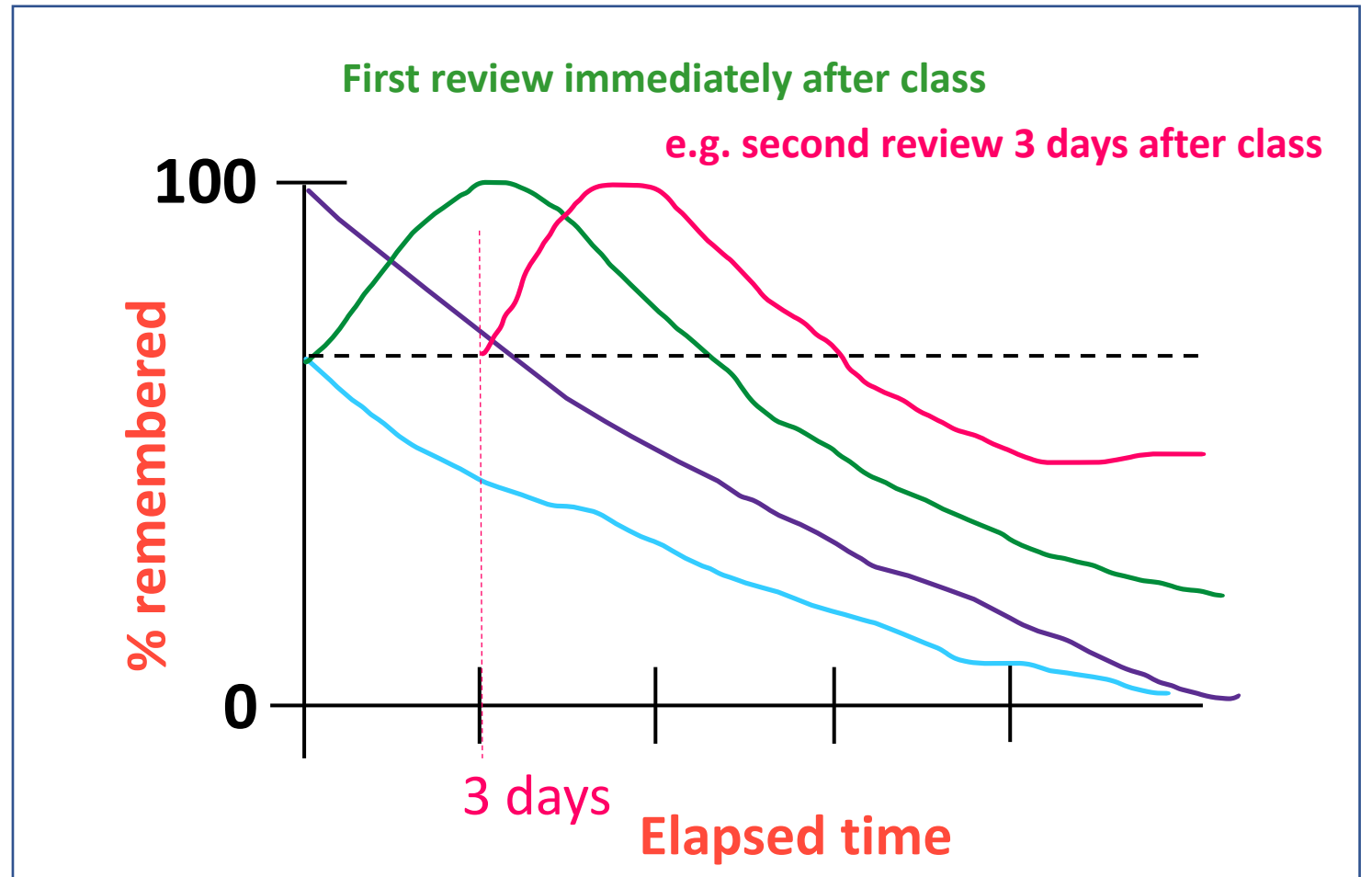




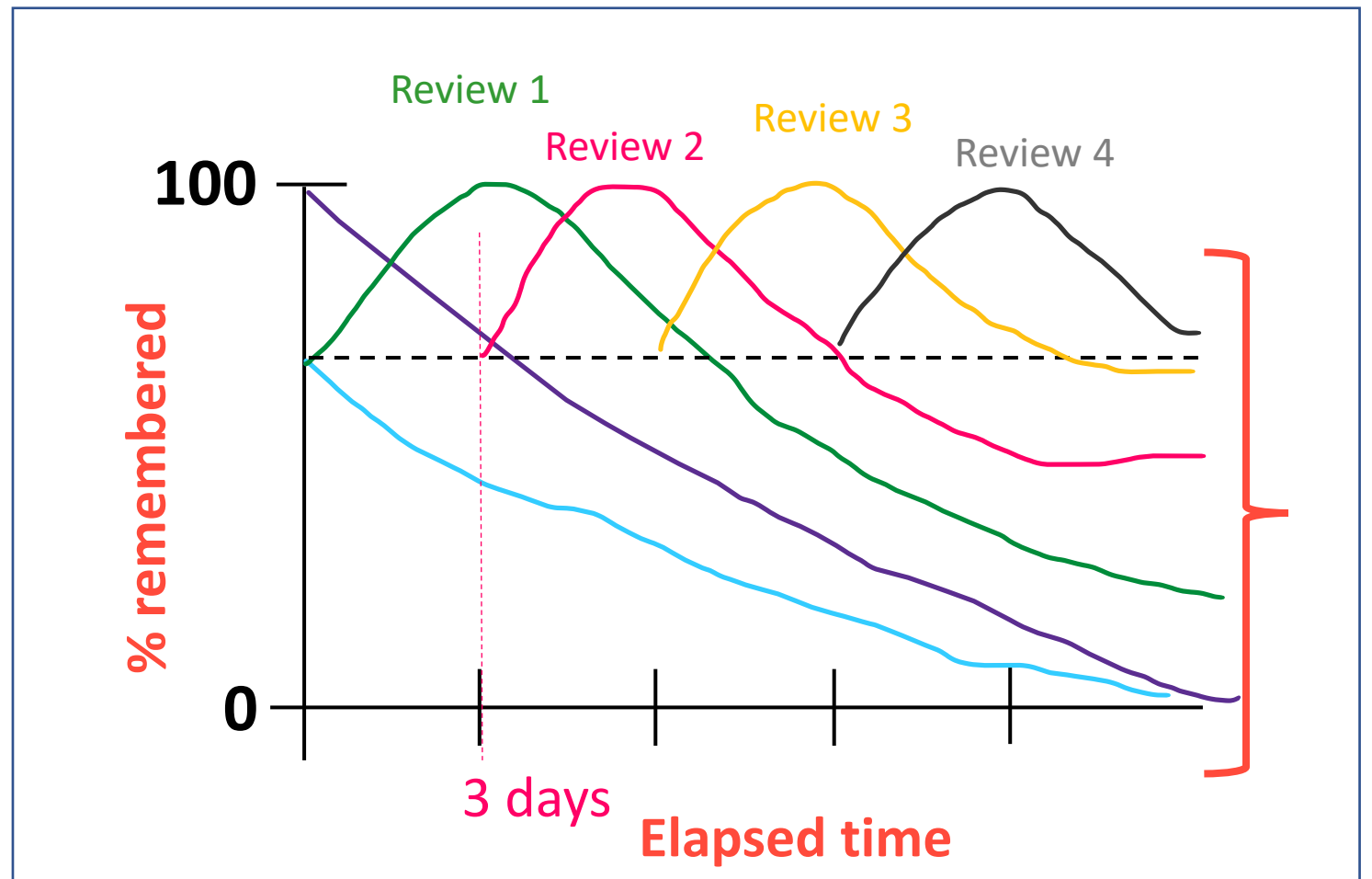
# The Forgetting Curve



# The Forgetting Curve



# The Forgetting Curve



Funds E  
Mon. 6 to 9 PM

**Student A has registered for Funds E  
in fall 2024**

The classes take place on Mondays from 6:00 to 9:00 PM, September 11 to December 18.

Keeping in mind the Forgetting Curve, how will you advise Student A to study for Funds E

***Please write in your worksheet.***

Funds E

Mon. 6 to 9 PM

## **Monday**

5:00 PM to 6:00 PM – revise previous lecture

6:00 PM to 9:00 PM – attend Funds E. lecture

9:00 PM to 10:00 PM – commute/dinner

10:00 PM to 11:00 PM – review today's lecture

## **Tuesday**

7:00 AM to 8:00 AM – make notes for Funds E

9:00 AM to 5:00 PM – work/volunteer/lab

5:00 PM to 7:00 PM – review Monday's lecture

7:00 PM to 8:00 PM – study group to review

Funds E

Mon. 6 to 9 PM

Please note, this schedule is for Monday & Tuesday only. When you make your full week schedule, include time to relax or engage in a hobby.

## Monday

5:00 PM to 6:00 PM – revise previous lecture

6:00 PM to 9:00 PM – attend Funds E. lecture

9:00 PM to 10:00 PM – commute/dinner

10:00 PM to 11:00 PM – review today's lecture

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# Strategies for Success

## You will need to:

- > Make changes →
- > **Have tough conversations** →
- > Get out of comfort zone

## Use a calendar or a scheduler

### ADVANTAGES

- Helps you plan your time
- Helps you gauge your time and **say NO** to potential personal and professional commitments



A friend/relative is landing at EWR airport in Newark at 7:00 AM on a Tuesday and they have requested you to pick them up.

## Monday

5:00 PM to 6:00 PM – revise previous lecture

6:00 PM to 9:00 PM – attend Funds E. lecture

9:00 PM to 10:00 PM – commute/dinner

10:00 PM to 11:00 PM – review today's lecture

## Tuesday

7:00 AM to 8:00 AM – make notes for Funds E

9:00 AM to 5:00 PM – work/volunteer/lab

5:00 PM to 7:00 PM – review Monday's lecture

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Your friends know that you do not have a class on Tuesday evenings. So, they plan a birthday party on a Tuesday evening.

## Monday

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9:00 PM to 10:00 PM – commute/dinner

10:00 PM to 11:00 PM – review today's lecture

## Tuesday

7:00 AM to 8:00 AM – make notes for Funds E

9:00 AM to 5:00 PM – work/volunteer/lab

5:00 PM to 7:00 PM – review Monday's lecture

7:00 PM to 8:00 PM – study group to review



You are requested to check on neuronal cells growing in your lab on Monday at 5:00 PM. Funds E does not start till 6:00 PM. It takes only 20 minutes to check on the cells.

## Monday

5:00 PM to 6:00 PM – revise previous lecture

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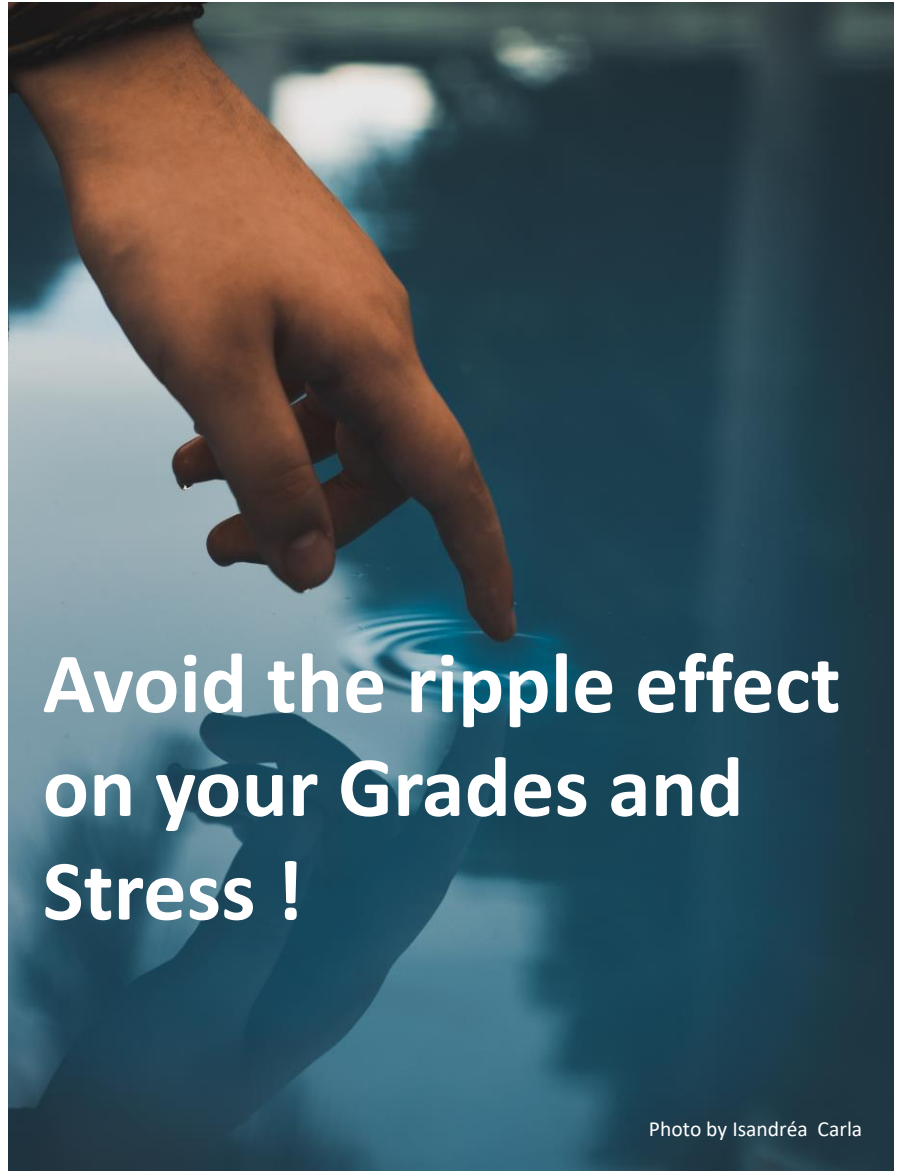
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**Avoid the ripple effect  
on your Grades and  
Stress !**

Photo by Isandr a Carla

# Strategies for Success

## You will need to:

- > Make changes
- > **Have tough conversations**
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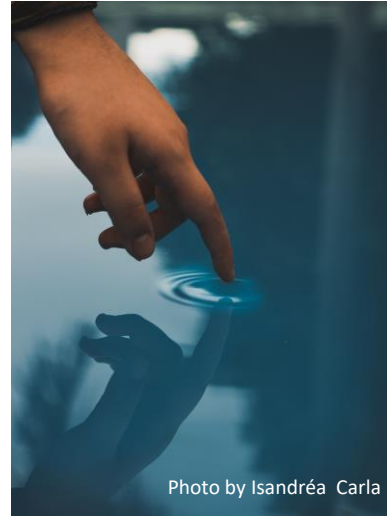


Photo by Isandrea Carla

## Having tough conversations

In the class: Write a hypothetical situation where you see yourself falling off your schedule due to someone other than yourself. At home: Write how you will overcome this.

# Strategies for Success

## You will need to:

- > Make changes
- > Have tough conversations
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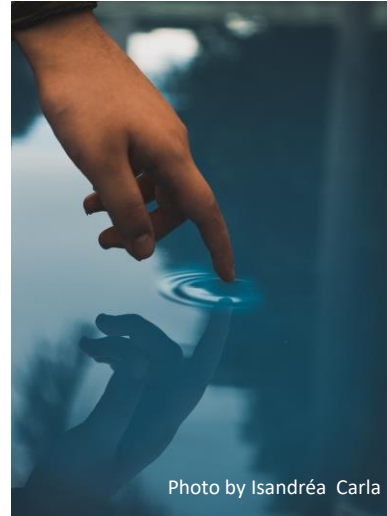


Photo by Isandréa Carla

### External

#### Having tough conversations

In the class: Write a hypothetical situation where you see yourself falling off your schedule due to someone other than yourself. At home: Write how you will overcome this.



Photo by Gelatin

### Internal

#### Having tough conversations

# Strategies for Success

## **You will need to:**

- Make changes
- Have tough conversations
- Get out of comfort zone

# Strategies for Success

## You will need to:

- Make changes
- Have tough conversations
- Get out of comfort zone

## Priority dilution

- > Your attention shifts to activities that **are less important but seem more urgent**
- > Ask yourself if the activities you are engaging in are **truly urgent**.

# Strategies for Success

## **You will need to:**

- Make changes
- Have tough conversations
- Get out of comfort zone

## **Priority dilution**

- > At the end of the day, or the week, you do not achieve what you had planned to.



# Strategies for Success

## You will need to:

- Make changes
- Have tough conversations
- Get out of comfort zone

Priority dilution

## Conscious Procrastination

Consciously  
delaying what we  
should be doing

Time goes by very  
quickly in the  
Master's Program



# Strategies for Success

## You will need to:

- Make changes
- Have tough conversations
- Get out of comfort zone

Priority dilution

Conscious Procrastination

## **Subconscious Procrastination**

Filling the day avoiding things we don't like to do with things we like to do.

# Strategies for Success

## **You will need to:**

- Make changes
- Have tough conversations
- Get out of comfort zone

Priority dilution

Conscious Procrastination

Subconscious Procrastination

*Audience question*

How will you avoid the above three?

# Strategies for Success

## You will need to:

- Make changes
- Have tough conversations
- Get out of comfort zone

As you begin the semester, practice avoiding priority dilution and procrastination, every day.

- > **Listen** to your advisors

# Strategies for Success

## You will need to:

- Make changes
- Have tough conversations
- Get out of comfort zone

As you begin the semester, practice avoiding priority dilution and procrastination, every day.

> **Reflect** & acknowledge

Start your day by acknowledging the tasks you do not like to do or tasks you are afraid of e.g., going through a specific lecture !

# Strategies for Success

## You will need to:

- Make changes
- Have tough conversations
- Get out of comfort zone

As you begin the semester, practice avoiding priority dilution and procrastination, every day.

- > Before you act or make a commitment, **consult your calendar**

**Manage your time proactively, not emotionally**

# Strategies for Success

## **You will need to:**

- Make changes
- Have tough conversations
- Get out of comfort zone

As you begin the semester, practice avoiding priority dilution and procrastination, every day.

- > Divide your day into chunks
- > Divide your tasks into chunks

# Divide your learning material into chunks

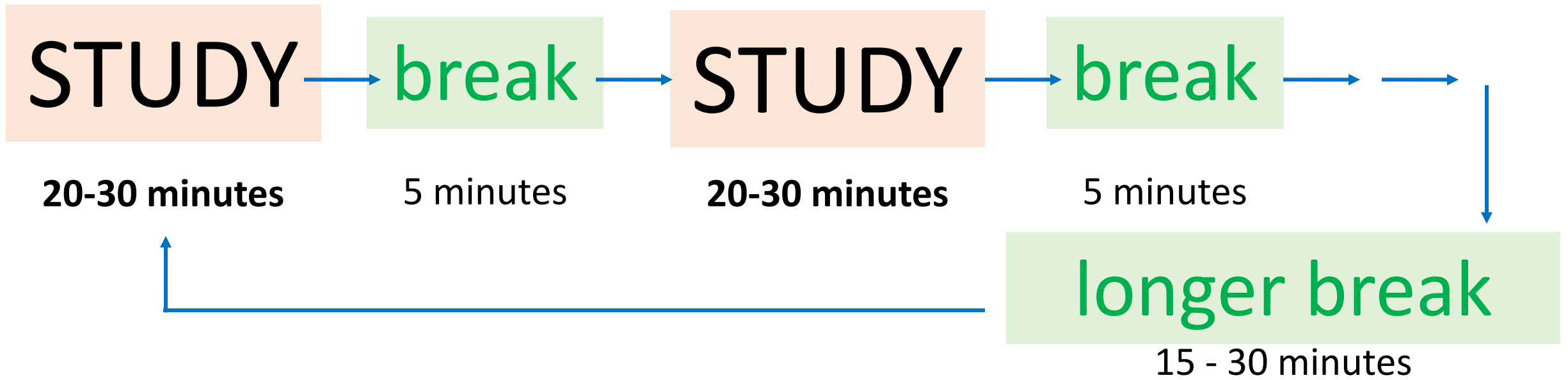
Instead of beginning with the first slide  
*may be* a quick overall review of specific concept  
that spans 10-20 slides works better for you!



# Pomodoro Technique

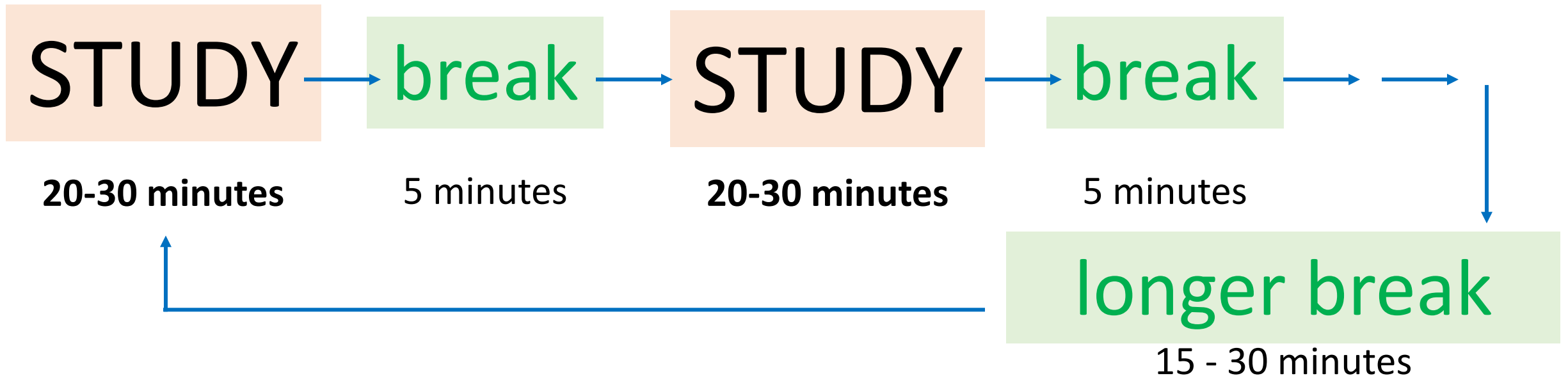


# Pomodoro Technique



*Audience question*

During your 20-30 minutes of study time, what would you want to be made unavailable so you can focus?



# Pomodoro Technique

Learn about other learning techniques  
e.g. Memory palace

Workshop on January 17

[Register here](#)

# Pomodoro Technique

Participate in the asynchronous course, Kick Start Your Master's Program – Funds A

- > Familiarize yourself with technology

# Pomodoro Technique

Participate in the asynchronous course, Kick Start Your Master's Program – Funds A

- > Familiarize yourself with technology
- > Understand the breadth and depth of courses taught in the Master's Program

# Pomodoro Technique

Participate in the asynchronous course, Kick Start Your Master's Program – Funds A

- > Familiarize yourself with technology
- > Understand the breadth and depth of courses taught in the Master's Program
- > Create a realistic schedule for fall 2024 semester

# Pomodoro Technique

The screenshot displays a web interface for a course titled "Kick Start Your Master's Program - Funds A". The left sidebar contains navigation options: Account, Dashboard, Courses, Calendar, Inbox, History, and My Kaltura. The main content area shows a list of modules under the "Modules" section. Each module entry includes a title, a "Complete One Item" button, and a checkmark. The first module is "Read first". The second is "Lecture 1 (1-3)" with prerequisites "Read first". The third is "Lecture 1 (4) : Macromolecule Building Blocks" with prerequisites "Lecture 1 (1-3)". A blue "Expand All" button is located at the top right of the module list. On the right side of the interface, there are three utility buttons: "View Course Stream", "View Course Calendar", and "View Course Notifications". Below these is a "To Do" section which is currently empty, displaying "Nothing for now".

RUTGERS

Account

Dashboard

Courses

Calendar

Inbox

History

My Kaltura

Home

Grades

Modules

Kick Start Your Master's Program - Funds A > Modules

Expand All

View Course Stream

View Course Calendar

View Course Notifications

To Do

Nothing for now

Read first

Complete One Item

Lecture 1 (1-3)

Prerequisites: Read first

Complete One Item

Lecture 1 (4) : Macromolecule Building Blocks

Prerequisites: Lecture 1 (1-3)

Complete One Item



# Strategies for Success

## **You will need to:**

- Make changes
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## Active Study Techniques

- > catch yourself from simply looking at or copying notes
- > reading fast does not mean reading well

# Strategies for Success

## You will need to:

- Make changes
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## Active Study Techniques

**ACTIVE RECALL:** draw a diagram/pathway from memory; do a problem/calculation; outline a lecture; discuss with study group; “Take an Exam”: practice questions ----- blank piece of paper

# Strategies for Success

## **You will need to:**

- Make changes
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## Active Study Techniques

Audience question

1. Oh yeah, I remember reading that
2. I can recite that information without looking

Which one of the above two is Active Recall?

## *Audience question*

Which 3 of the following 5 methods are not effective study habits.

1. re-listening to the lecture
2. re-reading lecture slides
3. highlighting many concepts & sentences
4. recall
5. deliberate practice

## *Audience question*

Which 3 of the following 5 methods are not effective study habits.

- ~~1. re-listening to the lecture~~
- ~~2. re-reading lecture slides~~
- ~~3. highlighting many concepts & sentences~~
4. recall
5. deliberate practice

# Strategies for Success

## **You will need to:**

- Make changes
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- Get out of comfort zone

## Stay active during the lecture

- > ask questions or engage in a lecture to stay focused
- > if you lose concentration, make a note of where you stopped paying attention

# Strategies for Success

## **You will need to:**

- Make changes
- Have tough conversations
- Get out of comfort zone

## Stay active during the lecture

- > Refrain from checking emails or social media

# Strategies for Success



## You will need to:

- Make changes
- Have tough conversations
- Get out of comfort zone

## Social studying

- > Are you reviewing the lecture together?
- > Or are you solving specific problems?
- > Or are you testing each other?

**Communicate & plan in-advance  
with your study group**



# Strategies for Success



## **You will need to:**

- Make changes
- Have tough conversations
- Get out of comfort zone

## Take care of yourself

- > Be conscious about your food, sleep, & caffeine
- > Make time for things that make you happy
- > Know your academic resources to reduce stress (slides 8 to 13)

# Success is all yours!

