



## **SMARTS Program**

***Do you have the smarts to achieve your academic potential?***

### **Module Outlines**

(based on enhancement of self-awareness, self regulation and self-motivation)

#### **STUDY SKILLS**

This module focuses on understanding and awareness of current study practices and individual learning style. Students are asked to reflect on their own approach to study and develop strategies to enhance their study effectiveness. Attention is given to the physical environment, using your body clock, mind mapping, techniques for doing the work you don't feel like doing, and getting the help you need.

#### **MOTIVATION**

This module encourages students to explore what motivates them and the value of visualizing their goals. It contains exercises to help clarify goals and set achievable, measurable and realistic goals for the short and medium term. It also looks at perfectionism, which disguises as a motivator but can often be immobilizing.

#### **ATTITUDE**

This module looks at the centrality of attitude in determining how we feel and how we behave. It helps identify common cognitive distortions and techniques for challenging them. The emphasis is on thinking clearly, realistically and positively.

#### **RELAXATION**

This module emphasizes the importance of a balance between work, rest and play for academic success and a healthy lifestyle. Recreational options are brainstormed and several relaxation exercises are experienced.

#### **TIME MANAGEMENT**

This module looks at how to plan, prioritise, organize, and schedule so that time is used effectively. Exercises provide the opportunity to develop "chunking" skills to break big tasks into smaller, more manageable ones. Students identify their own time wasters and develop techniques to overcome procrastination tendencies.

#### **STRESS MANAGEMENT**

This module explains what stress is, the stress response and how it affects performance. It helps students to identify their specific stressors and their own physical, mental, emotional and behavioral stress signals. It offers a variety of strategies for keeping stress manageable.