

## Success Skills Course for PA Student

### Course Syllabi

Credit Hours:	0/2 Credits
Course Description	<p>Students need to have a “toolbox” at their disposal, equipped with time-management skills, techniques for notetaking, high-impact study and test taking, and ways of coping with the stresses of graduate level education and avoiding burnout. This Course was developed with the idea that reinforcing and teaching these skills <i>before</i> a student begins to struggle is the best way to alleviate remediation issues. The learning experiences within this course are meant to prepare you for the intensity of PA education thereby ensuring that you have the skills that you need to succeed and meet your programs outcomes. This course transcends the span of the academic program for students. Several modules have been dedicated to students transitioning to the clinical year and then preparing for the PANCE.</p>
Learning Outcomes	By the end of the course, students will be able to demonstrate the following skills:
Matriculation	<ol style="list-style-type: none"> <li>1. Implement effective time management skills such as the Pomodoro method and implement an effective semester-based calendar.</li> <li>2. Complete a learning style inventory and incorporate strategic study methods based upon the student’s dominant learning style. Incorporate effective success skills such as improving reading comprehension, organizing content, implement maintenance study methods, and incorporating a successful study group.</li> <li>3. Implement methods to enhance memory and recall thereby improving academic outcomes.</li> <li>4. Develop skills to effectively utilize power points in your learning process.</li> <li>5. Conceptualize and implement high impact note development and apply it to specific content courses such as clinical medicine within the PA curriculum.</li> <li>6. Implement methods to maximize study time by using proven best practices to facilitate learning more efficiently.</li> <li>7. Assimilate stress management techniques to enhance healthy lifestyle choices.</li> </ol>
Clinical year	<ol style="list-style-type: none"> <li>8. Incorporate efficient learning methods during the clinical phase of the program.</li> <li>9. Incorporate effective test taking skills to better succeed in the didactic phase of the program.</li> </ol>

Clinical year continued	<p>10. Incorporate effective test taking skills for the clinical year to master end of in the rotation exams.</p> <p>11. Incorporate effective test taking skills to succeed on the PANCE.</p>
Required Resource	Completion of the student success skill modules found on <a href="http://www.URLTBD">www.URLTBD</a>

<h2>Course Requirements</h2>
<b>I. Completion and Participation</b>
<p><b>Completion:</b> Students are required to complete the student success modules in recommended sequence. Completion of the entire course is required before receiving evidence of completion. Some of the modules require completion of quiz questions and submission of assignments to the faculty. The individual program will determine the timeline for completion of all modules. Because some modules are required at the end of the didactic phase and during the clinical phase you will be advised when these are required to be completed.</p>
<p><b>Class Participation:</b> Class participation involves moving through the individual success modules at your own pace. It is highly recommended to take notes throughout these modules to reinforce the information. Many of the modules have Think - Pair – Share slides that ask critical questions. These are designed to facilitate thought-provoking conversation with another classmate. Your program may require that you complete these within a classroom setting. If not, it is highly recommended to reflect on these questions and talk with a classmate if it all possible.</p> <p>Remember that changing habits such as incorporating highly effective study methods takes time to develop and practice over time. Try practicing these new methods at least thirty consecutive days before determining that they are not working for you individually.</p> <p>Some modules require assignments to be submitted to the faculty based upon the program’s timeline. You are required to complete the required assignments as well as the quiz questions to receive full credit for completion.</p>
<b>II. Assignments</b>
<p>1. SMART (Specific/Measurable/Attainable/Realistic/Timed) GOAL: one page, ten points. You will construct a set of goals as you begin the first semester of the program. Focus on an area of potential academic success weakness that you experience as an undergraduate that could pose challenges for you as a PA student.</p>
<p>2. ACADEMIC SUCCESS PLANNING: In-class assignment - length variable (Outlook, or Google docs can be used), (TBD points) You will create an in-depth study plan which incorporates daily study times based on each academic class for the first semester of the PA program. This will incorporate all assignments, quizzes, and tests within the planning of the semester. This will require that you incorporate class and laboratory time within your schedule, personal time to enhance mental well-being, and study time embedded throughout the week. For many individuals it might be most effective to use your Outlook calendar or Google calendar to construct such a plan. This assignment will be used during in class discussion about how to reinforce and implement your academic success planning guide planning guide</p>

	<p>3. Reaction Statement (TBD points) you will write and submit a reaction statement following the completion of all modules described in the quiz/Assignment completion section below: The reaction paper needs to be a minimum of one page for each of the modules. The reaction paper should include your reflections about how to incorporate these concepts within your study methods as you begin the semester.</p>
	<p>4. Quiz/Assignment completion. You will complete and submit quizzes/Assignments for the same modules as the reaction papers described above:(TBD points)</p> <ol style="list-style-type: none"> <li>a. facilitate success skills for PA students</li> <li>b. enhancing memory and recall</li> <li>c. forming a study group</li> <li>d. how to study PowerPoint's</li> <li>e. improving reading comprehension</li> <li>f. maximizing your study time</li> <li>g. Metacognitive Strategies</li> <li>h. effective time management skills</li> <li>i. Pomodoro technique</li> </ol>
	<p>5. Completion of VARK inventory and construct a reaction paper that incorporates your predominant learning style based upon the inventory. Include strategies how you will incorporate the intake strategies and utilize the study without tears (SWOT) in your daily study process. Finally complete the academic assessment form incorporating study skills related to learning style in preparation for your advisor meeting. (TBD points)</p>
	<p>6. Complete two high impact note using the system described in the learning module. This can be any disease topic within your programs clinical medicine course. (TBD points)</p>
	<p>7. Completion of test self-analysis from a practice exam provided as part of the course. This requires that you meet with the programs advisor/success coach to process the incorrect questions</p>
	<p>8. Completion of practice exams required as part of the course. These exams include a series of clinical year style questions to help the students practice more advanced taxonomy level questions. There is also a simulation for students preparing to take the PANCE</p>
<p>Grading</p>	<p>Your final course grade is based upon the participation and completion of all the projects and requirements described above. This course is designed to be pass -fail based upon the completion of the requirements. The program will determine when the course begins, and end based upon the semester calendar. Assigned readings are due before the class sessions.</p>

## Assignment Schedule

Module	Topic	Assignment
1	Thrive Do not Survive Methods to Ensure You Succeed	Complete brief reflection. SMART Specific /Measurable/Attainable/Realistic/Timed) GOAL: one page, ten points. You will construct a goal as you begin the first semester of the program. Focus on an area of potential academic success weakness that you experience as an undergraduate that could pose challenges for you as a PA student.
2	Facilitate Success Skills for PA school	1. Complete quiz questions. 2. Submission of reaction paper. 3. Completion of Student Performance. Questionnaire Student Strategies for Specific. Concerns and submit to your advisor/success coach.
3	Active Time Management skills	1. Complete the time management assessment tool in the module 2. Completion of ACADEMIC SUCCESS PLANNING Calendar
4	Pomodoro Method	1. Completion of quiz questions. 2. Completion of reaction paper.
5	Maximizing your Study Time	1. Completion of quiz questions. 2. Applying skill set on own content
6	Enhancing Memory and Recall	1. Completion of quiz questions. 2. Completion of reaction paper.
7	Metacognitive Study Strategies	1. Completion of quiz questions. 2. Completion of reaction paper.
8	How to Study PowerPoint Presentations	1. Completion of assignment 2. Completion of reaction paper.
9	Improving Reading Comprehension	1. Completion of quiz questions. 2. Completion of reaction paper.
10	Forming a Study Group	1. Completion of quiz questions. 2. Completion of reaction paper.

11	The High-impact Note	1. Completion of two high impact note from the disease of your choice.
12	Learning with Style	1. Completion of VARK inventory and construct a reaction paper that incorporates your predominant learning style based upon the inventory. Include strategies how you will incorporate the intake strategies and utilize the study without tears (SWOT). 2. Finally complete the academic assessment form incorporating study skills related to learning style in preparation for your advisor meeting.
13	Instructive test taking	1. Completion of test self-analysis from one of your first examination. 2. Completion of practice exam and submission of test self-analysis form
14	Clinical year test taking	1. Review In detail Self-Study Tutorial EORE Examination. 2. Complete clinical year success planning using the same methods as the academic success planning assignment. Once completed review this with your program's advisor/success coach. 3. Download the student check off list 4. Download EOR HIN 5. Practice exam to utilize the student checklists
15	Strategies for final PANCE preparation	1. Review the 10-week study plan. 2. Practice exam to utilize checklist. 3. Download PANCE student checklists and review 4. Download HIN and review 5. Complete your required PANCE success planning assignment as described by your program.