

Empowerments for Student Learning

Exclusively for Adjuncts

**Honoring learner-centered teaching activities and supportive teaching environments
in a changing paradigm of higher education**

Expand your knowledge. Broaden your resources. Spark students' inspiration.



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Often times we think of commitments we want to make. We make them then try our best to keep them. Slowly we begin to establish a new behavior that helps us realize we have an awareness of power and the tenacity to accept this commitment to improve ourselves. By thinking and making these commitments, we slowly realize these commitments become responsibilities that morph as a part of us.

Have students think of one thing they can commit to doing for 30 days. Challenge them to sign a contract with themselves. If even one day is missed, they should start that commitment over again from Day 1. Academic examples might be as follows.

Review course vocabulary. Read something about a course topic. Be on time for class.

Review daily course notes before the next class.

Choose the number of math problems that if done daily, would increase math understanding.

Students could possibly think of other relevant topics or procedures, too.

Day 1 ____	Day 2 ____	Day 3 ____	Day 4 ____	Day 5 ____	Day 6 ____
Day 7 ____	Day 8 ____	Day 9 ____	Day 10 ____	Day 11 ____	Day 12 ____
Day 13 ____	Day 14 ____	Day 15 ____	Day 16 ____	Day 17 ____	Day 18 ____
Day 19 ____	Day 20 ____	Day 21 ____	Day 22 ____	Day 23 ____	Day 24 ____
Day 25 ____	Day 26 ____	Day 27 ____	Day 28 ____	Day 29 ____	Day 30 ____

This tip and others are archived at <http://polkfacultycentral.com>.

With Best Regards,

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