

Sahilpreet Singh

Sahilpreet Singh

152242

English 113

Brenda Koller

Report Assignment

November 25, 2020

The education system we are studying in the modern era is very sophisticated and because of which students also need to plan their studies, make strategies, and work smart to succeed. I would be discussing some strategies and approaches to have a successful student life in this report. Firstly, I would like to tell you that different disciplines of studies should be approached differently and there should be different strategies depending on the area of study one is working on. The strategies to succeed in contemporary academics have many aspects to be considered, Time management, self-evaluation, and progress evaluation are some of them. Also, to have a successful time at an educational institute, one should not only be mentally fit but also maintain physical health, which helps the students to stay motivated and focused on their studies.

I am an international student at CNC and currently studying Associate of Science in Mathematics and Computer Science, I started my studies last semester. I plan to complete my Associate Degree from CNC and the urge to study this field of study motivates me to continue my studies by transferring to the University, which is my goal at this instance in time.

I have learned a lot from my own experience as an international student in Canada. Throughout my student life, I have tried, failed, succeed at many strategies. Nonetheless, all of my experience has helped me to grow as a person and motivated me to learn from my mistakes and use them to form better strategies. Referring to the example of myself, I hereby mention the very first and very important strategy to succeed in student life, that is, learning from mistakes. It means when you fail or do not know anything, you should never feel de-motivated because failure is an important phase on the road to success. According to Marken(2017), "Of all the factors that affect how well one does in university/school, attitude is probably the single most important. A positive attitude leads to high levels of motivation, and someone highly motivated to succeed can overcome obstacles that may occur."(p. 11); which suggests how important staying motivated is to succeed at school. While studying at CNC, I came across many opportunities and challenges that I could never think of when I was not studying here, which have helped me in my academics and also have helped me grow mentally also. For instance, currently, I have 5 courses, 3 of which are Science courses, 1 is an English course and one in Geography. I am enjoying these courses very much, but needless to say, there are many obstacles which I faced this semester also, but acknowledging those help me to face them strongly. I would be discussing these challenges one by one. Firstly, as a student whose first language is not English in a school where only English is

Sahilpreet Singh

acceptable was a hard hit for me. When I first came here, I was aware of the fact that I have to use English to succeed. Then, after realizing how important it is to communicate in English here, I decided to give myself some time to learn English every day; I started watching movies and shows in English rather than watching the dubbed versions in my home language. I started to challenge myself by taking notes in every class I took so that I could improve my listening skills. All these efforts have helped me to improve my English skills, which motivates me every day that I can do things that I once thought I could never accomplish. Also, after learning from my past experiences, I know how important it manages time also is. It is also very important to note that the quality of time spent also matter, which is what time management, is all about. According to Valle's (2019) study;

When referring to the time spent on homework, we must differentiate between the amount of time spent and the degree of quality of that time (time management). Usually, the time spent on homework is a merely quantitative aspect of the hours that students spend doing homework but is this not necessarily a reflection of the effort and quality of their dedication (p.423)

This also suggests that the quality of the time management is dependent on the dedication level of an individual. Being said that, I have implemented this in my academic life also. I have started to manage my time by giving an appropriate amount of t

My Time-table							
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Classes	Classes	Classes	Classes	Self-study English	Classes	Work
Afternoon	Self-study Math 100 and Math 200	Classes	Self-study Math 100 and Math 200	Classes	Self-study Geography	Self-study Geography	Work
Evening	Classes	Self-study English	Classes	Classes	ANY	Self-study English	FREE
Other	GYM	GYM	GYM	GYM	FREE	Work	Sports

my courses, sports, and my work, which is represented in the table below;

Furthermore, it is very sad to address that students including myself experience stress, depression, and anxiety at some point as a student, whether it is just before the final exam for a Mathematics course or due to peer pressure and competition. It is not only an issue at colleges or universities, but students are exposed to these mental health problems ways early in their lives. This argument is supported by Kaufman (2015), "Among high school principals reporting school problems with suicide and depression, almost 80 percent reported implementing efforts to address suicide, and 64 percent

Sahilpreet Singh

reported efforts to address depression.” Mental health needs to be addressed and it should be taken care of by teachers and parents. I have also experienced depression many times in my life, but with constant mental health care and support from my family and friends, I have learned how to stay healthy not only mentally but physically also. Moreover, the most important thing to grow as a student is to self-evaluate and keep a check on the progress. The importance of self-assessment/evaluation can be understood from the following;

Self-assessment can increase the interest and motivation level of students for the subjects leading to enhanced learning and better academic performance, helping them in the development of critical skills for analysis of their work. (Sharma et al., 2016)

This gives an idea of how we can use self-evaluation to master our own mistakes. Also, I do self-evaluation on myself every semester so that I can see how much I have grown, and is there anything I need to change. This has helped me a lot to find my weaknesses and to work on them as well.

Further, I would like to talk about this report; this project has helped me to reassess myself and has reminded me of my goals and ambitions. If I talk about the obstacles I faced during this report, it should be writing my thoughts into words, however, I tried my best to word them. I am working on this but as they say “Good things take time”. Further, about my future goal; I plan to take 4 courses next semester and then go to the university to fulfill my dreams and ambitions. I would try to implement everything I have learned during this semester/year. For example, Time management, self-assessment, and focusing on my mental/physical health. I have faced many obstacles while implementing these strategies this semester also, but I have learned and overcome many. I would continue to do that in the future also.

References:

Kaufman, J. H. (2015). *Student mental health in California's K-12 schools: School principal reports of common problems and activities to address them*. Santa Monica, California: RAND Corporation. doi:10.7249/j.ctt19rmcv3

Marken, L., Mahoney, N., BC Open Textbook Project, University of Saskatchewan, & BCcampus. (2017). *Strategies for academic success*. Saskatoon, SK: University of Saskatchewan.

Sharma, R., Jain, A., Gupta, N., Garg, S., Batta, M., & Dhir, S. (2016). Impact of self-assessment by students on their learning. Retrieved November 24, 2020, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4979309/>

Valle, A., Piñeiro, I., Rodríguez, S., Regueiro, B., Freire, C., & Rosário, P. (2019). Time spent and time management in homework in elementary school students: A person-centered approach. *Psicothema*, 31(4), 422–428. <https://doi-org.prxy.lib.unbc.ca/10.7334/psicothema2019.191>