

## ASLA Academic-Support Videos

### Suggested Discussion Questions

Videos are available on the [ASLA website](#).

#### ***Making the Transition to College video:***

- What rang true for you in the video? What surprised you?
- What have you noticed so far about the difference between high school and college, in terms of academic work?
- What has been challenging for you so far? What do you anticipate might be challenging?
- How might you change your habits or approaches (to studying, etc.) based on what you've learned in the video?
- The students in the video talk about needing to take it upon themselves to learn independently, more so than in high school. Have you felt that? In what ways?
- What are some of the challenges of having a looser structure in college than in high school? How can you address those?
- What resources can you identify at Northwestern that can help you if you are having challenges with your courses?

#### ***Help-Seeking video:***

- What rang true for you in the video?
- Do you feel like it's difficult to ask for help with a class or with academic work? Under what circumstances is it more difficult, and when is it less difficult?
- What have you done in the past to make sure you get the help you need with a challenge?
- The video points out that it's completely normal and common to need help at Northwestern. Do you feel like that is something that students are open about? Why or why not?
- The students in the video talk about feeling intimidated about going to a professor's office hours. Have you gone to office hours? If so, how did it go? How can you make that experience most useful for you?
- What are some resources you might use for getting help with your academic work at Northwestern?

#### ***Study Strategies video:***

- What rang true for you in the video?
- How do you manage your time? What is challenging about time management?

- What would you like to improve about your time management, and what are some strategies that the video suggested which might be helpful for you?
- The students in the video talked about feeling overcommitted, or spreading themselves too thin. Do you ever feel that way? Why? How could you address that?
- How do you avoid being “controlled” by technology/social media?
- One of the students in the video talked about spreading out studying, so that you’re studying a little for various classes over a period of time, rather than studying all at once before a test. Have you used that approach? How does it work?
- Students in the video also talked about doing active questioning and working through problems, and challenging yourself as you do homework, rather than just reading a textbook. Do you do this? If not, how could you incorporate that approach?
- The students also talk about the value of studying with others. Have you done that? What can students do to make studying together most productive and useful?

***Mindsets video:***

- What rang true for you in the video?
- The students in the video make a distinction between getting good grades and learning. How do you see that distinction?
- Have you ever felt like you compare yourself to others too much in terms of academics?
- One of the students in the video talked about having worried that they might not “belong here.” This is a common worry among Northwestern students. What would you tell somebody who was feeling this way?
- The students in the video talk about failure: that it’s normal and part of learning. How have you bounced back from failure successfully in the past?