

Assignment #5

Carroll Anthony Norwood

Beulah Heights University

In partial fulfillment of the requirements for the course

ATH 115OL Success for Life and Ministry Online

Department of Religious (or Leadership or Business) Studiess

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Reflection on Chapters 9 & 10

In the reflection of chapter 9, I will write a review on the covered materials of chapter 9 in *College & Career Success* by Marsha Fralick. In my reading of chapter 9 I have found the topics to be explicit and enriching for any student, especially a college student. Marsha Fralick has written the following in chapter 9:

Learning Objectives

- What are some test preparation techniques?
- How should I review the material?
- How can I predict the test questions?
- What are some emergency test preparation techniques?
- How can I deal with test anxiety?
- How can I overcome math anxiety and be successful on math tests?
- What are some tips for taking math tests?
- What are some tips for taking objective tests?
- How can I write a good essay?

I wanted to note the covered materials of chapter 9, because it is the foundation to any students' success in school/college. Those notes will help to maintain an average and above average grade, while focusing on the goal of graduating and pursuing a career goal. As a student, I want to say, "reviewing the syllabus, and knowing the course materials are deemed for success."

My statement on one powerful point in reflecting on chapter 9 is: Distribute the Practice-course content, requirements, tests, and grading. Prepare early for test it helps you with powerful memory technique. Know your schedule before signing for a course, because then you must build your schedule around college, work, and other activities. Find a place to study, as your room or anywhere you are able to relax and complete assignments. You will have projects and test dates. This is called schedule a time and a place for studying.

My personal reflection of chapter 9 as a student and reading Marsha Fralick writings, I agree with the writings of the entire book. This is one reason I am succeeding in college on the second phase of my study. I have found in the practices that are written to be a success for me. I know that reading, and professor communications are extremely important to any student. Again, this book is enriching and empowering.

Marsha Fralick continues to write pivotal points in chapter 10. The writings entail Communication and relationships in the following learning objectives:

- What is my personal communication style?
- What are some problems in communication?
- What are some techniques for being a good listener?
- What is the best what to communicate in a crisis situation?
- How does language affect behavior?
- What are some conflict management techniques?
- What are the qualities of a good friendship?
- How can I get along with my roommate? How can I improve my relationships?
- How is failure an opportunity for learning?

The above objectives are important to all students, because it helps you to understand yourself first and second those you communicate with. Reflecting back to chapter 2, knowing the personality of an individual can assist in the communication too. By knowing that all personalities are unique, from extraverts, introverts, sensing, intuitive, feeling, thinking, judging, to perceptive modes of functioning in daily communications are important. Why individuals do what they do and when. Now back to continuation of chapter 10.

My statement on one powerful point in reading chapter 10 is on page 296 written in the following words by Marsha Fralick, “Communication for Success-to be an effective communicator, it is important to be a good listener and speaker. Practice the techniques of good listening and use language that helps you enhance your success and establish good relationships.” Next, the author explains in detail about problems in communications. This really

gave me an insight and a better perspective of communicating. Overall, chapter 10 is almost a repeated chapter of this course. I love the fact that the author refreshed our memory with the personalities for communications.

My personal reflection of chapter 10 as a student and reading Fralick's writings, I find the information written to be sound and informative for any student wishing to succeed in college and their careers. From reading this book, I am often reminded of the importance of pursuing goals and communicating to individuals. This really helps life function better. I am glad I selected for this class.