

# WHAT'S NEW BU



June 21, 2021

## PAUL L. FOSTER SUCCESS CENTER



### Creating a Ricochet Plan

What is a “ricochet”??? It’s when something rebounds off a surface and goes in a different direction.

Thinking about what is working for you and what needs to change is an important part of college academics. Trying a fresh approach helps you become more resilient...and successful! Making adjustments to your study schedule, trying new learning strategies, working with your lecture notes daily—any of these things could be part of your own “Ricochet Plan.” Here are some thoughts to help you consider an academic ricochet!

1. For inspiration, watch the [YouTube video “From Service Dog to Surf-ice Dog.”](#)
2. Pay close attention to the words to the [Taylor Hicks song “Do I Make You Proud?”](#) that accompany the video.
3. Now consider...
  - How did Ricochet’s trainer rebound from discouragement and a sense of failure? (From “this dog can’t do the program” and “I’m no good at picking out the right dog” to “Here’s what we can do now!”)
  - How did Patrick Iveson, the wheelchair bound teenager, choose a new direction?
  - How did Ricochet “change her strategy” (so to speak!) from preparing to be a service dog to a whole new life purpose as a beloved therapy dog helping vets with PTSD, children with disabilities, to raising funds for charities, etc.? By the way, her website is <https://www.surfdogricochet.com/>
4. Think about your classes so far. **Would rebounding in a new direction help you learn better?** Ask yourself: *Do I need to spend more time working with the course material? Am I completing assignments, even if they are not graded? Am I working at 100% of my ability? Am I actively participating in the class? Would it help if I talked with my professor? Would I understand the material better if I talked with a tutor? What other changes do I need to make?*

### 7 Steps to Mastery of Material

**Step 1**

**Organize your notes.**  
Visually separate main ideas from details.

- Concentration and learning speed increases when questions are made from main ideas and answers from details.
- Numbering the details, parts of answers, including charts, graphs, sketches, etc. speed learning more.

**Organizational formats such as:**

- Outline
- Mind Map
- Two/Three Column Notes
- Notecard Q&A

*These formats speed and promote learning!*

### 7 Steps to Mastery of Material

Having trouble keeping your coursework organized? Try these 7 steps for “Mastering Your Material.” Click [HERE!](#)

## ACTIVITIES & EVENTS

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**GROUP X CLASSES**

### Department of Wellness: Education and Outreach

The Department of Wellness seeks to promote holistically healthy lifestyles among Baylor students. We aim to provide Baylor students with the tools and resources that support positive behavior change. Our department’s experiences are organized into three functional areas: Fitness and Nutrition, Education & Outreach, and Recovery Services. To learn more about the Department of Wellness, go to [their website](#) for more information.

## CARE SUPPORT



### Maintaining Mental and Emotional Health: Self Care

The Counseling Center at Baylor University has gathered resources to provide you with essential skills to help you maintain mental and emotional health. This week’s resource is dedicated to “Self Care.” Visit the [Counseling Center’s website](#) to learn more about caring for yourself.

## STAY CONNECTED

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If you have items you would like to see appear in What’s New BU, submit them for consideration by Wednesday at 8 a.m. by emailing them to [WhatsNew@baylor.edu](mailto:WhatsNew@baylor.edu).

Stay connected with Student Life

