

Introduction:

The objective of this non-credit, eight-week program is to help students make a successful transition from high school to college. Participants in CAP meet once a week for a 75 minute workshop. The program is tailored to the freshman curriculum and provides students with the opportunity to develop and strengthen the academic skills essential for success in college.

What Is Covered:

Inspired by the well-known textbook *Becoming a Master Student*, by Dave Ellis, now in its 14th edition, the CAP program includes lessons in the following:

- Time Management
- Organization
- Study Skills
- Reading & Note Taking
- Attending Lectures
- Participating in Seminar
- Preparing for Mid-terms & Finals

In addition, through learning style and study skills inventories, students discover their academic strengths and develop strategies to work more efficiently and productively.



For more information, Contact:

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Please complete form and return by
August 17, 2018 to:

AcademicResourceCent@anselm.edu
or

College Achievement Program
Saint Anselm College, # 1607
100 Saint Anselm Drive
Manchester NH 03102

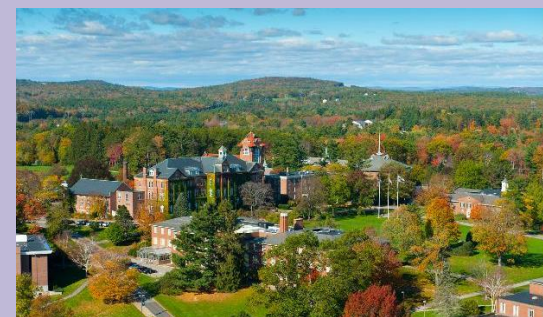
SAINT ANSELM COLLEGE



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College Achievement Program

C.A.P.



“As you become a master student, you will learn to gain knowledge in the most effective way possible—by discovering the joyful, natural learner within you.”

Dave Ellis





Who Should Register: College Achievement Program participants are expected to attend scheduled workshops and to engage in exercises and activities. In addition, the maturity and willingness to self-reflect and participate meaningfully, a serious commitment to growth and self-development, and an earnest desire to learn are prerequisites for this program.

To Register: Enrollment is limited. Please remove and complete the attached form. Registrations will be accepted up until **August 17, 2018**. Once maximum enrollment is reached, students interested in registering will be placed on a waiting list and notified as openings become available. Registered students will be placed in a workshop section compatible with their class schedules and will be notified by email of the day and time of their CAP section. Workshop sections will not conflict with Fall Sports as weekly sessions are held in the mornings and early afternoons. Workshop sections will begin the first week of the fall semester. Each section meets for 75 minutes per week for eight weeks.

Materials Charge: There is a materials fee of **\$225.00** for CAP (billed to student's account), which covers: Becoming a Master Student textbook, note pads, three ring binders with dividers, multi-color pens, and other essential supplies.

THE COLLEGE ACHIEVEMENT PROGRAM

Presented by the:



Name: Last First M.I.

Mailing Address:

City/ST/Zip: _____

Telephone: (_____) _____

Email: _____

Major: _____

Do you participate in a Fall sport? Y/N

If yes, which sport? _____
(If you participate in a Fall sport please include your practice schedule.)

PAYMENT: College account charge. Business Office will charge the materials fee (**\$225.00**) to student's account (**DO NOT SEND PAYMENT**)

I, _____, agree to attend CAP workshops regularly, to participate actively, and to work diligently using strategies taught in this program to help me develop the skills essential for academic success.

Student Signature

Date

"When you know better you do better."- Maya Angelou

Maya Angelou

