Description of Workshops Offered by Dr. Saundra McGuire

Audience: Faculty and Staff
Title: **Get Students to Focus on Learning Instead of Grades: Metacognition is the Key!**
Description: 21st Century students come to college with widely varying academic skills, approaches to learning, and motivation levels. Faculty often lament that students are focused on achieving high grades, but are not willing to invest much time or effort in learning. This session will focus on the importance of helping students acquire simple, but effective learning strategies based on cognitive science principles. We will engage in interactive reflection activities that will allow attendees to experience strategies that significantly improve learning while transforming student attitudes about the meaning of learning.

Audience: Faculty and Staff
Title: **Increasing Student Motivation: Strategies that Work**
Description: Motivating today's students to actively engage in learning activities proves challenging for most faculty.   Very often millennial students do not respond as did students in the past to extrinsic motivators such as bonus quizzes and extra credit assignments. However, as James Raffini presents in *150 Ways to Increase Intrinsic Motivation in the Classroom*, when the psychoacademic needs of students are met in creative ways, student motivation soars. This presentation will engage faculty in a discussion of addressing student needs for autonomy, competence, relatedness, self-esteem, and enjoyment in order to significantly increase student motivation.

Audience: Undergraduate Students
Title: **Metacognition: The Key to Acing Courses (and Life)!**
Description: All students who are admitted to college have the ability to ace their courses. However, most students did not acquire effective learning strategies in high school, and resort to memorizing information just before tests. This strategy usually yields poor results, with students earning grades much lower than their ability. This interactive workshop will introduce students to cognitive science based learning strategies that help all students experience meaningful, transferable learning, resulting in A's in their courses!