# Transcript: Five Tips From Successful Students with Chana Temple

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## [Opening music with voiceover]

WGU's IT audio series, flexible, portable, profound.

## Speaker #1 (Dave Huff):

Hey folks, Dave Huff here with another episode of the IT audio series. Today I've got Chana Temple with me who's a member of our mentoring teams. She's been with WGU for quite some time. Welcome Chana, how are you today?

## Speaker #2 (Chana Temple):

Doing well Dave. Thanks for having me.

## Speaker #1 (Dave Huff):

Hey, so what I want to talk about today is because I know you talk to students all the time and you help students in a lot of different ways to succeed and to work through their degree programs. As you talk to the students, what would you say is maybe the top five things you hear from them or you talk to them about that are things they do or ways they think about WGU? Really, we're looking for top five things that you think helps students succeed on their path here at WGU.

## Speaker #2 (Chana Temple):

Thanks for asking me this really important question because our students are working professionals working full packed schedules, many of them with families so we're really creating time where there is none. I've picked the brains of students who have gotten off to a great start at WGU and really have learned the ropes per say. I am very happy to deliver to you some results here what we are looking at.

## Speaker #1 (Dave Huff):

Yeah. So, what do you know?

## Speaker #2 (Chana Temple):

Top number 1, take note of most effective times to study. Just taking that mental note of when am I the freshest in the day. It's really maximizing the peak times when your mental acuity is at its height in the day or when you're just not as exhausted.

## Speaker #1 (Dave Huff):

Yeah.

Do you find there's a common answer to that or is it different for every student? Some people are clear in the morning and some are better in the afternoon or is it more consistent?

## Speaker #2 (Chana Temple):

I think it definitely like you said, it varies. It really is a personal thing. Some of us are morning people, some of us are night owls. I have students who it works really well for them to just take a break and they have that atmosphere at work that they could just really block out time right in the middle of the day during their lunchtime. Some of us need to be through with work completely and block off time after work. Some of us need to just get up before everyone else in the household and just block out that early morning time.

## Speaker #1 (Dave Huff):

Okay, so number one is find the time that you are most effective and planning your studies during those times.

## Speaker #2 (Chana Temple):

Yes.

## Speaker #1 (Dave Huff):

Awesome. What else?

## Speaker #2 (Chana Temple):

Another top one, get into a study routine. Of course, this follows along with, like you say finding that most effective time and then just making a routine of it.

## Speaker #1 (Dave Huff):

We found the times that are most effective and we made a routine out of it. Whether it's in the morning or in the lunchtime or the evening but we've made it part of our regular routine.

What else are you hearing from students that they find effective?

## Speaker #2 (Chana Temple):

Get rid of distractions.

Find those times that we can really guard our study time. I almost call like creating our own walls around us if we're not in a room, we're really just trying to block off that study time and create a focused environment.

## Speaker #1 (Dave Huff):

Whether you're studying at home or at work or you're distraction is family or a favorite TV show or something like that, you've got to put yourself in a position to minimize those distractions and get rid of them when you can.

## Speaker #2 (Chana Temple):

Exactly when we could be talking headphones or just simply put the phone in the other room, make sure we're not getting on social media when we're doing our schoolwork, keeping it focused on school.

## Speaker #1 (Dave Huff):

Okay, that makes great sense. What else are you hearing that works?

## Speaker #2 (Chana Temple):

Another big one is recruit support. Be it your employer, your family, friends, anyone who's invested in you, yourself of course, then of course on the WGU side you have your team, you have your program mentor and definitely your course instructors helping you out there. We could add to that as students support and career and professional development. All those great folks.

## Speaker #1 (Dave Huff):

All the resources at WGU provides as well as you mentioned stakeholders, family, employers, things like those few people who want to see you succeed and who have the ability to help you do these other things. To create your routine or stick to your routine, not to come in when the door is closed, things like that.

## Speaker #2 (Chana Temple):

Absolutely. I hear door being closed. That's a perfect visual. A lot of times our family and friends will feel like we're shutting them out. Just really communicating that gently in that message that," No, contrary to shutting you out, I'm going to recruit you to help me in this effort for my future, for our future." Just trying to get them in on the game plan.

## Speaker #1 (Dave Huff):

That makes lot of sense and I'm going to guess that you've given us a little bit of foreshadowing onto what number 5 is. What's the fifth thing?

## Speaker #2 (Chana Temple):

This is a big one that I would say might be the most underutilized and overlooked, which is our team members, the course instructors. Pretty much right away I'm so fortunate I get to bond with students right away out of the gate. We get used to talking to each other, we have this great rapport developed and then we start to struggle at a course and it's like well,

"Hey, I've always talked to you about it, Chana why can't I just talk to you about it?"

Well we need the content specialist. Yes, I know a surface level but I don't know the deep nitty gritty, the good stuff that the student needs to dive into to get past those challenges.

## Speaker #1 (Dave Huff):

Students who you see are having a successful journey here are students who also engage early and often with their course instructors. Absolutely, that's a great way to put it early and often with the course instructors.

Awesome, what do we do? We've got find your most effective study time, get into routine, eliminate distractions, rely on your support system, and recruit support and reach out and use the expertise and the contact with the course instructors. Are those down like your top five?

## Speaker #2 (Chana Temple):

Absolutely Dave. That's what I'm hearing from the ground.

## Speaker #1 (Dave Huff):

Well, I think that's the key because I called him your top five but really, what you're sharing is what your successful students have shared with you, works for them.

## Speaker #2 (Chana Temple):

Absolutely.

## Speaker #1 (Dave Huff):

All right, Chana thank you for sharing those with us. It's an awesome list and it's an awesome perspective for everybody to keep as they're working their way through WGU. Any final thoughts?

## Speaker #2 (Chana Temple):

Yeah. Dave just to wrap up, pointers, connect with your course instructors early and often. Remember to recruit that support, get rid of those distractions when you're studying, develop that routine and you're going to have a great journey.

## Speaker #1 (Dave Huff):

All right, that's excellent advice. Thank you so much and thank you everybody for listening to this episode of the IT audio series.

## [Closing music with voiceover]

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