

Guide to Understanding Your SmarterMeasure Scores

The following table is a guide to interpreting your results. Each category or section in the SmarterMeasure assessment (Life Factors, Individual Attributes, Learning Style, Technology, etc.) is included along with the respective sub-sections. Compare your score against the Target Score noted for each section. If your score is below the Target Score, then you may have identified an area for personal growth. Consider using the strategies identified in this guide to help you on that journey. If your score is above the Target Score, then you may have identified an area of personal strength. The strategies identified in this guide may help you to harness these strengths to accomplish your goals here at Penn State.

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| Category | Score BELOW Target | Target Score | Score ABOVE Target |
|---------------------|--|--------------|--|
| LIFE FACTORS | | | |
| Time | Since you may have a limited amount of time, identify the time you have and make use of even small units of time. The Time Management module provides tips and strategies for managing your time. Organizing key resources such as the Penn State library, tech tutors, and World Campus HelpDesk is crucial to saving time when you need assistance. | ≥ 80% | It is great that you have enough time during the week to study. To stay on track, take advantage of the time available to you. You can find additional tips about managing your time in the Time Management module. |
| Place | Having a good space to study before your classes begin can get you started on the right foot. Some tips from Penn State World Campus students include a home office, kitchen or dining room table, or a quiet café. Make sure your study space has adequate lighting and having enough room for your study materials. Keep your space free of distractions so you can focus on your work. | ≥ 70% | Since you have already identified where you will study, make sure the space has ideal lighting , enough room for your study materials, and is free from distractions so you may focus on your work. |
| Reason | Before you begin your courses, reflect on your reason for attending college. As you reflect, consider what has prompted you to continue your education and how your life will change after completing your degree program. Write down that goal to remind you of your purpose. Include how you will reward yourself when you complete important milestones. | ≥ 70% | Knowing why you are continuing your education can play a significant role in motivating you towards completion of your degree program. Consider how you will reward yourself when you complete certain milestones such as end of the term and completion of the program. |
| Resources | Going to college can be challenging at times. Most people need the support of others to be successful. Penn State has a vast student engagement network that spans 24 campuses and connects students with curricular and co-curricular opportunities. Students attending World Campus have many opportunities to get involved and connect with other students . You can engage with fellow Penn Staters who share your interests while building a support system and networking opportunities. | ≥ 80% | Establishing a good personal support system for going to school can help you succeed in the pursuit of your degree. Have you considered expanding your support network to include fellow Penn Staters? Penn State has a vast student engagement network that spans 24 campuses and connects students with curricular and co-curricular opportunities. Students attending World Campus have many opportunities to get involved and connect with other students . Engaging with fellow Penn Staters who share your interests can provide opportunities for networking. |
| Skills | Penn State offers programs to help students succeed in their coursework. Penn State Learning provides free tutoring services and Study Smarter workshops for University Park students. If you are a World Campus student, you have access to writing support and in certain courses, free online tutoring through Tutor.com . Math support is available through Math Essentials , Tutor.com, and guided study groups through Penn State Learning . | ≥ 80% | Penn State offers programs to help students succeed in their coursework. Penn State Learning provides free tutoring services and Study Smarter workshops for University Park students. If you are a World Campus student, you have access to writing support and in certain courses, free online tutoring through Tutor.com . Math support is available through Math Essentials , Tutor.com, and guided study groups through Penn State Learning . |

| Category | Score BELOW Target | Target Score | Score ABOVE Target |
|------------------------------|--|--------------|---|
| INDIVIDUAL ATTRIBUTES | | | |
| Academic Attributes | Successful students know how they like to study, take notes, and prepare for exams. The SmarterMeasure assessment helps you identify your preferred learning styles. You can use this information to identify learning strategies and study skills such as note taking that can help you in your courses. | ≥ 94% | Successful students know how they like to study, take notes, and prepare for exams. The SmarterMeasure assessment helps you identify your preferred learning styles. You can use this information to identify learning strategies and study skills such as note taking that can help you in your courses. |
| Help Seeking | Many adults prefer to figure things out on their own, but if you have a problem in your course, you should reach out for assistance right away. When contacting your professor for help, be specific about your needs . Most professors expect you to construct a professional email so it is always better to err on the side of formal rather than informal. | ≥ 75% | Everyone needs some help sometimes. Most faculty members want to help their students. When you contact the professor, be specific about your needs . Most professors expect you to construct a professional email so it is always better to err on the side of formal rather than informal. |
| Persistence | If you are feeling stressed or overwhelmed, reach out to your support system – talk with family, friends, and your classmates. Penn State also provides You@PSU , an online wellness portal, that provides tips and resources customized to your needs. | ≥ 69% | School can be challenging and make even strong students want to quit. If you are feeling stressed or overwhelmed talk to family, friends, and peers. Penn State provides You@PSU , an online wellness portal, that provides tips and resources customized to your needs. |
| Procrastination | When you procrastinate is it because the chore itself was too hard/boring or that other things are more interesting? When you feel the urge to procrastinate remember that taking small steps can prompt you to take bigger steps. The Pomodoro Technique is a tool to help you overcome procrastination and manage your time. | ≥ 69% | Having control over procrastination is one of the keys to success as a student. Be sure to identify the skills (planning, rewarding accomplishments, etc.) that are most helpful to you in controlling procrastination and continue to utilize those skills. |
| Time Management | Most people have busy lives. When you add going to school to other roles such as work, family, and personal obligations, there just does not seem to be enough hours in the day to do all that you need to do. Balancing work, life, and school often requires planning and flexibility . | ≥ 88% | There is a saying that “If you want to get something done, ask a busy person to do it.” Your score in this area reveals you are the type of person who can find the time to get several things done. |
| Locus of Control | Sometimes people feel that they worked hard for something but in the end were not rewarded for their effort. The perception that no matter how hard you work you will not achieve their goals can negatively affect your performance. Self-esteem, self-efficacy, and locus of control can influence this perception and play a central role in meeting your academic goals. | ≥ 69% | Successful people feel that they are in control of their destiny. Your score indicates you are a person who feels that if you work hard, anything is possible. |

| Category | Score BELOW Target | Target Score | Score ABOVE Target |
|-----------------------------|---|--------------------|---|
| TECHNICAL COMPETENCY | | | |
| Computer & Internet | Much of the work performed on any given day requires you to know how to use a computer and internet for tasks such as sending an email, searching the internet, and uploading files. This is especially true for online learning. The Tech Camp module introduces you to the technology you can expect to see in your online courses. | ≥ 80% each section | Technology in learning is a powerful tool. Your understanding of computers and internet will benefit you in online learning. The Tech Camp module provides an overview of the technology you can expect to see in your online courses at Penn State. |
| TECHNICAL KNOWLEDGE | | | |
| Technology Integration | Today, students are expected to use computers as part of learning. It is important to understand terms like netiquette and browser, know how to manage files, and use productivity applications. You can expect to utilize word processing, spreadsheets and/or presentation software in your courses. The Tech Camp module is a great resource to help you become better acquainted with the use of technology in your online courses. | ≥ 50% each section | Technology in learning is a powerful tool. Your understanding of computers, internet, and productivity software will benefit you in online learning. These tools play a central role in enabling students to learn and work together. If you are interested in learning more about the tools used in online learning at Penn State, see the Tech Camp module. |
| Productivity Software | | | |
| Technology Vocabulary | | | |
| Technology Access | | | |
| LMS COMPETENCY | Canvas is the online learning management system (LMS) Penn State uses for online coursework. Inside Canvas you may read content, submit assignments, take tests, watch videos and much more. The Tech Camp module introduces you to Canvas and explains how to use the LMS in your online courses. | ≥ 50% | Prior experience with a learning management system (LMS) such as Canvas, Blackboard, or Moodle can help you acclimate to online learning at Penn State. While each LMS can differ, most have similar functionality with assignment submission, test taking, and discussion boards. The Canvas Student Guide can be a helpful resource in your online courses. |

| Category | Score BELOW Target | Target Score | Score ABOVE Target |
|----------------|--|--------------|--|
| READING | | | |
| Recall | Many students comment that one of the hardest things about going back to school is the volume of reading. Reading can take a considerable amount of time but when you make reading an active process, it can be an efficient learning strategy that saves time when preparing for an exam. An active learning technique to help improve your reading recall involves focusing on what you are reading and practice writing a brief note after each paragraph . Another strategy that can improve long-term retention of information involves spaced repetition . | ≥ 80% | Sometimes even persons who consider themselves skilled readers can feel overwhelmed with the amount of reading required in a college course. Active learning techniques can help save time and effort in your coursework. The <i>How to Study Effectively for College</i> video provides strategies on how to study more efficiently. |
| TYPING | | | |
| Speed | If you would like to improve your typing speed, look for apps and typing tutorials such as Typing Club that can help you improve your keyboarding skills. You can also enable the dictation feature and use speech-to-text to author content in Microsoft Word. The <i>How to Use Dictation in Microsoft Word</i> video illustrates how to use this feature. | ≥ 28 WPM | Typing is an essential skill in most workplaces. It is great you have mastered keyboarding. It can save you time as you work in your online courses. Talk-to-text is an option for times when you might have limited or no access to a keyboard. You can enable the dictation feature and use speech-to-text to author content in Microsoft Word. The <i>How to Use Dictation in Microsoft Word</i> video illustrates how to use this feature. |

LEARNING STYLES

Understanding your learning style(s) enables you to incorporate strategies for acquiring new information. Are you aware of strategies that utilize your preferred learning style(s)? Have you determined ways to incorporate these strategies into your studying? It is important that you identify strategies that make online learning an active process. The [Learning Styles and Strategies](#) module can show you how to use your preferred learning styles to identify studying techniques that can work for you.

SCHEDULE A CONSULT

If you have questions about your results or would like to learn more about strategies for personal growth, please e-mail the [Academic Support Staff](#) or make an appointment in [Starfish](#). Please note that all appointments are in Eastern Time (ET).