

## **Award Title**

Academic Success in Seconds: One Minute Clinics at Minnesota State University Mankato

## **Awards Categories**

Housing, Residence Life, Campus Security, Contracted Services, Judicial and related

## **Executive Summary**

Minnesota State University Mankato's Residential Life Department strives to facilitate students' academic and personal success by providing educational opportunities and convenient accommodations. In 2009, the One Minute Clinic (OMC) program was introduced in Gage Residence Community to aid in providing increased educational opportunities to over 1,000, primarily first-year, residents. The hope of the department was that the OMC program would help residents smoothly transition from high school to college level academics.

Creating a smooth transition from high school to college is challenging with residents coming from a variety of educational experiences. The OMC program aims to meet the needs of students who were highly successful in high school to students who have continuously struggled with academics. On both ends of the spectrum students find that they are unsure of what academic questions to ask. The concept of OMC just-in-time academic programming addresses this issue by identifying important topics based on student academic needs at that point in time. This creates programming that students are excited about and interested in.

OMC staff have around sixty seconds to get their academic message across. This time frame was identified as a solution to the variety of student schedules. Residents may miss some floor programs due to a variety of time commitments. We wanted to give them an option that they could take advantage of every week. Students usually have about one minute that they can give on their way to a class, dinner, or while waiting for a friend in the lobby. The program is offered three days a week for three hours around dinner time. After getting 600 visitors in our first week it was clear that this was the right time frame.

Partnerships with First Year Experience, Memorial Library, Center for Academic Success, Career Development Center, Student Support Services, and Disability Services create strong connections between on-campus resources and OMC activity content. Each office identifies how they would like to be involved with the OMC program. First Year Experience has been especially visible through their collaborative effort to bring the Slice for Advice program to OMCs. Each semester First Year Experience brings several staff members and a pizza incentive for a program on questions about registration. Their visual presence is especially important because the First Year Experience office is identified as the academic advisor for all undecided students.

Leading this dynamic program is the responsibility of the Academic Programming Coordinator (APC), graduate assistant, and 12 undergraduate Maverick Mentor staff. The APC develops the activities, creates the necessary materials, and trains the Maverick Mentor staff on how to

facilitate the activity each week. Maverick Mentor staff facilitates the OMC program in teams of two or three.

The OMC program has shown enormous success in its first eleven months. In the first year we saw an average of 185 students a week. So far this year we are seeing an average of 309 students a week. We are excited to share this best practice with the student affairs community.

### **Award Description**

The One Minute Clinic (OMC) program at Minnesota State University Mankato is just-in-time academic programming for the residents of Gage Residence Community. Every Tuesday, Wednesday, and Thursday evening two to three Maverick Mentor staff facilitate a weekly academic skill or knowledge building activity with the residents that visit. The activity is limited to an average of sixty seconds to encourage student participation regardless of schedule.

#### One Minute Clinic Program Activities Fall 2010

##### Week 1: Meet Your Mentor

This week Maverick Mentors will introduce themselves to students and talk about One Minute Clinics as well as study bucks.

##### Week 2: Where On Campus Is Stomper?

This week Maverick Mentors will be playing a board game called “Where On Campus is Stomper” with the residents. Stomper (our mascot) will travel from one academic office to another throughout the game. Residents will be given clues about where stomper is so that they can find stomper even if they don’t know where the office is or what it does. Once they find Stomper and each office they will be told about what the office does.

##### Week 3: Tutoring

This week Maverick Mentors will be helping residents select a tutoring schedule or schedules that apply to their classes. They will also get a signature sheet that they can bring back to their CA or Mentor after visiting a tutor to get a reward.

##### Week 4: Check This Out

This week Maverick Mentors will be giving residents a check list on how to develop a better connection to their advisor. Residents who complete the check list and have their advisor sign it will get a piece of candy or points toward the competition from their Mentor/CA.

##### Week 5: What’s Your Super Power?

This week Maverick Mentors will be helping residents complete a quiz that identifies their “super power” which is also their learning style. Once they have completed the quiz they will be

able to keep it (tips on how to use that super power will be attached). A pie chart will be posted in the lobby to show what percentages of gage residents have specific learning styles.

#### Week 6: Treat For Your Time

This week Maverick Mentors will have a list of time management strategies that residents can pick from to try. Residents can take a time management trial form and write down which one they would like to try. Once they try it they can go to their Mentor or CA and talk about their experience to get a reward.

#### Week 7: Academic Rubber Duckies

This week Maverick Mentors will be sharing study tips and tricks with residents through a classic carnival game. Residents will pick a rubber ducky from our “pond” and after reading the number on the bottom of the duck the Mentor will share the designated study tip with them. Some duckies will also involve giving the resident a piece of candy or adding points to their floor’s score in the Gage competition.

#### Week 8: Comic Strip College Paper

This week Maverick mentors will be helping residents put together a comic strip that shows them the proper steps to completing an academic paper. Once residents get the comic strip in the right order they will get a study buck.

#### Week 9: Jenga Juggle

This week Maverick Mentors will be having residents play Jenga with some different rules. Residents will pull out colored Jenga blocks in a certain order. Each color will represent different commitments they need to balance in college. While residents are playing the game Mentors will be talking about time commitments and balancing academics with everything else.

#### Week 10: Feedback

This week Maverick Mentors will have residents complete feedback forms. After completing a form the resident will get a study buck.

#### Week 11: Slice For Advice

This week Maverick Mentors will be advertising and participating in Slice for Advice. The two days prior to Slice for Advice residents will be helping with a brainstorm of potential questions students could ask.

#### Week 12: Wall of Fame

This week Maverick Mentors will be helping residents identify strategies for reducing test anxiety that they would like to use. Once they have selected one option from each category the mentor will take a picture of them with their face in the foam board. Residents who are squeamish about pictures will not be required to have their picture taken. The next week the “wall of fame” will be posted with all the residents’ pictures to remind them of what they said they would do.

#### Week 13: Memory Game

This week Maverick Mentors will be playing the childhood memory game with residents. Each card will have a memory trick on the back. Once residents match two memory tricks they will read the trick and then get a study buck.

#### Week 14: Exam Picture Puzzle

This week Maverick Mentors will be playing a picture game with residents. In the game residents will be shown a picture of a residence hall room and be asked to remember the items in the picture that would be distracting when studying. After 30 seconds the picture will be covered and residents will be asked to name as many items as possible. The residents that name all items or the highest number of items (determined at the end of the week) will get a piece of candy through campus mail or points for their floor. Mentors will talk about creating a good study space for finals and the other tips on the final exams study tips sheet.

#### Positive Impact on Student Learning, Transitions, Retention, and Success

Through assisting students with their transition from high school to college academics the OMC program has a positive impact on both student learning and success.

#### Relevance to Institutional Mission

Minnesota State University, Mankato promotes learning, scholarship, and research in service to the state, region, and global community. The One Minute Clinic program supports this mission through providing students the tools to be strong learners, scholars, and researchers.

#### Demonstration of Success in Addressing Student Needs

The OMC program continues to show itself as a success in addressing student needs through increases in students taking advantage of academic resources earlier in their academic career.

#### Collaboration With Academic Affairs and Other Departments

The OMC program has worked with First Year Experience, Memorial Library, Student Support Services, Career Development Center, Center for Academic Success, and Disability Services. In many cases activities at One Minute Clinics reflect the resources of multiple offices at once. Academic departments and their resources are generally highlighted in spring semester as first-year students continue to explore, choose, and change majors.

## Originality and Creativity

At this point we are not aware of a similar academic program. This is a unique experience for our Gage Community residents. We are looking forward to opening this opportunity to even more residents as the program expands.

## Effective use of Technology and Other Resources

A variety of resources are integrated into the OMC program to create fun and interactive activities. While technology is not used as a primary tool, the games students are playing online are translated into hands-on projects.

## Evidence of Sustainability

The OMC program is sustainable through the continued investment in an Academic Programming Coordinator graduate assistant and the Maverick Mentor undergraduate staff. MNSU Residential Life plans to expand the Maverick Mentor staff from 12 to 16 and add another Academic Programming Coordinator once a new residence hall is completed in 2012. This will both sustain and enhance the OMC program.

## **Assessment Data**

Evaluation of the One Minute Clinic program happens once each semester. In 2009, we retrieved the following data from 197 students who filled out our survey.

At least 70% of participants are coming at least once a week.

82% of residents agree or strongly agree that One Minute Clinics provide useful academic resources and/or materials (the remaining 18% were neutral).

93% of participants are first-year students.

University research has shown that residents living in Gage Residence Community have higher GPAs than other residents living on-campus and off-campus. While the One Minute Clinic program is not the sole contributor to this variation it is a core component of the work done in Gage to support the academic needs of residents.

This semester we hope to see improvement with an increased attendance rate and more dynamic activities. Our surveys will also be more detailed in order to gather other data including use of resources and perceived impact on academic success.