

Joint Base Lewis-McChord

# TRAINING CENTER

COMPREHENSIVE SOLDIER AND FAMILY FITNESS

## Student Success Course



ARMY STRONG.™

In addition to performance and resilience training, CSF2 has implemented the Student Success Course (SSC). The SSC is uniquely advantaged to blend evidence-based strategies and performance enhancement skills. This combination of study and mental skills training facilitates learner engagement and mobilizes self-regulation, which addresses cognitive, motivational and affective components of learning necessary to success in the military education and training environment. Contact us to reserve your seat in our quarterly class.



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### Contact Us

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### SSC Education Model

The SSC curriculum includes a self-assessment component, in-class practical exercises, small group discussion, suggestions for beyond-class exercises and take-away points. The primary content areas of SSC are:

**Planning and Prioritization** involves working effectively towards academic goals and managing time, including techniques to reduce procrastination.

**Study Effort** involves establishing the right study conditions to direct attention to immediate learning tasks, employing the Study Power Hour as an example study regimen to regulate study effort.

**Keys to Better Memory** involves improving knowledge retention through brain-based learning theory.

**Mastering Note-taking** involves developing meaningful, reusable resources that facilitate comprehension and retention, including graphic organizers.

**Reading Actively** involves learning to read technical material using active processes to aid comprehension, knowledge retention and efficiency.

**Peer Learning** involves forming successful study groups and how to apply individual learning strengths effectively in a peer study situation.

**Test Mastery** involves becoming test-wise through planning, understanding test questions, thinking effectively, managing energy and embracing nerves to alleviate test anxiety and optimize test performance.

