What the Best College Students Do with Dr. Ken Bain

Combining academic research on learning and motivation with insights drawn from interviews with people who have won Nobel Prizes, Emmys, fame, or the admiration of people in their field, Dr. Ken Bain identifies the key attitudes that distinguishes the best college students from their peers. These individuals started out with the belief that intelligence and ability are expandable, not fixed. This led them to make connections across disciplines, to develop a “meta-cognitive” understanding of their own ways of thinking, and to find ways to negotiate ill-structured problems rather than simply looking for right answers. Intrinsically motivated by their own sense of purpose, they were not demoralized by failure nor overly impressed with conventional notions of success. These movers and shakers didn’t achieve success by making success their goal. For them, it was a byproduct of following their intellectual curiosity, solving useful problems, and taking risks in order to learn and grow.

Featuring the following modules:

**Module #1**

Traveling the country to research what the best college students do, Dr. Ken Bain identifies the key attitudes distinguishing the best college students from their peers. In this module, Dr. Bain discusses the following:

- The Best Students
- Differences for Today’s Students
- Student Challenges

**Module #2**

“If you’ve never failed, you’ve never tried anything new” - Albert Einstein.

In this module, Dr. Ken Bain explores key elements for what the best college students do, including:

- Common Traits
- Embracing Failure
- Deep vs. Strategic Learners

**Module #3**

“This is a study of creative people and how they got to be that way” - Dr. Ken Bain.

In this module, Dr. Ken Bain addresses:

- Making Every Student Great
- What the Best College Students Do
- Final Thoughts

To access the program:

1. Go to www.starlinktraining.org
2. Click on ‘Members Area’ & log into your account
3. Click on course title
4. Click ‘Launch Course’

www.starlinktraining.org
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Module 1

• 10 Tips for Academically Thriving in College - My Learning Network
• Growth Mindset and Student Engagement - A Powerful Combination
• Module 1 Assessment

Module 2

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• Deep Learning - College Success
• Module 2 Assessment

Module 3

• Walter Mischellara - The Marshmallow Experiment
• Critical and Creative Thinking - Three Aspects of Successful Intelligence
• Career Development - College Success
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Learning Objectives

Combining academic research on learning and motivation with insights drawn from interviews with people who have won Nobel Prizes, Emmys, fame, or the admiration of people in their field, Dr. Ken Bain identifies the key attitudes that distinguishes the best college students from their peers. These individuals started out with the belief that intelligence and ability are expandable, not fixed. This led them to make connections across disciplines, to develop a “meta-cognitive” understanding of their own ways of thinking, and to find ways to negotiate ill-structured problems rather than simply looking for right answers. Intrinsically motivated by their own sense of purpose, they were not demoralized by failure nor overly impressed with conventional notions of success. These movers and shakers didn’t achieve success by making success their goal. For them, it was a byproduct of following their intellectual curiosity, solving useful problems, and taking risks in order to learn and grow.

LEARNING OBJECTIVES

1. Gain a broad understanding of common traits and characteristics of what the best college students do.
2. Develop a better comprehension of deep learning vs strategic learning to foster creativity in students.
3. Form a basic concept of how embracing failure can create a catalyst to succeed and cultivate creativity.
4. Attain an awareness of common challenges students face today.

WHAT THE BEST COLLEGE STUDENTS DO

with Dr. Ken Bain
Module 1

Traveling the country to research what the best college students do, Dr. Ken Bain identifies the key attitudes distinguishing the best college students from their peers. In this module, Dr. Bain discusses the following:

• The Best Students
• Differences for Today’s Students
• Student Challenges

DR. A.P.J. ABDUL KALAM

One of the very important characteristics of a student is to question. Let the students ask questions.

POINT TO PONDER
Assessment Questions

Module 1

1. Dr. Ken Bain’s research revealed that the best students viewed college as an opportunity to develop the powers of their minds.
   True  False

2. A successful student approaches education as an opportunity to live at the crossroads, extract ideas from past disciplines, and to integrate those ideas into their own.
   True  False

3. Developing an efficient time management system is crucial for college student success.
   True  False

4. If you study as if you are preparing to teach, you will learn more efficiently and deeply.
   True  False
Module 2

Motivation is vital to engage and retain Millennials, so what motivates Millennials? How can we utilize technology to better engage and retain today’s Millennial? In this module, STARLINK discusses:

- Motivating Millennials
- Using Technology to Enhance Education
- Being Flexible
- Using Direct Language

ELOISE RISTAD

When we give ourselves permission to fail, we, at the same time, give ourselves permission to excel.

POINT TO PONDER
Assessment Questions

Module 2

1. Common traits of the best college students according to Dr. Ken Bain’s research include: sleep well, exercise often, eat well, schedule carefully, relax/don’t worry, have fun, and pick learning experiences with care.
   
   True  False

2. Having a “fixed mindset” is more important for success than a “growth mindset”.
   
   True  False

3. Learning to embrace failure can be a tremendous learning experience.
   
   True  False

4. According to Dr. Ken Bain, “deep learners” are more likely to achieve more than “strategic learners”.
   
   True  False
Module 3

Effective teaching to today’s Millennial learner starts with creative engagement, building trust, and setting the right environment on day one. This module covers the following:

- Millennials and Collaboration
- Engaging the Millennial Student
- Tips for Faculty
- Final Thoughts

CHARLES KENDALL ADAMS

No student ever attains very eminent success by simply doing what is required of him: it is the amount and excellence of what is over and above the required, that determines the greatness of ultimate distinction.

POINT TO PONDER
Assessment Questions
Module 3

1. When you study great ideas, you have the opportunity to open a conversation with the originators of those ideas.
   True  False

2. The best students tend to avoid the things in their lives that tempt them away from developing the dynamic powers of their own minds.
   True  False

3. To be successfully intelligent is to think well in three different ways: analytically, creatively, and practically.
   True  False

4. Five stages of career development include: growing, exploring, establishing, maintaining, and reinventing.
   True  False
Article Links

- [What the Best College Students Do, with Dr. Ken Bain](http://mylearningnetwork.com/?p=995)
- [Growth Mindset, Student Engagement, Powerful Combination](https://pikemalltech.com/growth-mindset-student-engagement-powerful-combination/)
- [Wicked Problem in Education](https://misswoodruffblog.wordpress.com/2016/07/25/wicked-problem-in-education/)
- [Deep Learning](https://courses.lumenlearning.com/collegesuccess-lumen/chapter/deep-learning/)
- [The Marshmallow Experiment](https://waltermischellara.wikispaces.com/The+Marshmallow+Experiment)
- [Three Aspects of Successful Intelligence](http://cct.wikispaces.umb.edu/Three+Aspects+of+Successful+Intelligence)
- [Career Development](https://courses.lumenlearning.com/collegesuccess-lumen/chapter/career-development-2/)
Assessment Answers

Module 1
1. True
2. True
3. True
4. True

Module 2
1. True
2. False
3. True
4. True

Module 3
1. True
2. True
3. True
4. True
A special Thanks goes to Clay Marshall for all the hard work that goes into making the videos for our programs and courses.