

Building a bridge to Academic Success

Four Girders Framework

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*Girder: a support beam used in construction.
It is the main horizontal support of a structure
which supports smaller beams.*

Additional info: <https://mylearningnetwork.com>

1

Self-regulation

- Self-efficacy
- Motivation
- Goal setting

2

Life Balance

- Managing time
- Prioritizing
- Personal wellbeing

3

Learning Strategies

- Meta-cognition
- Active learning
- Study techniques

4

Resources

- Academic support
- Peer/faculty support
- Technology