Helping Diverse Communities of Graduate Students Improve Their Metacognitive Skills to Discover and Develop Their Unique Strengths

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3 new workshops were presented in Fall 2011

Main slides are shown below

1. Thinking about your thinking: Developing metacognitive skills to improve your chances for success in grad school

2. The importance of stupidity in scientific research: Learning from your mistakes and obstacles

3. Working with people who are different from you: Using the Myers-Briggs types to develop effective communication and collaboration skills

Student Feedback

2011 Fall survey – 1st year students (17 responses)

- "The event was effective in helping me to obtain essential skills to succeed in grad school." (5 of 17)
- "The importance of stupidity in scientific research: Learning from your mistakes and obstacles in your development as a scientist." (4 of 17)
- "Working with people who are different from you: Using the Myers-Briggs types to develop effective communication skills and productive collaborations." (3 of 17)

Opportunities and Challenges

1. Working with a diverse group of students with rich and complex array of backgrounds and needs.
2. Students are often unaware of their strengths and weaknesses in comparison to their peers. (Kruger & Dunning, 1999)

Pedagogical Goals

- Provide a concrete self-assessment tool to discover one’s preferences in communication and decision-making
- Demonstrate that other people can have different and valid preferences
- Provide specific suggestions for working with a broad range of types

References and Resources

- Keisler, D. “Please Understand Me II”
- Rath, T., Conchie, B. “Strengths-based leadership: Great leaders, teams, and why people follow”

Conclusions & Future Plans

- Student feedback indicated that they responded very positively to the workshops.
- Workshops will be repeated, and incorporate more social interdependent activities (Stephens, N.; et al. Personality and Social Psychology, 2012)

For more info and our resources: www.northwestern.edu/climb