



Bailey Sullivan

Student,
Texas Christian University

Challenges

- Freshman student athlete struggles to manage time.
- Pressure to excel on and off the field exacerbated by multiple tests per week.

Solution

- MindTap for Criminal Justice

Results

- Student engagement and comprehension improves.
- Freshman manages time better and considers herself a better student.

Student Athlete Challenged With Managing Time and Commitments In and Out of the Classroom

As a physical therapy major Bailey Sullivan hopes one day to help others recover and move about free of pain and discomfort. However, the Texas Christian University freshman recently experienced some discomfort of her own and needed help navigating her commitments with school work.

"It's really tough as a student athlete," the track and field team member said. "I have to manage my time between completing assignments, going to track practice, and getting enough sleep."

That balance for which Sullivan was searching was further complicated by courses unrelated to her major and unfamiliar to her.

MindTap Saves Time and Improves Student Test Preparation

While Sullivan has always considered herself a good student, she found the importance and weight given to college exams intimidating.

"There can be up to four tests a week," she said. "Your grade hinges on just a couple of tests which can make or break you."

Sullivan credits Cengage Learning's MindTap tool, a digital learning solution that helps students become better critical thinkers, providing real-time mobile access, and the ability to track individual student performance, with helping her better manage time and prepare more thoroughly for exams.

Sullivan does not consider herself particularly tech savvy, which is why she appreciates MindTap's easy-to-use interface. Add that to her instructor's incorporation of study guides into MindTap, Sullivan says it streamlines her exam preparation.

"I just appreciate it because it saves you a ton of time because it's so user friendly," she said.

Student Engagement Increases as Students Apply What They Learn in Real World

What Sullivan really wants is to take the ideas she learns in class and apply them successfully in real-world scenarios. Traditional textbook-only environments may not provide Sullivan all she desires as her professors lack the time to cover everything in the text during class.

However, Sullivan credits MindTap with illuminating concepts not covered during lectures and illustrating how those concepts are actually applied outside the



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classroom. “MindTap really uses a lot of real world experience,” she said. “Using MindTap reinforces the stuff not covered in class and makes sure you’re prepared for them come test time.”

One way MindTap prompts students to apply what they’ve learned is by pre-testing students, delivering chapter-specific lessons, and testing for concept comprehension afterward. “There’s always a real-world example that forces you to apply what you’ve learned and see exactly what these concepts look like outside the classroom,” Sullivan said.

MindTap Pushes Students to be Better

Students like Sullivan credit MindTap with improving their study habits, in part, because the platform both prompts and satisfies their curiosity. More specifically, MindTap’s search function is front and center during a student’s journey from concept discovery to comprehension.

“I use the search function a lot,” Sullivan said. “I can find concept-specific study guides for tests as well as a list of terms and things likely to show up on exams.”

The flashcards and quizzes are MindTap functions Sullivan now recommends to other students who want to better absorb and retain classroom material. “It has definitely made me a better student,” she said. “If I didn’t have MindTap I wouldn’t have put as much effort into the class nor would I expect to get as good a grade.”



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