

1. Always attend class!

Information given in class may be on the next test, it may inform a current assignment you have questions on, and you may not be able to learn the full amount of information covered from other student's notes.

2. Never go to class 'cold'!

Preview the reading assignment and review notes from the previous class, even if you don't have time to read everything.

3. Put information into your long term memory!

Studies show that, without review and repetition, we lose more than 50% of newly-learned information within 24 hours of learning it! Review early, briefly, and often.

4. Finish assignments early!

Give yourself time to review and proofread. This will also give you ample amount of time to use the Center for Student Learning's walk-in tutoring labs and tutors for help.

5. Study in the same place every day!

Your dorm room, apartment, or busy coffee shops are not the best places to study. Choose a regular spot in the library or another academic building that is comfortable, quiet, and well-lit.

6. Make a plan and stick to it!

Use a weekly calendar to plan out each week as your free time will change with a different amount of school work and other priorities. Use a monthly calendar to plan ahead, troubleshoot big tests, busy weeks, etc. Use a semester calendar to see all the weeks laid out to begin to plan for the busy times of the semester.

7. Use academic support services!

There are many offices around campus that are available for walk-ins to support you at any time during the semester: Center for Student Learning, Academic Advising and Planning Center, Career Center, New Student Programs, and your major Advisor.

8. Use study groups/study partners!

Studying alone all of the time is hard and not as efficient or helpful sometimes. With a study group or study partner, you can split up tasks, discuss topics, share ideas, and quiz each another.

9. Find friends who are successful students!

It makes sense to hang out with people who have the same goals that you have!

10. Pursue a healthy lifestyle!

Exercise, rest, eat healthy foods, and take time for fun! Doing all of these things, along with practicing good study habits, will help you maintain a healthy balance.

Turn the page over for study snags and academic apps!

Study Snags

1. Don't do marathon study sessions.

After an hour of studying without a break, your brain will not be able to retain any more information learned. Your brain is a muscle and it needs time to rest and become refreshed! For every hour you study, give yourself a 10 minute break!

2. Don't procrastinate or cram when it comes to exams.

Procrastinating and cramming are not effective at all in college with the amount of information you will need to learn and the pace the information is given. Give yourself time to learn the information and sleep before an exam!

3. Step away from Social Media.

Social media will be there when you are finished studying, and you won't miss very much while you aren't looking at it. Social media can be a black hole when you are trying to get anything done, so don't use it as a procrastination tool!

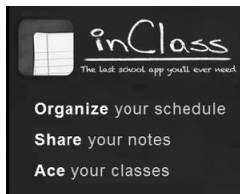
4. Don't try to multitask while studying.

College level studying is different because you will have to learn the information, instead of being taught like before. When you have to learn more in-depth information, you are not able to move between the information and anything else. Turn off the TV, quiet the music, turn off social media, and close the internet while studying!

5. Life will get in the way of school sometimes.

You can't always be healthy, be financially stable, or have healthy relationships with everyone in your life. Life will happen and you can better cope with setbacks if you are prepared!

Apps for Academic Success



inClass

Organize your classes, schedule, homework, and notes. Share notes with classmates.

Platform: iPhone, iPad



iProcrastinate

Use a calendar to help manage large numbers of upcoming or recently completed tasks. Break complex tasks down into steps for step-by-step tracking of your task's progress!

Platform: iPhone, iPad, Mac



Diigo (Digest of Internet Information, Groups and Other stuff)

Users can highlight any part of a webpage and attach sticky notes. Annotations can be kept private, shared with a group, or forwarded.

Platform: iPhone, iPad, Android, Mac, Windows