

Starting Off Strong

Here’s a two-week guide to help you start strong this quarter.

Your First Week

Successful Students...	Build Good Habits
Stay Current	<ul style="list-style-type: none"> <input type="checkbox"/> Read over all your syllabi. <input type="checkbox"/> Make a quarterly calendar & weekly schedule. <input type="checkbox"/> Identify your best times to study and treat these times like appointments.
Read & Listen Carefully	<ul style="list-style-type: none"> <input type="checkbox"/> Avoid going to class “cold.” Preview the material being covered that day. <input type="checkbox"/> Connect new knowledge to what you already know about the subject.
Test Well	<ul style="list-style-type: none"> <input type="checkbox"/> Note what kinds of test each class has. <input type="checkbox"/> Note what portion of your grades are based on test scores.
Write Effectively	<ul style="list-style-type: none"> <input type="checkbox"/> Start early on your writing assignments. <input type="checkbox"/> Use the Writing Studio or others to read your papers and give you feedback.
Pay Attention to Motivation	<ul style="list-style-type: none"> <input type="checkbox"/> Identify your motivation level for each class. <input type="checkbox"/> Create personal learning goals for the quarter’s material.
Know Themselves	<ul style="list-style-type: none"> <input type="checkbox"/> Allow for some daily “down” time and find ways to decompress AFTER your work is done.
Make Learning Last	<ul style="list-style-type: none"> <input type="checkbox"/> Practice having repeated, daily reviews of your class notes and then review again on the weekend.

Your Second Week

Successful Students...	Continue to Build Good Habits.
Stay Current	<ul style="list-style-type: none"> <input type="checkbox"/> Review all due dates for all your classes on your quarterly calendar. <input type="checkbox"/> Adjust your weekly study schedule as needed. You may need to increase time for certain classes
Read & Listen Carefully	<ul style="list-style-type: none"> <input type="checkbox"/> Divide reading into 30-minute chunks and put page number goals on your schedule. <input type="checkbox"/> Compare your lecture notes to someone else's to fill in any gaps.
Remember	<ul style="list-style-type: none"> <input type="checkbox"/> Review class notes for each class 10-20 minutes within 24 hours of learning new info.
Test Well	<ul style="list-style-type: none"> <input type="checkbox"/> Every weekend, spend an hour per course reviewing what you read or learned last week. <input type="checkbox"/> If you've had a quiz, figure out why your answers were right or wrong.
Write Effectively	<ul style="list-style-type: none"> <input type="checkbox"/> For papers over 3 pages, plan and schedule time to research, draft, and rewrite. Use the Writing Studio and Librarians for support.
Pay Attention to Motivation	<ul style="list-style-type: none"> <input type="checkbox"/> Check your sleep—are you getting enough? <input type="checkbox"/> Make time for some physical activity: walk, run, or work-out.
Know Themselves	<ul style="list-style-type: none"> <input type="checkbox"/> Based on your own pace and due dates/test dates, identify key stress times in the quarter. <input type="checkbox"/> Schedule time to work on projects before crunch times hit.
Make Learning Last	<ul style="list-style-type: none"> <input type="checkbox"/> Add value to your learning by sharing it with someone else. If you can teach it, you know it.