# Starting Off Strong

Here's a two-week guide to helping you start strong this quarter.

## Your First Week

| Successful students... | build good habits |
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| Stay Current | ☐ Read over all your syllabi.<br>☐ Make a quarterly calendar & weekly schedule.<br>☐ Identify your best times to study and treat these times like appointments. |
| Read & Listen Carefully | ☐ Avoid going to class "cold." Preview the material being covered that day.<br>☐ Connect new knowledge to what you already know about the subject. |
| Test Well | ☐ Note what kinds of test each class has.<br>☐ Note what portion of your grades are based on test scores. |
| Write Effectively | ☐ Start early on your short writing assignments.<br>☐ Use the Writing Center or others to read your papers and give feedback. |
| Pay Attention to Motivation | ☐ Identify your motivation level for each class.<br>☐ Create personal learning goals for this quarter's material. |
| Know Themselves | ☐ Allow for some daily "down" time and find ways to decompress. |
| Make Learning Last | ☐ Practice repeated, daily reviews for materials covered that day |

# Center for Learning



## Your Second Week

| Successful Students... | continue to build good habits. |
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| Stay Current | ☐ Put all due dates for all your classes on a quarterly calendar.<br>☐ Adjust your weekly study schedule as needed. |
| Read & Listen Carefully | ☐ Divide reading into 30-minute chunks and put page number goals on your schedule.<br>☐ Compare your lecture notes to someone else's. |
| Remember | ☐ Review each subject for 10-20 minutes within 24 hours of learning new info. |
| Test Well | ☐ Every weekend, spend an hour per course reviewing what you read or learned last week.<br>☐ If you've had a quiz, figure out why your answers were right or wrong. |
| Write Effectively | ☐ For papers over 3 pages, plan and schedule time to research, draft, and rewrite. |
| Pay Attention to Motivation | ☐ Check your sleep—are you getting enough?<br>☐ Make time for some physical activity: walk, run, or work-out. |
| Know Themselves | ☐ Based on your own pacing style and your class due dates/test dates, identify key stress times in the quarter.<br>☐ Schedule time to work on projects before crunch times hit. |
| Make Learning Last | ☐ Add value to your learning by sharing it with someone else. If you can teach it, you know it. |

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