

## Starting Off Strong

self-regulation

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

### Your First Week

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

## Your Second Week

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