

# Success Strategies

# Studying

# What to Study

- Lecture notes
- Textbook chapters
- Notes on textbook chapters and study guides
- Graded assignments
- Instructors' handouts
- Terms and definitions
- Formulas and example problems

# How to Study

- Start preparing for test and exams early
- Organize your material by topic/lesson
- If flashcards help you study, use them
- Graphic organizers
- **Review all material once a day (especially at night)**
  - **Even 20-30 mins a night can pay huge dividends**
- Organize a study group

# How to Succeed: Literature and Composition

- Read, read, and read (you cannot analyze what you have not read)
- Consider the plot, characters, setting, theme, and point of view of the reading
- Research the author
  - Use the Oxford Dictionary of National Biography
- Predict as you read based on past chapters and information you learned about the novel in class
- Discuss the reading with a partner or a group
- Look up words you do not know and make flash cards out of them

# How to Succeed: Social Sciences

- Make sure you pay attention to terminology and theoretical perspectives, the latter are often tied to specific people (for example, a Freudian perspective)
- Pay attention to graphics
- Make time lines with major events
- Flashcards of definitions and terms
- Real world connections/connections to yourself

# How to Succeed: Natural Sciences

- Read slowly and carefully
- Connect lab work to course work
- Charts and diagrams explain text
- Use flashcards for terms, definitions, and concepts
- Do not fall behind, material in a science builds on itself, ask your professor if you do not understand something
- Go to your professor's office hours
  - For example, go and see them when you have to write an article review

# How to Succeed: Math

- Pay attention to vocabulary, formulas, math operations, symbols
- Never get behind
- Practice, practice, practice
- Get help immediately if you get lost
- Focus on understanding the concept behind the process, not just memorizing the process
- Be able to apply a concept that you learned to different problems than those you saw in class

# How to Succeed: Business

- When presented with a concept in class, be prepared to apply that concept to DIFFERENT problems than you saw in class
- Be prepared to do lots of group work in class
  - Learn how to balance work between group members
- Review material before class
  - This will allow you to effectively follow lectures and participate in group work

# How to Succeed: Education

- Class participation is not just expected, it is a **MUST**
- Be prepared to work in groups in class and independently outside of class
- Make sure understand the information in earlier classes, as the material in education classes builds on previous classes
- Be ready for field experience early

# How to Succeed: HHP

- Get together with a group of peers to study – actually move body parts around and identify what you are using/seeing
- Lots of memorization – study early and often

# Tests and Exams

# What are some characteristics of college tests?

- Types of exams:
  - True/false, multiple choice, essay, open answer.
- Amount of material on exams differs from class to class, be prepared for this.
- Level of understanding required to succeed also varies from class to class, again, be prepared.

# Before a Test

- Sleep and eat healthy
- Arrive on time or early
- Jot down memory cues/formulas on the test first
- Survey the test
- Read the directions

# During a Test

- Do the easy questions first
- Skip and return to difficult questions
- Guess on unknown questions
- Check your work before turning the test in

# Combating Test Anxiety

- Take several deep breaths
- Progressive muscle relaxation
- Positive self talk
- Prepare for tests
- Counseling services on campus are free

# Take Care of Yourself

- Eat as healthy as you can
- Avoid too much alcohol and/or caffeine
- Get 8 hours a sleep a night (sleeping for 13 hours on Saturday does not “make up” for skipping sleep during the week)
- Exercise regularly
- Find activities that you enjoy and make time for them by planning to get work down before you partake in these activities

# Be Prepared to Work, Hard

- Some classes will require a lot of time. This does not mean those classes are unfair (every other person who took that class before went through the same thing). Sometimes you just have to put your grown up pants on.
- Find a study space that works for you by removing temptations to doing something else.
  - This may change from week to week, block to block, or semester to semester. That is fine, just make sure you are being productive when you are working.

# Other Strategies

- Build relationships with professors by asking questions and attending office hours with questions about work
- Different classes will require different strategies in terms of note taking, reading, and note taking. Be aware of this.