**Tips for Success**

**Study Strategies:**
- Introduce myself to my instructor in the first 2 weeks
- Attend every class
- Manage email – check at least daily if not multiple times a day
- Accountability Partner (classmate, friend or family member who will help you get to class and get work done)
- Meet with the instructor outside of class
- Study Groups
- Tutorial Learning Center (TLC) and/or Writing Center
- Planner
- Flashcards
- Get to know and use your campus resources
- Classmate to get missed notes
- Create my own practice tests
- Create my own study guide for exam
- Read and take notes on textbook
- Phone reminders
- Set up rewards for yourself once you have completed your work (basketball, video games, time online/social media, etc.) – use your distractions as rewards
- Set boundaries with friends (time with friends makes a great reward!)
- Log into D2L at least 3 times/week
- Make sure you have a major that is a good fit for you!

**Personal Success:**
- Get to know people on campus – faculty, staff, and students
- Eat a balanced diet – set an eating schedule in your overall routine
- Get plenty of exercise
- Have a sleep schedule and routine
  - Go to bed at the same time and wake up at the same time
  - Get at least 7 hours of sleep at night
  - Get exercise during the day
  - Avoid naps if they interfere with your nighttime sleep
  - Use your bed only for sleep – that helps your body associate the space with sleep
  - Avoid all electronic devices (phones, tablets, computers, television, etc.) for at least 30 minutes before going to bed
  - Try to make your sleep space a relaxing environment
  - Avoid bright light in the evenings
  - Before bed, do not eat large meals and decrease liquid consumption
  - Don’t drink caffeine in the latter half of the day
  - Don’t drink alcohol before bed
  - If you don’t fall asleep, get up and do something and try again – reading a book can help!
- Set boundaries in unhealthy or challenging relationships
- Meet with a psychologist or professional counselor if struggling with depression, anxiety, traumatic life events, or a variety of other issues – Talking can help! The Student Wellness Center and Mentors in SSE are here for you!
- Advocate for yourself – If you need help, ask. If you have a question, ask. If you aren’t sure how to handle a situation, ask. Faculty and staff are here to help you help yourself. Never be afraid that you are asking a stupid question.