



Academic Resources

Student Learning Assistance Center (SLAC)
txstate.edu/slac

Student Support Services
msa.txstate.edu/sss

Writing Center
writingcenter.txstate.edu

Math Tutoring Lab
math.txstate.edu/resources/lab

Computer Labs
its.txstate.edu/departments/academiccomputing/computinglabs



Make an Appointment

Call

512.245.2208

Visit Our Office

LBJ Student Center, Room 5-4.1
8 a.m. – 5 p.m., Monday – Friday

Online Resources

Website

counseling.txstate.edu



Search for "Texas State Counseling Center"



@TXSTCounseling



youtube.com/TxStCounselingCenter



pinterest.com/TxStCounCenter

TEXAS  **STATE**
COUNSELING CENTER

5-4.1 LBJ Student Center
601 University Drive
San Marcos, Texas 78666

Academic Survival



TEXAS  **STATE**
UNIVERSITY

The rising STAR of Texas



Learning to manage time and to strike a balance between social and academic schedules are major challenges for many students. Stress and fatigue can be common for students who are struggling to keep up. Be aware of these signs of academic trouble, and contact the **Counseling Center** if you need help with some of these issues.

Signs of Trouble

Scholastic

- » Difficulty understanding the academic concepts discussed in class
- » Hesitation to ask questions for fear of embarrassment
- » Difficulty concentrating in class and while studying
- » Uncertainty about how to prepare for an exam or what to study
- » Confusion about what is expected in a class assignment, test or class participation
- » Poor note taking
- » Turning in assignments late

Attendance

- » Skipping class to avoid an assignment or presentation deadline
- » Embarrassment about returning to class after a test or assignment
- » Consistently late for class

Attitudinal/Motivational

- » Loss of motivation to study
- » Use of excuses to avoid work
- » Setting minimal goals; for example, "I only need to get a D to pass."
- » Feeling overwhelmed, stressed and irritable

Behavioral/Physical

- » Insomnia/sleep disturbance
- » Poor diet and nutrition
- » Limited input into group projects
- » Ignoring class reading assignments or not purchasing the text for your class
- » Procrastination
- » Relying on others to keep you up to date on class activities
- » Binge drinking and/or using drugs to manage stress and avoid responsibilities
- » Sleeping in class or sleeping excessively
- » Underutilizing resources such as instructor office hours or tutoring

15 Ways to Avoid Academic Trouble

1. Recognize that success in college is more often related to effort and hard work than innate ability.
2. Active class participation often correlates with performance. Don't be afraid to ask questions right away.
3. Recognize that "doing" can fuel motivation. *Don't wait for motivation to find you.*
4. Manage time effectively. Don't cram! Prepare for a test well in advance. Remember to take frequent breaks and get a good night's sleep before an exam.
5. Build your class schedule carefully each semester. If possible, don't take too many credit hours or too many difficult courses at the same time.
6. Divide large projects into smaller, manageable tasks.
7. Visit your professors during office hours. View your professor as your ally, not your enemy.
8. If you think you may have to drop a course, always consult with your instructor.
9. Seek tutoring (SLAC, Math Lab, Writing Center, Student Support Services, Counseling Center, etc.) at the first sign of trouble.
10. Recognize that procrastination can block your success.
11. Seek responsible friends for a study group.
12. Manage stress effectively using resources available on campus.
13. Avoid self-sabotaging behavior such as binge drinking and drug use.
14. Set or reevaluate priorities; remember why you're in college.
15. Participate in extracurricular activities to balance and enhance your college experience, but be careful not to overwhelm yourself.

