

TOP TEN COLLEGE SURVIVAL SKILLS

10. Give yourself proper time, energy, and fuel for studying...well...at least try.

- Cramming is a waste of all of the above.
- Be sure to have snacks and have eaten and slept properly.
- Stimulate your senses! Peppermints or strong aromas have been proven to help aid your memory.
- Work out before studying.

9. Find and use resources on campus, like SLAC, the Writing Center, and the CLC! You've already paid for them.

8. Have your study materials organized.

- Stock up on highlighters, colored pens, and other cool supplies.
- Sometimes color coding folders and spiral notebooks will help ensure that you don't grab the wrong things when departing for the library or class.

7. Don't underestimate the power of group study.

- Organize your own study groups within your classes or organization. (A maximum of five people.)
- As a group, empower each other to stay on task.

6. Be sure to look up any words you do not understand online or in a dictionary.

- Every discipline has its own language. You must practice using that language in order to use it correctly.
- Look up words you don't know and be sure to share that information with your group during study sessions.

5. Learn how to use your textbook effectively.

- Check to see what indexes are included and if your text book has an online resource (practice quizzes, vocabulary lists, practice tests, etc.).
- Use your glossary.
- Write in your text!!
 - If your prof. refers to a specific passage or page, be sure to note that in your text.
 - Highlight key points or terms, underline things that interest you, and make notes in the margins.



4. Get to know your professors, teaching assistants, graders, and SI leaders.

- Be sure to introduce yourself!
- Stop by during office hours to ask questions or for help when preparing for exams.

3. Note taking is key.

- Find your own style and a process that you like.
- Know that sometimes, writing everything down and understanding nothing is worse than not taking notes at all.

2. Determine your learning style.

- Find and take a diagnostic exercise such as the one at:
www.learning-styles-online.com or www.vark-learn.com
- Once you know your style, begin studying in ways that cater to you.

1. Learn to manage your time.

- Love your planner. Be “one” with your planner.
 - Be sure to look ahead to the next week so that you don’t turn a page on Sunday and discover a huge test on Monday morning.
 - Keep track of how much time you spend traveling (to/from campus, to/from residence halls, etc.). Travel kills a lot of time. Staying in the library during one of your two hour breaks will help you stay on top of homework.
- Use your cell phone calendar or the calendar features on your computer.
- Reward yourself after an hour or two studying.
- Understand that after a certain period of intense study, your brain simply turns off, and you’re once again wasting time.

Choose the top three skills that you want to work on, and describe how you will incorporate them into your life.

1) _____

2) _____

3) _____

