

TOP 10 TIPS FOR ACADEMIC SUCCESS

**Top 3 are Critical*

1.) ***PREPARE for class by reading before class**

Have you ever been in class and have NO IDEA what the professor is talking about? That's because you aren't prepared. The purpose of assigned readings is to make it easier for you to absorb and assimilate the material the professor is covering. You have to *apply* the material, not just *memorize* it.

You'll be able to ask additional questions or (smarter questions) in class without struggling to comprehend the basics.

2.) *** ATTEND CLASS and ACTIVELY Participate!**

Even if your professors do not take attendance, they EXPECT you to be in class! They just don't want to treat you like children and take attendance. But trust me, you need to be in class! On average, at least 50% of grades are reflected on regular attendance. (some may even bump you up a point or two if you have great attendance)

Missing class without a legitimate reason is a major first symptom of academic failure.

3.) ***REVIEW coursework directly after class or on the same day**

While it is still fresh in your mind, you can retain it much better if you go somewhere and do a brief review of the material covered that day. (*In addition to reading before class*)

It's tempting to leave a difficult class and desire to forget about it for the rest of the day, but that will only make it harder on you to cover the material again. The longer you delay, the more frustration will build in a difficult course and the less motivated you'll become in studying for this course.

4.) **Set a minimum amount of study hours each week that is equivalent to double or triple the amount of credit hours currently enrolled**

Be realistic: Don't dedicate times that are well beyond your current self-discipline. For example, don't establish study hours at 8am-10am on Saturday mornings, when you habitually sleep in on Saturday mornings until 11am. (However, you do need to consider stretching yourself and improve your study discipline.)

Grades are likely to be affected when full-time students work over 20 hours/week with part-time/full-time jobs (You should adjust your schedules to make school a top priority as a full-time student. If job is necessary, consider lighter loads in school.)

5.) **Avoid planning long study blocks (Stretch out your study hours)**

You can only absorb and retain but so much information at one time. For every 50 minutes you study, take a 10 minute break. Try not to exceed two-three hour stretches (All nighters are highly *ineffective* when it comes to majority of collegiate tests. Sleep is more effective).

6.) Study well in advance for tests:

Don't depend on cramming for tests to get you through your courses.

It may seem appealing to have fewer tests and assignments than high school. In reality, it puts a lot more pressure on you to do well on each test.

7.) Establish a place just for study

This will train your brain to focus when you have an assigned area for study.

Example: Don't study where you sleep. Your brain is accustomed to your bed being a place where you sleep. You don't want fight sleep while you study.

8.) Be aware of your academic resources:

Pirate Academic Success Center, University Writing Center, Math CAVE, Math Lab in Austin, and Foreign Language Labs, etc. <https://thcasadvising.ecu.edu/academic-support-resources/>

Tutoring is only effective if you have already been studying and seeking assistance and does little benefit for last minute preparations. Also, professors are usually more receptive to students who meet with them early for assistance.

9.) Consider study partners or groups:

Even if you know more than your study partner, it may help you to understand and retain the information if you are teaching it to others.

However, choose your study partners wisely. If you study with close friends, you may end up just talking rather than studying. And don't let lazy study partners take advantage of your hard work.

10.) Maintain good physical and mental health overall:

Getting enough sleep and having a healthy diet goes a long way in your mental readiness for class and study sessions. College students tend to pride themselves on staying up late hours but there is no pride in a low or failing grade on your permanent record.

The Student Recreation Center has programs dedicated to health and wellness.

Counseling Services can assist in your mental and emotional health. Some students may be dealing with emotional issues beyond their control whether they relate to social, family, or economical concerns.