

Secrets of Academic Success

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Sit near the front of the room.

It's a lot easier to see and hear, you'll absorb more information, and your professor will begin to notice you. (Believe it or not, this is a *good* thing!)

Don't skip class!

You will lose critical opportunities to learn and miss crucial information!

Take notes that summarize, paraphrase, and remind.

If all you do is copy down what your professor says, you'll miss most of the important information, and even worse, you'll miss the opportunity to *process* it.

Review your notes while they're still fresh.

You won't have to work nearly as hard to remember the material later.

Relate what you're learning to things you already know.

The new information is much easier to retrieve from your memory when you've related it to something already there, and you'll begin to make even more discoveries on your own!

Come to class with a really good question from time to time.

Questioning requires you to explore your subject more, shows you're thinking, and keeps your professor alert.

Participate as much as possible without being annoying.

The more you *use* information, the more connections you make, the more you absorb, and the more you ultimately retain.

Write questions, comments, and definitions right in the margins, when you study your textbook, and add important notes from class lectures.

By questioning, criticizing, and interacting with your subject, you master it, and by organizing and associating everything, you remember it.

Conceive your assignments as problems to be solved.

Break big ones down in smaller, solve separate elements, and review the results in order to refine a comprehensive solution.

Turn in all of your assignments on time!

Professors tend to be *a lot* more critical of late work.

Establish a regular routine for study and practice.

You'll get more done and you won't feel guilty when you take time out to relax!

Get enough sleep, exercise, and fuel.

If your body is dragging, it slows your mind! Sleep, fuel, and exercise will re-energize you!

Start studying for your first exam on the very first day of class.

Cramming the night before a test is *way* too late!

Get help if you need it, and get it early.

At the university, it's *your* responsibility to learn and the professor's responsibility to guide you.

Visit your professor's office hours to ask questions or just to discuss the class material.

The professor will recognize you're really interested in the subject, and you'll provide some valuable feedback on how the class is going. Plus, you'll probably learn something that the rest of the class won't!

Learn your way around the library as soon as you can.

The most successful students *always* are self-motivated learners, and the library offers you an almost endless source of helpful information.

Get to know some of your classmates.

You can learn a lot just by discussing what's going on with someone else—and you might need to get or compare notes sometime.

Develop self-discipline.

Determine your own personal way of producing successful results on time, and let your approach evolve as you encounter new challenges.

Cultivate creativity.

Creativity is at the heart of any real achievement—no one achieves real success just by doing what they're told, and your imagination is your greatest asset.

Compete from Day 1!

You can't afford to be less than your own best, and NOW is the time to prepare!