

STUDY TIPS FOR SUCCESS

Work smarter, not harder

1 PRACTICE ACTIVE STUDYING

Before studying for an exam, create your own study guide or practice test, and then write down major points you know about the topics covered in the exam. That way, you can target specific areas for review.

3 PRACTICE REGULAR REVIEWS

Cramming may seem to help in the short-term, but to retain information you need to start early. Get in the habit of reviewing your notes after class and rewrite concepts each week in your own words. This will help you remember more and alleviate stress the day before a cumulative exam.

5 CREATE A STUDY GROUP THAT WORKS

Find a person or two you can contact from each of your classes and make your time with them count: set a goal for your group, and come prepared. Quiz each other on material, and have group members explain their reasoning and how they arrived at conclusions. At the end of each study session, take 10 minutes to review what you went over and what areas you missed.

6 LET GO OF PERFECTION

Become aware of your negative self-dialogue: critical self-assessments reinforce perfectionism and procrastination. Instead, set realistic goals and practice self compassion. Handing in something is always better than handing in nothing.

9 EVALUATE YOUR WORKSPACE

Are you easily interrupted in your study space? Are there too many break opportunities? Is it comfortable? The right location will help your study mood. Think of a place where, and a time when, you feel the most focused or excited to work. Try assigning different locations for different tasks: practice flashcards at Maggies, write essays in Watzek, brainstorm ideas in an empty classroom, and read in your bedroom.

2 PUT STUDY TIME INTO YOUR CALENDAR

Time management is essential for effective studying. Use a planner, bullet journal, or to-do list. Like Google Calendar? Schedule in short windows of study time as if they were classes and use pre-set reminders to keep track. Trying a system like this may help relieve some stress.

4 TRY SOMETHING NEW

If you feel stuck, change things up: talk with your professor in office hours, check out tutoring, use an app to help you get back on track, or talk with your advisor for ideas. Check out the resources on the flip side for ideas of where to start taking advantage of resources on campus.

7 TAKE EFFECTIVE NOTES

Don't write down every word in class! You might end up behind, tune out content, and miss something. Instead, listen for key points/terms, translate ideas into your own words, and write down the questions your professor asks. If you know you have a question about a concept, don't stress. Mark it, so you can review it later with other materials or in office hours

8 GET RID OF DISTRACTIONS

Is your phone distracting you? When studying, limit the websites and apps you are able to access by temporary site blockers, or allow 5 minute social media breaks for every 20 minutes of studying. Decide what works best for you to help you stay focused.

10 PRIORITIZE SELF-CARE

Remember to take care of yourself! Balancing studying and relaxing will help you feel less stressed when you aren't working. Getting adequate sleep, exercising, taking breaks, relaxing with friends, and enjoying other activities are important in managing stress and helping you make the most of your time.

L & C ACADEMIC RESOURCES

COLLEGE ADVISING CENTER

Not sure where to start? See an Advisor or a Peer Advising Fellows for help with
WebAdvisor • Tutor resources • How to use office hours • Time management

Peer Advising Fellows drop-in hours (fall semester)

Tuesdays: 9:45 am - 12:40 pm, 3:30 - 5:00 pm

Wednesdays: 12:45 - 2:15 pm

Thursdays: 1:00 - 2:30 pm

PROFESSOR OFFICE HOURS

Get help with course content, study ideas, ask questions about the syllabus, assignments, or due dates, review an exam or a paper, talk about grades, work through practice problems.

Check the syllabus for office hours

or

email your professor to set up an appointment

WRITING CENTER

Paper ideas, thesis development, structure, finding your "voice," mastering the writing process, proofreading, citations.

Main floor of Watzek Library

Drop-in hours (fall semester)

Sundays - Thursdays: 3:00 - 10:00 pm

SQRC

(SYMBOLIC AND QUANTITATIVE RESOURCE CENTER)

Math, computer science, econ, chem, stats, physics and research methods tutors, test prep, group study space.

J.R. Howard 134

Drop-in hours (fall semester)

Sundays: 12:00 to 10:00 pm

Mondays - Thursdays: 10:00 am to 10:00 pm

Fridays: 10:00 am to 3:00 pm

ILC

(KECK INTERACTIVE LEARNING CENTER)

Language assistants, study space, practice, clubs.

Miller 211

Language Assistant Office Hours posted in the ILC or online at

https://college.lclark.edu/offices/interactive_learning_center/language-tutoring

or

Request peer language tutoring through SAAB Tutors

SAAB TUTORS

(STUDENT ACADEMIC AFFAIRS BOARD)

Free peer-to-peer tutoring for all L&C students.

Students are eligible to receive two hours of tutoring per course each week.

Click on "SAAB Tutoring" at

go.lclark.edu/college_advising

to request a tutor

CAREER CENTER

Resume building, major/minor career planning, job search, internships.

Templeton 270

Peer Drop-in hours (fall semester)

Mondays, Tuesdays, and Thursdays: 1:00 - 5:00 pm

Wednesdays: 9:00 am - 3:00 pm

Or by appointment: <https://careerdevelopment.youcanbook.me>

WATZEK LIBRARY

Course reserves, study carrels, private study rooms, research help, locating sources, database navigation.

Sunday-Thursday: open 24 hours

Fridays: close at 10:00 pm

Saturdays: 11:00 am - 7:00 pm

STUDENT SUPPORT SERVICES

Study skills, Disability support, Campus accessibility, Self-advocacy.

Albany 206

Make an appointment:

<https://lclarkstudentsupportservices.youcanbook.me>

COLLEGE ADVISING CENTER

ALBANY 206 • CAC@LCLARK.EDU • 503-768-7600