

# Finding Success Your Freshman Year Version 2.0

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# CHANGES



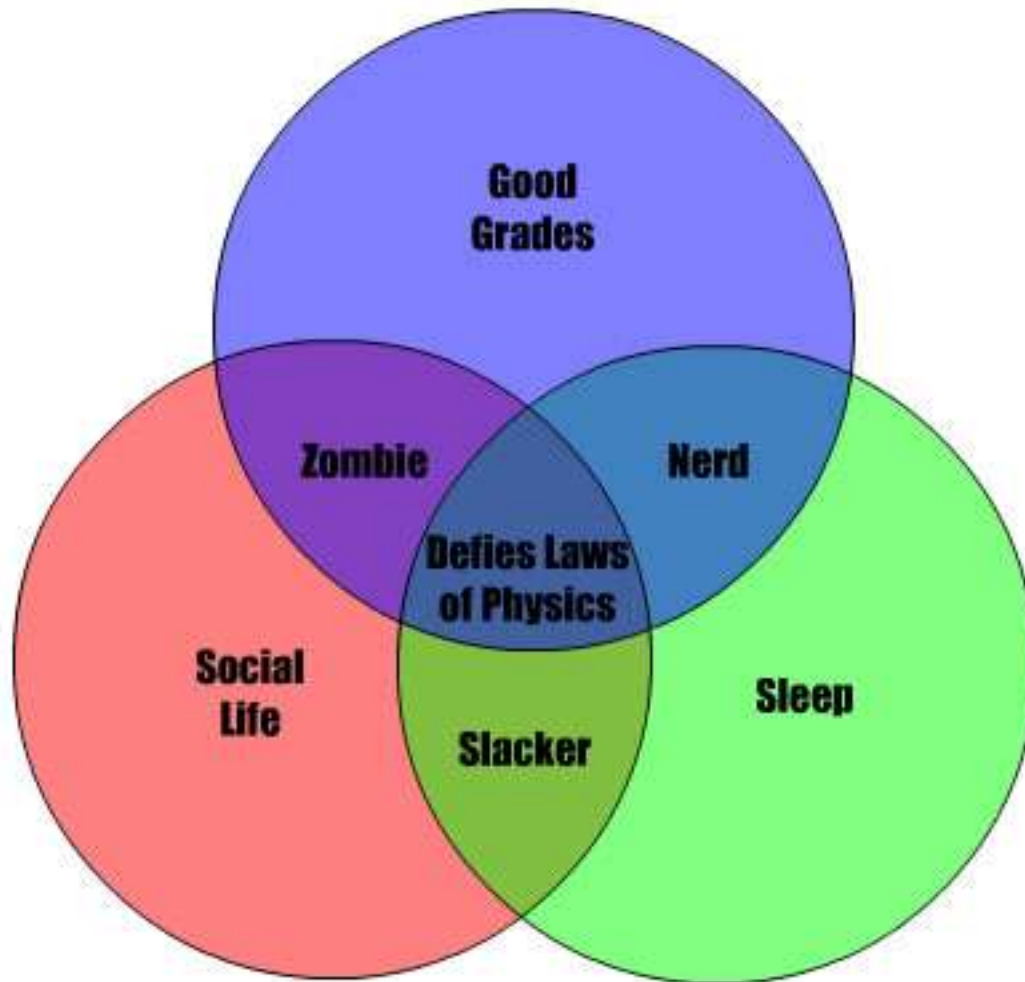
- Being responsible for oneself
- No one is going to tell you when to go to class, study, sleep, (or when to stay in)
- The workload will increase. Yeah.
- Transition from being the big dogs in town to the bottom of the barrel



# WEEKLY CHECKLIST

- Copy Evolution notes
  - Make Evolution Study Guide
  - Copy Chemistry Notes
  - Chemistry OWLs (online homework)
  - Chemistry Problem Set
  - Chemistry ASA pre-lab
  - Make 3 lectures of chemistry note cards
  - Complete practice Chemistry Tests
  - Make Reproductive Physiology Study Guide
  - Make Reproductive Physiology Note Cards
  - Write Repro. Paper
  - Take Mythology Notes
  - Write Mythology Paper
  - Read the Odyssey
  - Club meeting
  - Scholarship Application
  - Seminar group meeting
  - Read Extra Credit book for Repro.
  - Go to Evolution Review Session
  - Riding Lesson (once/ week)
  - Work (6 hours/week)
- + Attend Class and Ace 3 Exams! (one of which was outside of regular class time)

# Breakdown of Typical College Student Life



# STAYING HEALTHY

- Food
- Sleep
  - You need to get enough sleep for you memory to work properly!
- Exercise
- Balance
  - This the most important!





# SOCIAL ASPECTS

- Meeting new people
- Keeping in mind everyone is in the same boat
- Work before fun, the fun will be much more enjoyable if work isn't hanging over your head
- Being courteous



# ROOMMATES

- Set ground rules from the get go
- Deal with problems when they are little
- KEEP AN OPEN MIND
- The golden rule
- Communicate before the semester begins to arrange who is bringing what
- ALWAYS BE CONSIDERATE



# GETTING INVOLVED

- Clubs
- Sports
- Community Service
- Involvement fairs
- Internship Opportunities
- Job
- Getting to know people in your major
- Greek Life
- Orientation\*



# FIRST SEMESTER: AN INFOGRAPHIC

## SEPTEMBER:

Posture: "Ready to Learn"



Food Consumption:



GPA:



Amount of Sleep:



Stress:



Information Retained:



## OCTOBER:

Posture: "What's that?"



Food Consumption:



GPA:



Amount of Sleep:



Stress:



Information Retained:



## NOVEMBER:

Posture: "Ummmm..."



Food Consumption:



GPA:



Amount of Sleep:



Stress:



Information Retained:



## DECEMBER:

Posture: "I Am Going To Die"



Food Consumption:



GPA:



Amount of Sleep:



Stress:



Information Retained:



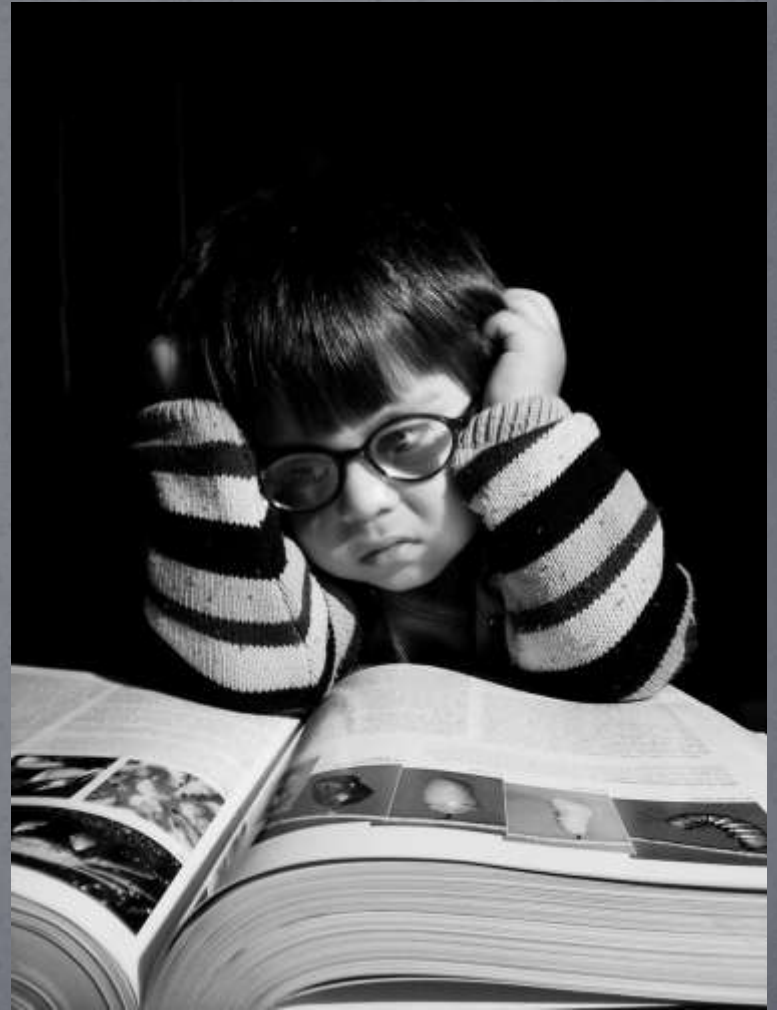
# STUDY HABITS

- How they will change:
  - ✓ Takes upwards of 6 times of exposure for a piece of information to be ingrained in your long term memory
  - ✓ Rule of thumb: spend 3 hours on their material for every 1 hour spent in class
  - ✓ READ BEFORE CLASS!
  - ✓ Rewrite notes
  - ✓ Make sure you know anything a professor says more than once
  - ✓ Copy down everything they write onto a prepared lecture\*



# STUDY TIPS

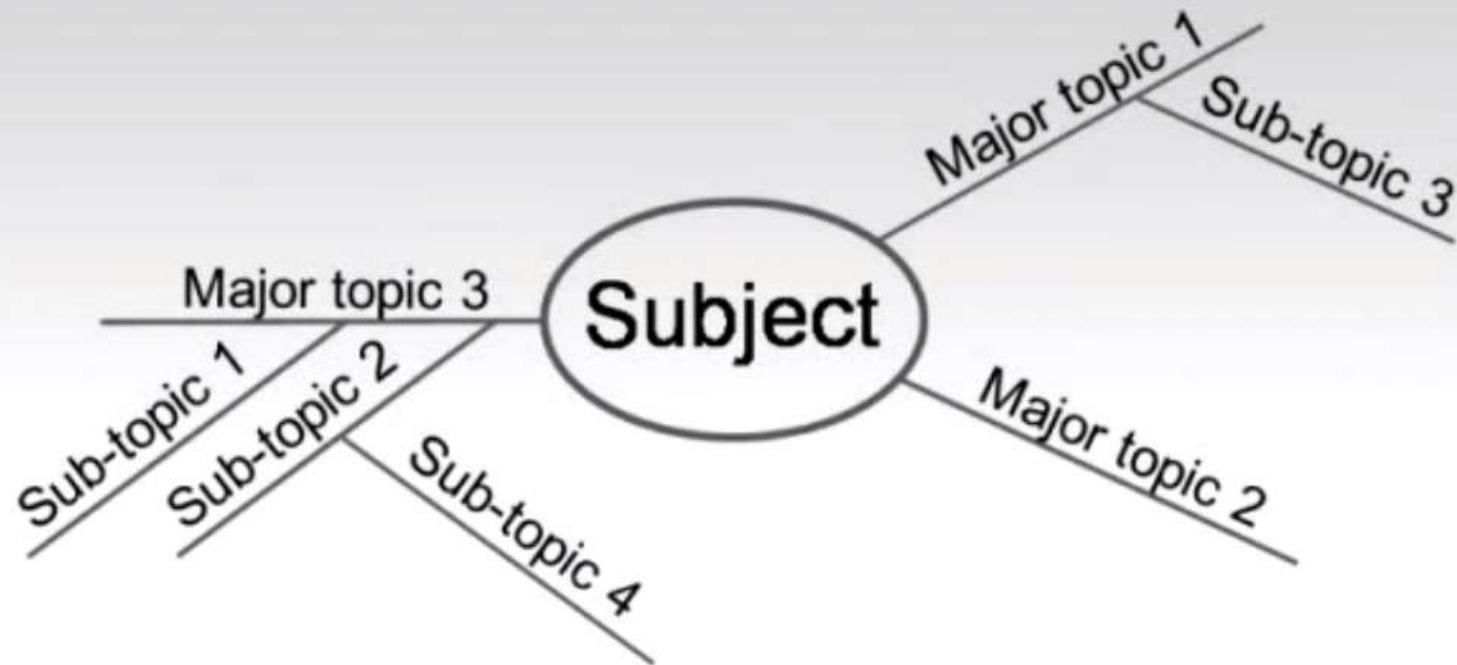
- Charts! Charts! Charts!
- Flashcards
- Take Breaks
  - Studying for six-half hour sessions is much more effective than 3 straight hours
  - Changing locations helps with writer's block





# Mind Mapping

[http://www.mindtools.com/pages/article/newISS\\_01.htm](http://www.mindtools.com/pages/article/newISS_01.htm)



# Websites That Have Helped Me Improve My Study Skills

- <http://www.sp.uconn.edu/~ph101vc/study/Improve.html>
- <http://www.studygs.net/index.htm>

“Study Smart, Study Less” by Anne Crossman

ISBN: 9781607740001

- <http://www.howtostudy.org/>
- <http://www.muskingum.edu/~cal/>

# FIGURING OUT WHAT WORKS FOR YOU...

- This was the hardest part for me
- Find out which environment works best for you
- Get up at 7 everyday, even if you don't have class (No, I am not crazy)
- Make a schedule and stick to it
- Don't panic if your first semester grades aren't what you are used to
- How you study may vary from class to class
  - Change your habits if they are not working



# USING YOUR RESOURCES START EARLY!

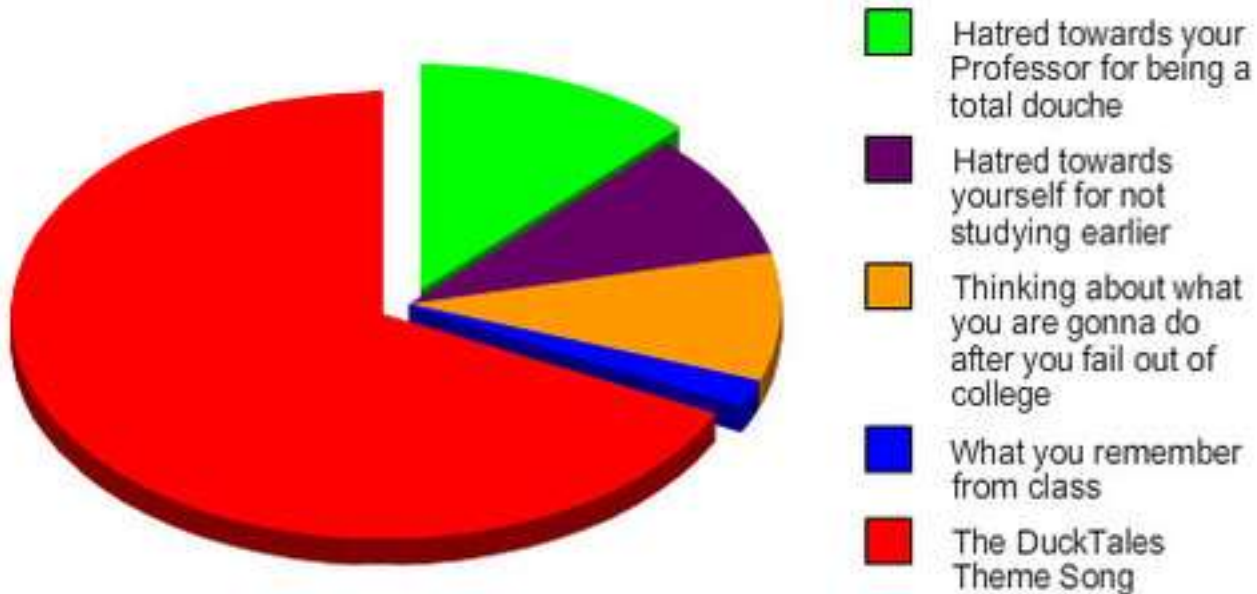
- Tutoring centers
  - Find a tutor you connect with and go to their hours
- Office hours
- Establish a good relationship with your advisor
- Older Students
- Old professors\*
- Study Groups → Good and Bad

# FINALS

(cue dramatic music)

- This will happen.

**It's 2:00 am and the Final is in 6 hours,  
What's going through your mind?**



# HOW TO APPROACH FINALS

- Study guides given by professors are a gift from a higher power, use them!
- A large portion of your final grade often rests on these tests, so start preparing for them early
- I make study guides for every midterm (usually 2-3 midterms), so at the end you have your study material made
- Stay close to the entire time allotted, if it is a cumulative test it should be designed to take the entire time



# BEING PROACTIVE

- DON'T BE AFRAID TO ASK FOR HELP OR ADVOCATE FOR YOURSELF
- If you don't have a resume made, make one and have it on file
  - Make a formal email address; list your .edu address on the resume
- Always know who you are addressing
- Be tenacious in pursuing questions
  - Last fall semester, I was fighting with my professor over my final grade for the entire winter break, if you think a mistake was made, speak up!

# SAVING MONEY

- Job on campus
- Apply for work study (FAFSFA)
- Apply for internships
- Renting/textbook buyback
  - Chegg
  - Amazon
- Cars on campus\*



# ESSENTIALS DO NOT FORGET!

- Planner\*
- Index cards
- Highlighters
- External hard drive
- Ear plugs
- Rain/snow gear
- Printer (look for special promotions if you are buying a laptop)
- DO NOT BRING SUBWOOFERS!



# Pro-tips

- Treat college like a full-time job – 40 hours a week
- Stay on campus, especially in the first few months
- Plagiarism is a much bigger deal in college than it was in high school. Be aware! CITE EVERYTHING!
- Use GOOGLE tools!
- Take a walk and find your classrooms before the first day of classes. PLEASE!
- Go to Seminars
  
- <http://forums.studentdoctor.net/>
- <http://www.ratemyprofessors.com/>

# The Learning "T"

## A Lecture Hall

