

Start Strong: Tips and Tools for a Successful Spring 2022 Semester

Tip #1: Remember your “why”

- What are your hopes and dreams for your educational experience? What inspires or motivates you? What are you passionate about?
 - Remembering what brought you to college in the first place will allow you to persevere and keep moving forward when you hit a roadblock or feel burned out

Tip #2: Identify and utilize your resources

- Asking for help is nothing to be ashamed of. It is normal and encouraged!
- A few resources on campus that will allow you to be at your best academically, physically, mentally, and emotionally include...
 - Advisors, Professors, TAs, Writing Center/SST/CET Services, Library, Career Services, Financial Aid, IT Services, Health Services, Student Accessibility Services, Recreational Services, RSOs, ORL, Office of Diversity and Inclusion, Campus Safety

Tip #3: Identify your needs and goals

- Understand what learning style you benefit most from
 - Visual, Auditory, Kinesthetic, Reading/Writing
- Learn which study methods work best for you
 - Reading, Note-taking, Audio books, outlining/study guides, notecards, whiteboards
- Identify what study environment is most conducive to your learning and if you prefer to study alone or with others

Tip #4: Find an organizational system that works for you

- Use a planner, calendar, or to-do list
 - Using a syllabus to plan out deadlines can familiarize you with deadlines
- Plan out which tasks you will address first by figuring out which tasks are of the highest priority or have the earliest due date
 - Set one task for one day and big tasks in a course of multiple days

Tip #5: Set goals for yourself and do frequent check ins

- Set a goal for each day. At some point during the day, check in with yourself regarding your progress. Acknowledge and reward yourself for your accomplishments but ask yourself what still must be done for tomorrow.
 - Make your goals SMART goals

- S: specific M: measurable A: achievable R: relevant T: timed

Tip #6: Strive for time management

- Utilize resources like alarms or study apps
- Commit to a standard routine/plan for studying
 - Allow space for variance in your routine/plan so you don't get bored or feel like it's a chore
- Determine how much time you will need to dedicate for a course
 - Example: For every class hour, I will dedicate 2-3 hours of studying

Tip #7: Always remember that your mental and physical health are just as important as your academic success

- You are more than just a college student! Make space for sleep, exercise, eating, socialization, and personal space in your schedule
- Implement "break time" in your study schedule
 - Example: For every 2 hours of studying I do, I will allow myself a 30 minute break time
- Reward yourself positively when you complete a task
- Identify healthy and constructive ways to manage stress
- Get involved!

Tip #8: Hold yourself accountable for both academics and self-care

- There are great resources on campus for support including the Counseling Center, the sunlamps in Ames Library, and your professor during his, her, or their office hours
- Don't forget to make use of the career center to get on the right track for your future employment, too!

Resources:

- The Ames Library is not only a great place to reserve a room to study but offers some of the highest quality student services. Check out what student services Ames has to offer [here!](#)
- From the Hart Career Center to the Office of Diversity and Inclusion. IWU has a [multitude of services](#) to offer in order to aid not only your academic success but also your personal growth.
- [Schedule an online or in-person appointment](#) at the WC|TS! Our writing center, course-embedded, and student success tutors are here to work with you on a variety of skills! Also, check out our [resources page](#) for students, faculty, staff, community members, and alumni!