



## Tips for Academic Success



Want to improve your grades, find some study tips, or get more out of your classes? Take advantage of the many campus and online resources available to you. Use the following tips to get on track academically. See **LINKS** below for even more resources and information.

### 1. Set academic and personal goals that matter to you.

**Discover a secret of motivation: Find a passion in learning. Make your education meaningful to you. What do you want to accomplish at UCSC - and in your life - this year? How about this quarter? What do you need to do this week to help realize your goals? Today? Put your goals for the quarter, week and day in writing and use them to motivate you and to keep on track.**

### 2. We're here for you! Know and use your campus resources.

Your college academic advisor or the Academic Resource Center <http://www2.ucsc.edu/arc/> are great places to start with any academic questions or concerns. Writing and course subject tutors are available. For personal concerns or help with stress, mood, or relationships, check out the campus Counseling and Psychological Services ([www2.ucsc.edu/counsel/](http://www2.ucsc.edu/counsel/)). Find out about campus resources that provide help with academics, personal issues, and finding community connection at [http://admissions.ucsc.edu/student\\_services.cfm](http://admissions.ucsc.edu/student_services.cfm)

### 3. Meet and get to know faculty. You'll be glad you did.

A faculty connection often makes the difference between an average education and a great one. However, students often avoid professors or TAs because they feel intimidated, inarticulate, or embarrassed. These feelings are common at first, but don't let them stand in the way of possibly the most rewarding aspect of your education. It's important to understand that most faculty truly enjoy meeting with students. And don't forget that faculty and staff are people you hire for educational services! We work for you! So come on in and get your money's worth. Office hours are a great time to ask a question about the course material, discuss a challenging homework assignment, get help with a paper, or discuss your interests in the course topic. You'll be laying the groundwork for future letters of reference for jobs or grad school, improving your grades, and maybe finding a mentor.

#### **4. Learn actively. Tap your deeper potential.**

Understand your learning style (<http://www.ldpride.net/learningstyles.MI.htm>). Is it more important for you to read and reflect or to discuss and question new material? Do you have a strong preference for visual information? Perhaps you learn best by hearing, or through a hands-on approach? Research shows that students who study on their own and discuss the material with a study group once a week understand the material better and feel more engaged with the class. Pay attention to how you learn and capitalize on your strengths.

#### **5. Handle your time or it will handle you.**

Overwhelmed? Not enough time in the day? Each week, 168 fresh hours are deposited in your time account for you to spend as you wish. Learn how to use your time to support your priorities and wellness. (Of course, it helps to really know what your priorities are!) Evaluate your use of time – see how and where you spend it. (Oops! Five hours online!) Make a schedule and use a planner to keep up with reading and homework. Take a free campus workshop on time management (<http://eop.ucsc.edu/eop/timemanagement>). Study consistently, tackling difficult subjects first. Learn to say no to distractions - find a good study spot. When your use of time matches your personal and academic priorities, you have discovered the power of time management. Congratulations.

#### **6. Develop strong reading, listening, writing and note-taking skills.**

Use the links below to develop your study skills. Attend study skills workshops offered each quarter through the Academic Resource Center <http://www2.ucsc.edu/arc/>. Or work one-on-one with a campus tutor, peer advisor, academic specialist, or counseling psychologist to improve your skills.

#### **7. Get involved in co-curricular activities; learn skills and gain experience.**

Find out about options for service learning, field studies, and internships that offer real life experience. This is especially rewarding if you prefer a more “hands on” learning style. Discover the diverse array of student organizations on campus. There’s something for everyone – or become a co-signer and start your own student org! Find a sense of community, connection, and confidence.

#### **8. Manage your stress or be stressed.**

Exercise, good nutrition, and adequate sleep are reliable stress relievers. Take a martial arts, sailing, or dance class (<http://opers.ucsc.edu>). Journaling, music, yoga, meditation, creative arts, knitting, photography, hike/climb/surf/swim/bike . . . find something you enjoy. Find drug- and alcohol-free methods of relaxation and connection. Feed your body, heart, soul and spirit as well as your mind. Balance work and fun.

## **LINKS**

### **UCSC Academic Resources Center Site**

<http://www2.ucsc.edu/arc/>

### **UCSC tutor information and sign-ups**

[http://www2.ucsc.edu/lss/tutorial\\_services.shtml](http://www2.ucsc.edu/lss/tutorial_services.shtml)

**FAQ on tutor sign ups and drop-in writing tutoring**

### **UCSC Admissions/Orientation**

[http://admissions.ucsc.edu/orientation/resource\\_guide/academic\\_success.cfm](http://admissions.ucsc.edu/orientation/resource_guide/academic_success.cfm)

**“What to expect in college” with excellent and detailed descriptions of steps for success.**

### **Virginia Tech online study skills workshops and tips**

<http://www.ucc.vt.edu/stdysk/stdyhlp.html>

**Includes tips on managing time, taking lecture notes, power reading, test taking, and more.**

### **Berkeley Daily Planet**

#### **First Generation College Students Under Stress**

<http://www.berkeleydailyplanet.com/article.cfm?archiveDate=12-11-00&storyID=2597>

**Describes some of the challenges that come with being the first person in your immediate family to attend college.**

### **Santa Clara University – Center for Multicultural learning**

<http://www.scu.edu/cml/firstgen/index.cfm>

**This project presents the stories of 11 students at Santa Clara University who are first generation college students. The student authors talk about their family histories as well as their application and adjustment to college.**

### **Dartmouth Academic Skills Center**

<http://www.dartmouth.edu/~acskills/success/>

**Suggestions for managing your time, reading textbooks, taking lecture notes, and managing stress and anxiety.**

### **Ten tips you need to survive college**

<http://www.mtsu.edu/~studskl/10tips.html>

**Academic success expert Dr. Carolyn Hopper’s study tips.**

### **More sites to promote academic success**

<http://www.uni.edu/walsh/linda7.html>

**Professor Linda Walsh’s websites provide tips to help you manage your time, take better notes, study more effectively, work on your memory, take tests, *and* handle the stresses of college life. You can also explore your learning style and find some excellent general academic success sites here.**