

PREPARING FOR YOUR FIRST DAY

Center for Academic Success

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WHAT WILL BE DIFFERENT?

- Larger class size
- Less time in class
- Faster pace & a lot of material covered
- Fewer exams are worth more
- Tested on critical thinking, ability to apply info
- *Learning will take time & it won't be easy!!*

CHALLENGE #1 -- TIME MANAGEMENT

- Write things down! Use a planner or some tool to keep track of assignments and exams.
- Schedule study time for the week – create routines.
- Break large tasks into smaller tasks and start assignments early.
- Use your daytime hours and time between classes wisely!
- Be disciplined and do the work you planned to do – do not procrastinate!

CHALLENGE #2 – HOW TO STUDY

Students often find that study strategies used in high school (if any were actually used) no longer work...

- Students need to spend **more time** studying
- Students need to study **more actively**
- Students often need to **figure things out** (either on their own or with classmates)
- Students need to **test their knowledge**

KEY STUDY STRATEGIES

1. Prepare for class –read material before class
2. Be engaged during class – stay awake, take good notes, **actively think** through material presented, jot down questions, etc.
3. Review notes after class –review notes soon after class and repeat that review a few times a week

EMPLOY ACTIVE STUDY STRATEGIES

- **Engage material deeply & make learning personal.** Link new information to what you already know; make information yours and make it meaningful.
- **Review your notes actively.** Rewrite, reorganize, or illustrate your notes using pictures, symbols and color – avoid simply reading notes!

TEST YOURSELF

■ **Don't overestimate your learning**

- Try explaining the material out loud to yourself or others
- Close your book/notebook and try to recall information
- Quiz yourself using flashcards – don't flip too fast!
- Do practice problems without looking at examples or solutions
- Take a practice test, or create a practice test and take it.

■ **Monitor your progress** – take time at least once a week to assess your learning in your courses; make changes to your plan as needed

WHEN STUDYING...

- **Set study goals and take frequent study breaks**
–set a study goal, study for about 45min to an hour, then take a short study break.
- **Aim for comprehension** – you can memorize key terms and isolated facts, but be sure you are also focusing on understanding concepts and how they relate to each other

And where should you study???



Find a **distraction-free** space with adequate lighting and have all the materials you need with you. The most important thing -- put away your phone!

TAKE RESPONSIBILITY

- Realize that you are the only one who determines what you learn and what you get out of your experience at Lehigh
- Successful students understand that what happens here happens because of either something they do or don't do.
- If you are an excuse-maker, quit that habit now. It is not the professor's fault that you failed a test.
- When something happens that isn't so great, the important thing is to determine what behavior you need to change and what you can do differently next time.
- We have so many choices, and success is usually the result of making smart choices.

BE MOTIVATED AND MAKE A COMMITMENT!

- Create realistic academic goals for the semester and create a study plan for achieving those goals
- Set some long-term or beyond-Lehigh goals and remember why you are here!
- **Go to every class** – skipping even just one will set you back!
- Get to know your professors, instructors and TAs & visit their office hours
- Study with students who are also motivated to do well

IF YOU ARE FEELING OVERWHELMED...



**REMEMBER THAT YOU ARE NOT ALONE!
THERE ARE HUNDREDS OF FACULTY, STAFF
AND STUDENTS HERE TO SUPPORT YOU!**



USE YOUR AVAILABLE RESOURCES!

- Professors and TAs
- Academic Advisors
- Roommates/Hallmates/Classmates/Teammates
- Upper-class students/OLs/Gryphons
- Coaches, Staff, Administrators
- Counseling Center
- Math and Writing Center
- Center for Academic Success

PREPARING FOR THE FIRST DAY

- Be sure you understand your schedule – if you don't know ask!
- Check your Lehigh email... you may have an email from an instructor
- Check *Course Site* for your syllabi and other important information.
- Look at what will be covered the first day and read your textbooks in preparation.
- Get to class early (if possible) and pick a good seat
- You may not need your textbook, but be sure you have a notebook and something to write with.
- Be friendly and introduce yourself to a few classmates...
- Expect to read and start work on a hw assignment on Monday. Don't fall behind. In fact, get ahead if you can!

QUESTIONS?

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