

Simple habits to prepare yourself for success in your studies



Take responsibility for yourself

Recognize that in order to succeed you need to make decisions about your priorities, your time, and your resources.

Center yourself around your values and principles

Don't let friends and acquaintances dictate what you consider important.

Put first things first

Follow up on the priorities you have set for yourself, and don't let others, or other interests, distract you from your goals.

Discover your key productivity periods and places

Morning, afternoon, or evening?

Find spaces where you can be the most focused and productive.

Consider yourself in a win-win situation

When you contribute your best to a class, you, your fellow students, and even your teacher will benefit.

Your grade can then be one additional check on your performance.

First understand others, then attempt to be understood

When you have an issue with a teacher (a questionable grade, an assignment deadline, etc.) put yourself in the teacher's place. Now ask yourself how you can best make your argument given his/her situation.

Look for better solutions to problems

For example, if you don't understand the course material, don't just re-read it.

Try something else! Consult with the teacher, a tutor or a classmate.

Look to continually challenge yourself

A.S.P.I.R.E.

A: Approach/attitude/arrange

- Approach your studies with a positive attitude
- Arrange your schedule to eliminate distractions

S: Select/survey/scan

- Select a reasonable chunk of material to study
- Survey the headings, graphics, pre- and post-questions to get an overview
- Scan the text for keywords and vocabulary: mark what you don't understand

P: Piece together the parts:

- Put aside your books and notes
- Piece together what you've studied, either alone, with a study pal or group: summarize what you understand.

I: Investigate/inquire/inspect:

- Investigate alternative sources of information you can refer to: other text books, websites, experts, tutors, etc.
- Inquire from support professionals (counselors, librarians, tutors, teachers, experts,) and other resources for assistance
- Inspect what you did not understand.

R: Reexamine/reflect/relay

Reexamine the content | Reflect on the material | Relay understanding

- Reexamine:
What questions are there yet to ask? Is there something I am missing?
- Reflect:
How can I apply this to my project? Is there a new application for it?
- Relay:
Can I explain this to my fellow students? Will they understand it better if I do?

E: Evaluate/examine/explore:

- Evaluate your grades on tests and tasks: look for a pattern
- Examine your progress: toward achieving your goals
- Explore options: with a teacher, counselor, tutor, parent if you are not satisfied.

