



## STUDENT LEARNING CENTER

Study Strategies Resources: Courses for Credit, Individual Consultations, & Drop-in Services

### **ADVICE FROM PEER MENTORS: FIRST YEAR TRANSITION STRATEGIES FOR SUCCESS!**

#### **MANAGING STUDY STRATEGIES & HABITS**

- (1) **PRIORITIZE** and **ORGANIZE** your study and personal **TIME** into daily and weekly patterns of effectiveness.
- (2) **MAINTAIN** regular study **HOURS** and **ESTABLISH** study **ENVIRONMENTS** in order to be productive during morning, afternoon, and evening hours. **SET GOALS AND ACTIONS** for dealing with procrastination and distractions. Stay focused on your sources of motivation!
- (3) **DEVELOP TIMELINES** and keep semester, monthly, and weekly **CALENDARS** for the dates when course assignments are due. Plan and prepare for exams and papers in advance. Anticipate the Thanksgiving Holiday...it's closer than you think!
- (4) **ATTEND LECTURES** and develop your critical listening and notemaking abilities. Listen carefully during the first weeks of class since the theories and foundations are set up during this time. In many social science and humanities courses, the final exam questions are embedded in these lectures.
- (5) **DISSECT** the syllabi to prioritize what Academic Support Activities are essential to prepare for midterms, papers, presentations, research projects, and final exams.
- (6) Create a **PERSONAL LEARNING PROCESS** for the demands of college. Know how you learn best by emphasizing your strengths and styles by seeking assistance to improve areas of your performance.
- (7) **ANTICIPATE, PREVIEW** and **REVIEW** continuously in your courses. When you get exams and papers back discuss them thoroughly with your instructor or G.S.I. Studying for final examinations begins now!
- (8) **APPLY ACTIVE** and **SELECTIVE READING** strategies by developing questions that emphasize analytical and critical understanding of the most important points and details. **REINFORCE YOUR MEMORY** by explaining it to someone else aloud and/or organizing the ideas in writing or making graphic representations.
- (9) **BE TEST WISE** by determining the format and content of exams and practicing test taking techniques to demonstrate what you have learned which results in earning more points. Know course breakdowns and percentages.
- (10) "Cramming" and other high school study tactics don't usually work well with the increased amounts of work and degree of difficulty of courses at Berkeley. Learn to **ANALYZE, SYNTHESIZE, and EVALUATE** effectively.

SLC/SSR/GA/NV/CB/F13



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#### MANAGING CAL AND ITS RESOURCES

- (1) **KNOW** the specific Berkeley guidelines for satisfactory progress toward graduation within the institution, college, and department. Follow timelines, deadlines, policies, and procedures as you negotiate the system.
- (2) **DETERMINE** the best options and actions to take in order to achieve your short and long term goals.
- (3) **DEVELOP** a network of resources. Make a list of the phone numbers and email addresses of your professors, GSI's, advisers, tutors, and at least 3 other students from each class.
- (4) **ESTABLISH** a reasonable course load and be willing to modify your class schedule to meet your goals, particularly if you are working 15 hours or more per week.
- (5) **REACH OUT** to your peers and discuss classes they have taken, how they went about choosing their majors, and plans they have for life after CAL.
- (6) Go to **OFFICE HOURS**, ask questions, and talk with instructors to make the course material more engaging.
- (7) **COMMUNICATE** and correspond with your family and friends as well as your campus support network on a regular basis. Learn to use Facebook wisely!
- (8) **BOOKMARK** the Berkeley homepage and explore the websites of campus organizations, clubs, groups, internships, research and travel opportunities, job fairs, and activities related to your major and career.
- (9) **FIND** at least one **MENTOR** each semester (i.e., faculty, GSI's, staff, upperclassmen) and develop those relationships throughout your undergraduate years.
- (10) Become a part of the Student Learning Center **COMMUNITY**. Use the many academic resources for your lower division and introductory courses, and then develop your leadership abilities by becoming a Tutor or Peer Mentor.



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### **ADVICE FROM PEER MENTORS: FIRST YEAR TRANSITION STRATEGIES FOR SUCCESS!**

#### STUDY STRATEGIES: MANAGING PERSONAL AND SOCIAL LIVES

- (1) Meet People and Form Study Groups EARLY (some students have different kinds of buddies: “study buddies” versus “social buddies”).
- (2) Get to Know People who are DIFFERENT from you and form friendships.
- (3) REWARD yourself by going on an outing to 'The City' (San Francisco) or Oakland (off campus) as a part of your ongoing experiences.
- (4) BALANCE school and extra curricular activities. Choose wisely.
- (5) CREATE A POSITIVE MIND SET: Be Active, Ask Questions, and Look for Solutions. Know what causes you stress and develop stress reduction exercises.
- (6) Don't COMPARE yourself to other students. Learn from your peers and collaborate to succeed academically.
- (7) This is a NEW beginning! Pursue your interests and explore activities that you have always wanted to try.
- (8) Find a PHYSICAL Activity that you really enjoy, and do it regularly!
- (9) Don't neglect SLEEP! If presented with the choice of cramming vs. sleeping (especially before an early morning exam), sleep!
- (10) Eat Well and Stay Healthy!

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