

College Success Strategies

- **Go To Class** - This sounds simple but sometimes this can be difficult to remember how important this really is.
 - Ask yourself: *If I'm not in class, how am I going to get the information? Is this extra hour of sleep or meeting a friend for lunch really worth missing the material? What if this was my job – would my boss be okay with me missing work or showing up late?*
 - Don't get behind in your courses – it's hard to get caught up!
- **Read Your Textbook Before Class** - It's a good idea to read through the chapters prior to class so you have an idea of what the instructor is talking about when they are covering the material in class.
 - [Reading Textbooks Effectively](#)
- **Take Notes** - Different techniques work for different people. Here are some ideas that you can use:
 - Color code your notes.
 - Don't get too carried away with your highlighter – before you know it, everything is highlighted and it's difficult to tell the difference between what's important and what isn't.
 - [Note-taking Methods](#)
 - Type up your notes and use them to make study guides for yourself
- **Meet With Your Instructors** - Your instructors want you to be successful. If you are struggling with the content, go talk to your instructor during his/her office hours. If their office hours don't coincide with your class schedule, email him/her to see if they would be able to meet with you “by appointment”.
- **Attend Tutoring And Supplemental Instruction Regularly**
 - [UNC Tutoring Services](#) – Michener L149
 - [Course Offerings](#)
 - [Math Study Center](#) – Ross Hall 1250
 - [Writing Center](#) – Ross Hall 1230
- **Time Management**
 - [Steps to Improve Study Skills](#)
 - Use a Master Calendar – can be electronic (i.e.: through Google or Outlook calendars) or hard copy using a physical planner
 - Things to include: class times, assignment deadlines and exams, work time, study/homework time, sleep time, personal time
 - Phone App - [iStudiez Pro Legendary Planner](#)
- **Test Taking**
 - [Understanding and Overcoming Test Anxiety](#)
 - [Test Taking Tips](#)
 - Wear ear plugs (not ear buds) when taking exams to block out noise from others
 - Contact [UNC's Disability Resource Center](#) if you require test taking accommodations
 - Phone App - [SuperNote Notes Recorder + Photo App](#)
- **Record Your Classes** - ask instructors permission first!
- **Create Study Groups with Your Classmates**
- **Meet with your Advisor** – your major and minor advisors are listed in Degree Works. You can find their contact information [here](#).

Additional technology and materials that may help you study for your courses:

Websites

- <http://www.khanacademy.org/>
- <http://quizlet.com/>
- <http://www.youtube.com/>

Apps

- [SuperNote Notes Recorder + Photo App](#)
- [iStudiez Pro Legendary Planner](#)

Other Materials

- <http://www.amazon.com>
 - Anatomy & Physiology Coloring Books
 - Anatomy & Physiology Flashcards