

# 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. Resist the urge to read paragraphs. At this point, your task is to know the big picture, and you want to do it in 10 minutes or less.

## 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".

## RECORD YOUR CLASSES

Ask instructors permission first!

## PARTICIPATE IN TUTORING AND SUPPLEMENTAL INSTRUCTION REGULARLY

- [UNC Tutorial Services](#) — Michener L149.
  - [Course Offerings](#).
- [Bio~Chem~Math Study Center](#) — Ross Hall 1250.

## 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](#).

## ADDITIONAL TECHNOLOGY AND MATERIALS:

### WEBSITES

- [khanacademy.org](#)
- [quizlet.com](#)
- [youtube.com](#)

### APPS

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

### OTHER MATERIALS

- [amazon.com](#)
  - Anatomy & Physiology Coloring Books.
  - Anatomy & Physiology Flashcards.