1. Advocacy/Networking
   a. Take advantage of all the resources available to you.
   b. Communicate regularly with professors, tutors, coordinator, etc.
   c. Your professors are your greatest resources (ASSIGNMENT #2).

2. Attend Class/Seating Choice
   a. The #1 predictor of success in an academic class is attendance. You would not skip practice and expect to perform well.
   b. Arrive on-time.
   c. Seating Choice- Sit in the first 3 rows “the A’s are in the front of the room.”
   d. Sit in the T-zone of the classroom.
      Sit up Lean forward Ask question Nod T-zone seat
   e. “Seventy percent of success in life is showing up.” Woody Allen

3. Set achievable goals for yourself
   a. SMART- Specific Measurable Achievable Realistic Timely (ASSIGNMENT#1).
   b. Revisit Milestones.
   c. Reward yourself.
   d. "A goal properly set is halfway reached." Ziglar

4. Stay positive, believe in yourself, your abilities, and your strengths—be motivated
   a. You are what you think! Be positive, imagine yourself succeeding (positive self-talk), you would never go into a game situation thinking you are going to lose, trust your preparation! (ASSIGNMENT #3)
   b. Remember setbacks happen; competitors overcome them.

5. Time Management
   a. Do a Color Coded Weekly Schedule Sheet.
   b. Schedule time to study, practice, socialize, and sleep.
   c. Use your daylight hours and minutes. Utilize break times in between classes effectively. (ASSIGNMENT #4)

6. Stay Organized/Prioritize
   a. Spartan Planner/Calendar - Use a calendar to jot down semester assignments.
   b. Daily To-Do List- Spend 10 minutes at night/or first thing in the morning creating a “to do list.” Prioritize your to-do list (ASSIGNMENT #4).
   c. Learn to say “NO.”
7. Study Effectively Based on your Learning Style
   a. Take the learning style inventory to assess your dominant style at
      http://www.metamath.com/multiple/multiple_choice_questions.html
   b. Determine the best learning environment for you (quiet room, music, etc).
   c. Active reading (ASSIGNMENT #5).
   e. Study Smarter, not harder (ASSIGNMENT #5).

8. Get the most out of class
   a. Be prepared- Bring all materials to class, tutorials, meetings, etc.
   b. Before class, read the textbook and review previous lecture notes just like warming
      up in practice.
   c. Participate- Be an active learner. Don’t just sit on the sidelines and be a body that
      takes up space in class, ask questions, be engaged.
   d. Make friend’s w/classmates and group study w/them before exams.
   e. Think of attending class and note taking as an academic scouting report which
      prepares you for the confrontation (the exam).

9. Test Taking
   a. Memory Dump- immediately write down formulas or other helpful info on exam
      that you’ll need to know.
   b. T/F, Multiple Choice, Essay Exams Tips (ASSIGNMENT #6).
   c. Find old tests to study.
   d. Make the most of quizzes, they are a way to see what the test questions may be like
      and also can improve your grade.
   a. Visualization & Relieving Test Anxiety.

10. Note taking
   a. Date each set of lecture notes to keep them in order and make it easier to refer back
       to them.
   b. Print slides from ANGEL prior to class.
   c. Take notes in your own words (write out in your own words any important
       information), review and summarize your notes immediately after class for 5
       minutes, then in the next 24 hours, and again in the next 7 days to transfer
       information from your short to long-term memory.
   d. Pay close attention to the beginning and end of lecture, instructors often summarize
       the most important points during this time.
   e. If you have questions about material, ask the professor or a classmate to clarify.
   f. Before exams, buddy up with someone in your class to exchange notes.
   g. Recognize verbal & visual cues from the Professor/TA to distinguish what they
       want you to remember. (ASSIGNMENT #7)

11. Self-Maintenance & Care
   a. Fuel and rest your body- water, food, rest, relaxation, stress management.

Additional Helps
   b. Career Exploration- find a degree you are passionate about and pursue it.
      (ASSIGNMENT #8)