

# Strategies for Academic Success

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## Plan Ahead

Figure out WHEN you learn best.

Set aside time daily to complete coursework.

Set reminders so you can stay on top of assignments and deadlines.

Avoiding procrastination will also help you avoid unnecessary stress and anxiety.

## Stay Organized

Review each syllabus, and make a schedule of your due dates.

Set out a clear and achievable study plan and stick to it to it!

Carve out time throughout your weekly schedule for completing your coursework.

Break up tasks and information into "smaller chunks."

## Set Boundaries

Get Comfortable Saying 'No'!  
Over-extending yourself can make you scattered and less focused on your studies.

Balance is important; make time for recreation and socialization AND your education!

*Be courageous; Be strong; Never quit; Believe in yourself; Stay strong; You got this!*

## Ask for Help

Tutoring is available! - virtual options, as well as in-person tutors on campus.

Pair up with someone to test your comprehension. A good way to measure your comprehension is to teach someone the content you have learned.

## Minimize Distractions

Limit Social Media while doing homework to help you focus.

Utilize "do not disturb" features on your phone and other electronics during your study/course work times.

## Enjoy the Process

Your brain can only perform to its fullest if your body is well.

Eat healthy, get enough sleep, and stay hydrated. Self-care is critical.

Consciously choose to show up and embrace each learning opportunity.

Make studying enjoyable - fill your study sessions with things that will help you relax (coffee, music).

## Stay Motivated

If you do nothing else, believe in yourself!

Disappointment and frustrations are inevitable; let them motivate instead of discourage you.

Dreams come true for those who dare to believe in themselves!