

AFTER THE TEST!



Ok, so you might not be this happy, but you probably are pretty relieved at this point, right?

After you have completed an exam, be sure to take time out for yourself. You've worked hard! Reward yourself by giving yourself a little "Me Time." You deserve it after all your efforts. Below are some ideas of how to blow off some of that post-test stress:

- Hang out with Friends. They always know just how to get you "laughin" and "havin" a good time.
- See a Movie.
- Pamper Yourself. Get a massage or even just take a shower. You'll feel better, guaranteed.
- Call a Relative or a Friend just to chat.
- Spend some quality time with your family.

Resources available to Students for Assistance

- University Center's FREE Tutor Service for study or test help
- Dept. of Labor assistance through STI for employment information
- University Center Testing Center room 280 for resource materials, testing services, and Interlibrary Loan
- Home University WebPages with links to library WebPages and additional campus information, including important dates and events.

All of these resources can be found by logging onto www.sduniversitycenter.org

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How to Be a Successful Student



Tips and Tricks to Survival in a College Atmosphere



How Do I Become A Great Student??



Tip: Always be sure to be prepared with fresh pencils and supplies.

The tools to becoming a great student are always within reach. One of the key tips to remember is that there are always resources available to help you along the way.

Here at University Center, we provide a number of services geared towards helping you become the best student you can be including: advising assistance in case you are not sure of what you would like to study, tutoring assistance to help you along the way, evening classes to create flexibility for scheduling, and a well-trained, friendly staff and faculty ready to assist you in your education. All the tools for success can be found if you look hard enough, but this brochure also provides some tips for you "at-a-glance."

Top Ten Tips for Scholastic Success

1. Location, Location, Location:

If you want to get work done, find a space that allows you to do so that is free from distraction. Create guidelines with family members, friends, or roommates for quiet times or use libraries or study rooms.

2. Make it a Habit: Work Everyday:

Avoid all-night cram sessions where you try to take in massive amounts of information, which you won't likely retain. Spend a smaller amount of time daily to gain maximum retention.

3. Help Exists!

Use the resources available to you like your teachers, peers and tutors. They may know the answers!



Be sure to ask questions. Your professors will be happy you are participating, but you may also ask something that someone else wants to know.

4. Write it Down:

Remember important dates. It is your responsibility as a student to know the dates of exams as well as due dates of assignments.

5. Get Energized: Exercise, Eat, Sleep

Comprehension and memory are affected by hunger, tension and fatigue. A great way to reduce these stressors is to take good physical care of yourself.

6. Go To Class!

Go to class prepared and ready to take notes. No one's notes are as good as your own and missing class doesn't give you the chance to ask questions and hear examples.

7. Lectures and Textbooks: What's the Big Picture?

Textbooks hold a LOT of information. Don't get bogged down in the feeling that you have to memorize everything. Use handouts with subheadings, study guides, and your syllabus headings to ask yourself, "What's the BIG picture here? What's the important information?"

8. Do Something to Remember Key Info:

Create active ways to remember information and material. Use flashcards, use key words, create examples, use mnemonic devices, or other ways to spark your memory.

9. Can You Remember It?

No matter how much you think you understand a concept, failing to practice or review it will lead to some memory loss. Self-test yourself without using notes every so often to see how much you retain and to keep the info fresh.

10. Be Test Smart

Don't lose points by rushing through an exam. Read each question carefully and budget time wisely to ensure you have enough time for the WHOLE exam. Be sure to read any instructions.

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