

WHAT ARE THE TOP 4 TAKEAWAYS FOR HIGH SCHOOL STUDENTS TRANSITIONING TO COLLEGE?

Got time? *Resource Sheet*



CAMPUS RESOURCES

Library

Study Rooms

Academic Support Center

University calendar and website

Build a study group

1. Utilize your phone to set reminders about import dates and deadlines.
2. Use an agenda or wall calendar to manage assignments, projects, classes, etc.
3. Schedule breaks when studying to regroup and better retain information.
4. Set SMART (Specific, Measurable, Achievable, Relevant, Time-Bound) goals. Tackle small tasks first.



ONLINE RESOURCES

Flora App

Digital Calendar

Notabiity App

GPS

Instill.

Influence.

Inspire.

ADDITIONAL INFO:

- Schedule classes with at least thirty minutes to one hour breaks between classes.
- Utilize to-do lists to keep track of tasks.
- Establish a routine. Include daily study times, naps to get through the day, exercise and time with friends.
- Set aside time to review the course syllabus. Review the course curriculum to select classes each semester.