



# First Year Experience

## Tips for Success

### Study Habits

- ◆ Attend class regularly & arrive on time!
- ◆ Practice good study habits on a regular basis - not just when you have an exam  
(*Quiet location, Take breaks, Review class notes within 24 hours*)  
*The sooner you review, the more you'll remember for future use*
- ◆ Take excellent notes!
- ◆ Ask to record the lectures
- ◆ Use a planner to manage your time! (Weekly & Monthly)



### Use Campus Resources

- ◆ **Meet with a Counselor or Advisor!** (*Student Education Plan, Career, Academic, Personal Counseling, What classes do I take? Major & Transfer information, Etc.*)
- ◆ Contact Instructor: email or use office hours & BE BRAVE—Ask Questions!
- ◆ Go to review sessions!
- ◆ Learn as much as possible about campus resources & use them before you're in deep academic difficulty!
- ◆ **Register for Tutoring: The Light Center, & Tutoring Services**

### Know Important Dates

- ◆ Registration Dates
- ◆ Deadlines for adding or dropping classes
- ◆ Last day to Withdraw from a class with or without a “W”
- ◆ Finals—days and times

### Take Good Care of Yourself

- ◆ Eat well
- ◆ Get good sleep!
- ◆ Schedule fun & relaxing activities



**“Nothing will work  
unless you do.”**  
Maya Angelou

**For assistance contact:  
Counseling and Advising #707-476-4150**