

Tips for a successful career at Texas A&M University

General Health:

Wake up around the same time every day, even weekends.

Get 6-8 hours of sleep each day.

Have breakfast every day.

Pack snacks in case you are unable to break for lunch or dinner.

Try to exercise at least 3 times a week.

Class:

GO TO CLASS every day. Try to arrive at least 5 minutes before class starts and consider sitting near the front of the classroom.

Be actively engaged in lecture & discussion. Switch off your electronic device during class to minimize distractions.

Note exams, quizzes, assignments and due dates on your calendar. Plan to study and review for major exams at least one week in advance. Proper & quality preparation will yield higher results.

Get enough sleep/rest the day before your exam(s).

Visit your professor and/or TA during office hours. Clarify any questions early and often.

If you find yourself with what you perceive to be too little time to study, then write down everything you do (including attending class, time spent on homework & studying, eating, sleeping, socializing) for 3-5 days. How much time do you really spend on your different activities? Could you be using the hour and half between classes as study time instead of socializing? Be honest with yourself. Your undergraduate academic career is one of your adult responsibilities. Your end result is a product of the quality time you invest in your academics.

Even if you didn't need it in high school, take advantage of free tutoring available on campus. These offices offer free services each week: Student Learning Center (Tutoring and Supplemental Instruction; <http://slc.tamu.edu>), Multicultural Services (Peer Tutoring; <http://dms.tamu.edu/academics>)

Consider taking a learning style test such as the VARK to determine your optimal learning mode (visual, aural, read/write, kinetic). <http://www.vark-learn.com>

Consider the PASS (Program for Academic Success Skills) program offered through the Student Counseling Services (<http://scs.tamue.edu>). It is a series of workshops over topics including the following: Time Management & Procrastination, Stress Management & Test Anxiety and Maintaining Focus.