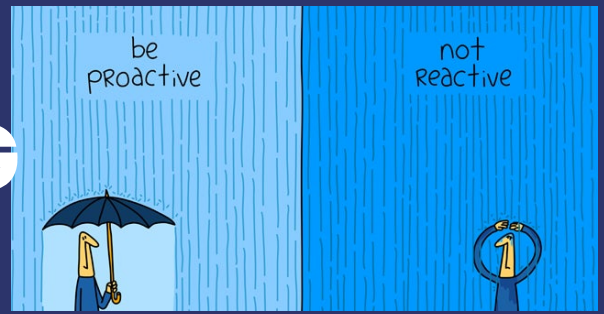


First Week of
the Quarter

TIPS FOR STARTING STRONG



CHECK CANVAS & EMAIL EARLY AND OFTEN

Some students like to
do this daily!



READ, KNOW, AND REFER TO YOUR SYLLABUS!

- What text books & other materials are needed?
- What are your participation requirements?
- What are the late work policies?
- How are your grades calculated?
- How can you communicate with your professor?



CHOOSE A WAY TO TRACK & ORGANIZE ASSIGNMENTS ACROSS CLASSES IN A WAY THAT WORKS FOR YOU

We have lots of resources for
this!



STRUCTURE HOW, WHEN, AND WHERE YOU WILL DO YOUR WORK

"People who construct their goals in concrete terms are 50% more likely to feel confident they will attain their goals and 32% more likely to feel in control of their lives" (Howatt, 1999).



PLANNING AHEAD REDUCES STRESS!

A survey by psychologist Robert Epstein found that 25% of our happiness is related to how well we manage stress, and the best stress management technique people identified in the survey was planning.



YOUR PEER MENTOR WOULD LOVE TO PROBLEM-SOLVE ANY OR ALL OF THIS WITH YOU!

They are a student who has been
through this, too!

