



# YOUR GUIDE

to a successful semester

## WEEK ONE

### Big picture organization



Choose a paper or digital planning method and sit down with all your syllabi to block out the times you're in class, at work, or have appointments. Then mark assignment due dates, quizzes, and tests. Don't forget to crosscheck with the U's semester calendar available on the Registrar site.

## EVERY WEEK

### Check in



Make an appointment with yourself at the start of each week to look at what you have coming up. Work backward from important due dates to block out time to work on or complete big assignments, or study for tests and quizzes. Keep these commitments.

## EVERY DAY

### Study smarter not harder



Studies suggest 80% of material not reviewed within 24 hours is lost. Block out time to review notes from the day and mark areas you understand well, need to review, or don't understand at all. Seek help for the parts you don't understand. This process will help you retain info and it builds a study guide.

## MIDTERMS AND FINALS

### Time to shine



Hopefully by implementing the methods above you have been studying all along, so you're ahead of the game! Now it's time to consult those great notes, past assignments, and quizzes, and seek help from a study group, your professor or TA, or The Learning Center to ensure you feel confident.

**Whoah!**

This class  
is harder  
than I thought  
it would be.

- visit The Learning Center
- take advantage of office hours
- form a study group
- consider cr/nc options
- watch for drop/withdraw dates
- meet with your Academic Advisor

**OH NO!**  
I'm already behind.

- reexamine your weekly plan and make adjustments
- reach out to the professor for advice or extensions
- make an appointment with an SSC

**I'm feeling sad  
and overwhelmed**

- Seek out a friend or family member and make a connection
- take some time for self-care: sleep, eat rest, go for a walk.
- try a 10-minute meditation: set a timer and just focus on your breath
- check out [counselingcenter.utah.edu](http://counselingcenter.utah.edu)

**There has to be  
more to life  
than class.**

The U has lots of  
chances to:

- volunteer
- socialize
- explore

connect with an SSC  
to learn more

**You got this.  
We got you.**

SSC.UTAH.EDU