DON’T WASTE TIME!

Don’t be lulled into a false sense of freedom, especially during the first few weeks. The relative independence of college can be misleading.

Only you can plan how to use your time outside of class. Instead of thinking of it as free time, think of it as unstructured time. Only you can give it structure.

Never work until sheer exhaustion. Break up large tasks into smaller sub-tasks. Begin early enough to allow enough time to complete each sub-task before the assignment is due.

Two hours outside of class for study are usually needed for every hour in class.

Watch out for procrastination. Push yourself to do your most challenging study tasks first, not last.

Ample time for sleep, nutritious meals (including breakfast), and regular exercise is vital.

Study right before each class and right after each class. Start by reviewing your notes and the assigned reading.

Try to stagger your classes. Use the time between classes for concentrated studying. Commuters should try to remain on campus between classes. Resident students should use the library or another quiet place on campus.

Excesses are not good. Too much socializing can lead to failure. Too much studying can lead to burn-out. Plan your daily schedule to balance your studying with non-academic activities.

Take short breaks during long study sessions, and give yourself small rewards when you complete tasks.

Imagine college from a consumer’s perspective. Add up your tuition, fees, books, housing and/or commuting costs. Divide that total by 15 (15 weeks in the semester). Then divide by 7 (the number of days in a week). Are you willing to waste that much money in a day?

Motivation and planning are the real keys to college success. You don’t have to be a genius to earn a college degree, but you do have to complete each task as it is assigned.

Each week, reserve more study time in your schedule than you think you’ll need. That way you’ll have extra time for papers, major projects, or unanticipated personal problems.