Whether you’re joining the CMU community for your first year or your final semester, we’re excited to be part of your intellectual and professional explorations. You will find outstanding faculty and staff eager to know your personal, academic and career aspirations. Make time to introduce yourself. Ask questions. Connect with faculty and resources to aid in your learning.

Research shows the most successful graduates network with faculty in their chosen area of study, actively engage in professional organizations, participate in research and study abroad opportunities, and utilize available resources like the mathematics assistance and writing centers.

Get involved. Explore new ideas and stand out for modeling intellectual curiosity!

welcome!
learning

time management

1. Create a weekly plan on a timetable calendar
2. Organize your activities in a daily list
3. Prioritize what should be done first

avoid

procrastination

Consequences of procrastinating
• stress & anxiety
• impact on other priorities
• lower grades

Bonuses of NOT procrastinating
• lower stress & anxiety
• time to do more of what you enjoy
• better grades

“It’s not going away, so get it done now!”

Patrick Theisen, Success Coach
manage

test anxiety

Be prepared.

Don’t leave studying until the night before! Studying and reviewing every day will help you learn and remember the material easily. Also, visiting your professor will help you determine the best way to focus and learn the material.

Use a routine.

Whether it is doing the test backwards, writing the essay first, or looking through the test completely, divide your time adequately. Do what works for you!

Avoid the prophets of doom.

Whether it is doing the test backwards, writing the essay first, or looking through the test completely, divide your time adequately. Do what works for you!

Find ways to de-stress.

Tests are a fact of life, so prepare and work hard. Exercise. Meditate. Take study breaks. Make studying and learning fun!

Don’t prepare to cheat.

Spend your time actually learning the material.
find your learning style

**Visual**
Learns best using maps, diagrams, charts, graphs, flow charts, etc. Does not include movies, videos or PowerPoint. They use designs, patterns and shapes to help highlight/convey information.

**Reading/Writing**
Learns best when information is displayed as words. Strongly used in college. Emphasizes text-based input and output. These people love lists, PowerPoint, the Internet, dictionaries, quotations, etc.

**Kinesthetic**
Learns best by moving, doing, and touching. Students may like to take notes for the sake of doing something. They may use color highlighters and take notes by drawing pictures, diagrams, or doodling. They may find it difficult to sit for long periods of time.

**Auditory**
Learns best receiving information that is heard or spoken. Students like lectures, tutorials, tapes, group discussion, email, web chat, etc. Includes talking out loud and/or talking to yourself. Students often want to sort things out by speaking.

**Multi-modal**
Learners who do not have a standout mode with one preference score above another are multi-modal. These students prefer different options in how they give and receive information.

VARK
www.vark-learn.com
1. Use headings. Keep your notes organized in separate notebooks and folders.

2. When taking notes, identify the main points and capture the main idea. Use outlines or concept maps, and use words, pictures, or graphs.

3. Recite or talk aloud to yourself or someone else.

4. Review from memory what you learned. Then, review your notes at your next study session. Before reading new material or preparing for a paper or test, review your notes again.
Be active. Ask yourself questions, review your notes regularly and discuss key concepts with peers and/or your professor.

Find a study location with characteristics you prefer (music, friends, temperature, food, etc.)

Study in chunks. Focus for 30-50 minute periods followed by a short 5-10 minute break.

“Study smarter, not harder.”

Bethany Bacheller, Success Coach
campus resources

Career Services
(989) 774-3068
careers@cmich.edu
Ronan 240
Central Link keyword: Career Services

Student Disability Services
(989) 774-3018
sds@cmich.edu
Park Library 120
Central Link keyword: Student Disability Services

Success Coaching
(989) 774-3401
oss@cmich.edu
Success Centers
Central Link keyword: Success Coaching

Student Employment Services
(989) 774-3881
UC 206
Central Link keyword: SES

Counseling Center
(989) 774-3381
counsel@cmich.edu
Foust 102
Central Link keyword: Counseling Center

Study Abroad
(989) 774-4308
studyabr@cmich.edu
Ronan 330
Central Link keyword: Study Abroad

Volunteer Center
(989) 774-7685
volunteer.center@cmich.edu
UC 106
Central Link keyword: Volunteer

Academic Advising and Assistance
(989) 774-7506
Ronan 250
Central Link keyword: Academic Advising

LGBTQ Services
(989) 774-3637
jolli1sm@cmich.edu
UC 110A
Central Link keyword: LGBTQ

Tutoring
(989) 774-3465
aad@cmich.edu
Ronan 250
Central Link keyword: Tutor

Multicultural Academic Student Services
(989) 774-3945
mass@cmich.edu
UC 108
Central Link keyword: Multicultural Academic Student Services

Writing Center
Park Library 400
(989) 774-2986
Anspach 003
(989) 774-1228
Wheeler Basement
(989) 774-1002
Central Link keyword: Writing Center

Mathematics Assistance Center
(989) 774-2290
MathAC@cmich.edu
Park Library 428
Troutman 002
Central Link keyword: Math Center

Supplemental Instruction
(989) 774-3465
Ronan 250
Central Link keyword: Supplemental Instruction

Libraries
(989) 774-3010
libref@cmich.edu
Call: (989) 774-3470
Text: (989) 572-0411
Central Link keyword: Library

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