



Study Tips for Success



Develop a time management system



Go to class



Find your place to study



Get adequate sleep



Take advantage of campus resources

Welcome to Campus!

On behalf of our chapter of Alpha Lambda Delta, here are a few quick study tips so that you can succeed in your first year of study and join us!

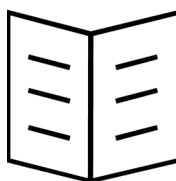


Develop a time management system

High-achieving students say this is most important. Map out a semester-long calendar, break large projects into smaller tasks, think about essays ahead of time, and stay on top of your assignments.

Go to class

Go every time it meets. It might not always seem necessary, but it will benefit you in the long run.



Find your place to study

Try a few different places and decide where you are the least distracted and the most productive. Check out the library, study lounges, academic buildings, and cafes.

Get adequate sleep

Studies show that sleep quantity and quality outrank other common concerns in predicting academic success. Strive for 8 hours a night, create a relaxing setting, unplug and disconnect, follow a consistent routine, and use an eye mask and ear plugs for noise and light disturbances.



Take advantage of campus resources

Examples include academic resource centers, tutoring labs, reference librarians, workshops on study skill topics, health services, counseling center, career services, and advising offices.

College is your time to thrive, and you are on the right path to academic success!

Alpha Lambda Delta

The Honor Society for First-Year Academic Success
www.nationalald.org