

# SUCCESS IN ALL COURSES

## EMBRACE A GROWTH MINDSET

- Abandon the belief that learning comes naturally
- Mastering a new subject takes intentional and consistent effort
- Believe that you can and put in the time!

## be INTENTIONAL

- Before you start studying, set goals of what you want to get done for each session!
- As you're studying, ask yourself if your approach is effective
- Don't be afraid of switching things up!
- Don't waste time using an ineffective strategy!

## make learning a DAILY HABIT



- Rather than cramming your studying into long and exhausting periods, space it out!
- Take 10-15 minutes each day to review what you learned
- Take an hour each week to review your daily reviews!

## USE YOUR RESOURCES

### Supplemental Instruction (SI)

Free resource that peer-facilitated and course-specific for undergraduate students that focuses on content and study strategies.



### University of Iowa Libraries



### All Help Centers on the University of Iowa Campus



## STAY ENGAGED

- Do the prep work and go to class!
- Ditch distractions! Use class and studying time to concentrate on learning!
- This will save you time later on as you won't have to relearn concepts you missed!

## LEARN TO UNDERSTAND & APPLY

- It's important to identify and remember the fundamentals, but it's also important to know what to do with them
- Try using study strategies like practice problems, self-testing, or teaching the material to others!

## TAKE CARE OF YOURSELF



- Getting enough sleep will set you up for success
- Eating nutritious foods will fuel your mind and help with concentration!
- Moving your body helps your mental health!