

# SUCCESS IN SOCIAL SCIENCE

## 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!

## **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 th
- 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!

## **USE YOUR RESOURCES**

### Supplemental Instruction (SI)

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



### The Writing Center

This free resource offers assistance with papers, writing projects, speeches, and presentations.



### Private Tutors

Tutor Iowa offers private tutors that have been approved, appointments and fees are negotiated privately



### Frank Business Communication Center

Free resource for writing, visual design, and presentations along with resume, cover letter, and interview help. Students must be enrolled in one Tippie course.



### Tutor Iowa Resource Hub

Free resource to search for your course to navigate different options you can receive for different classes.



### Student Wellness

Student Wellness provides free services including private appointments and group workshops for nutrition, fitness, stress management, alcohol and drugs, sexual health, and sleep

