

SUCCESS IN WORLD LANGUAGES

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

Center for Language and Culture Learning

Learn more about how to earn a Global Seal of Biliteracy, tutoring options, and how to get connected!



Division of World Languages, Literatures, and Cultures (DWLLC)

This QR Code takes you to the main link for the DWLLC where information about upcoming events, Center for Language and Culture Learning, and more are provided.



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



University of Iowa Libraries

The University of Iowa Libraries provides databases, media, information pertaining to your department's librarian, and more!



STUDENT TIP

Find social media accounts pertaining to your language on Instagram to join clubs and go to events!