



# **Study Skills 101**

# Objectives

- Identify key components to being a successful student.
- Learn about different resources on campuses.
- Practice note taking and collaborating with peers.

# Habit 1: Be Proactive:

## *You're in Charge!*

- Look over syllabus immediately and mark dates that assignments are due.

### [Freshmen History Class Syllabus](#)

- Identify the best ways to take notes in class.
- If you miss a deadline or fail to study for a test, you can't blame anyone for being unprepared.
- Visit each of your professors in his/her office before you have problems or concerns.

# Habit 2: Begin with the End in Mind:

## *Have a Plan*

- Remember your ultimate goal is graduation!
- Set a goal on what grade you want in that class and find resources that will help you meet this goal. (*Writing center, math lab, tutors, etc.*)
- Decide when and where you are going to study.
- Make a weekly task list.

# Habit 3: Put First Things First:

## *Work First, Then Play*

- Read textbook chapters the day before they will be discussed in class.
- Start studying for exams at least one week in advance.
- Unplug from technology!
- Don't skip class.

[Freshmen History Class Syllabus](#)

# Habit 4 – Think Win/Win

- Share successful strategies with other students and ask for theirs in return.
- Form study groups with students with similar learning styles. This will benefit all of you.
- Communicate your concerns with your professor.

# Habit 5: Seek First To Understand, Then to Be Understood

- Ask your professors for informal feedback throughout the semester.
- Go immediately to the professor instead of letting too much time pass. They will appreciate your initiative!
- Assume positive intent if you have an issue with professor or classmate.

# Habit 6: Synergize

- Introduce yourself to other students in your class. This will help if you have to miss a class and need study notes.
- Access resources on campus to help you be successful (writing lab, academic support center, math lab, study sessions, tutoring).
- Work together to make flashcards and practice answering them together.



# Habit 7: Sharpen The Saw

- Take time to relax and take study breaks.
- Eat healthy, balanced meals and get frequent exercise.
- Eat small healthy snacks while studying.
- Get plenty of rest especially when a test is approaching.
- Carve out time to have fun with friends.

# Questions, Comments, Concerns?

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