

## Getting off to a Good Start

- Use an alarm function to wake up—don't rely on your inner clock (most cell phones have an alarm function, but buy an alarm if you don't have one already).
- Find a friend to walk to class with you. This will motivate you to attend regularly.
- Get a planner with a daily calendar. Carry it with you to all classes and record all class, work, and appointment times, test dates, and due dates of assignments and papers. Review your planner at least once each day.
- Record all assignments in your appointment book/planner (do not rely on your memory).
- Have a separate notebook for each class, labeled with your name and the name of the class. Some students find it helpful to have each notebook in a different color.
- Go to every class, and get there a few minutes early. Students who skip class or habitually arrive late not only miss out on learning, but also make a negative impression. Instructors respond more positively if they perceive that you are a motivated, hard-working, and responsible student.
- Sit as close to the front of the class as possible to stay alert and engaged.
- Make use of the instructor's office hours to ask questions about the lectures or reading materials.
- Always talk to the professor after an essay, quiz, or test. It will show that you're invested, and the professor will know who you are.
- Review your notes as soon as possible after each class. Frequent, short review periods are an enormous help in remembering and retaining information over the course of a semester.
- Begin reading and studying during the first week of class. Do not let yourself fall behind. Schedule regular periods for studying 6 days per week.
- Reserve one day (or at least a half day) for recreation, and do no class-related work on that day. The risk for "burnout" is great if you push yourself to work hard 7 days per week without a break.

- Take care of yourself with nutritious eating, regular exercise, and a consistent sleeping pattern. We recommend that you put these activities in your schedule and consider them as important as your classes. You may be surprised at how much these simple self-care activities may enhance your alertness and concentration, as well as help you handle stress throughout the academic year.
- Be careful about when you exercise. Strenuous movement 2-3 hours before bed has been shown to increase the likelihood of insomnia.
- If you would like to speak confidentially with a mental health professional for any personal or academic concern, visit Counseling and Psychological Services (CAPS). Call CAPS at (504) 314-2277 for more information or visit their website: <http://tulane.edu/health/counseling-and-psychological-services.cfm>.
- If you have a disability and need reasonable accommodations in or out of the classroom, be sure you have registered your disability with the Office of Disability Services (ODS) as soon as possible. You can contact them at (504) 314-2188 and learn more here: <https://tulane.edu/studentaffairs/disability/>.