TIPS FOR GETTING OFF TO A GOOD START

• Use an alarm function to wake up—don't rely on your inner clock.
• 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.
• Don't rely on just your memory! Record all assignments in your appointment book/planner.
• 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 close to the front of the class to stay alert and engaged. Seems scary, but it prevents you from being distracted by other people's screens and notes.
• Make use of the instructor's office hours to ask questions about the lectures or reading materials.
• 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 to 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 aware of 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). For more information or visit the CAPS webpage on the Campus Health website: https://campushealth.tulane.edu/caps

If you have a disability and need reasonable accommodations in or out of the classroom, be sure you have registered your disability with the Goldman Center for Student Accessibility as soon as possible. You can contact them at 504-862-8433 or goldman@tulane.edu and learn more here: https://accessibility.tulane.edu/