

# Healthy Habits for Academic Success

## FOUNDATION



Position yourself for success by setting realistic goals.

Consider the skills and flexibility you will need in order to reach success this semester.

Acknowledge the strengths that have allowed you to excel and embrace temporary obstacles.

## GOOD HABITS



Attend classes regularly

Complete assignments on time

Contact Instructor for help

Review notes regularly

Understands actions have outcomes

Time-management skills

## POOR HABITS

Address obstacles impeding your academic success.

Poor planning

Time management

Catastrophic thinking

Poor note-taking strategies

Procrastination



## ACTIVE PARTICIPATION



Represents a high level of creatively engaged thoughts and idea sharing.

Learning is a fun experience! Make the most of your learning experience both inside and outside of the classroom.

## CAMPUS RESOURCES

Routine Academic matters (AACSS)

Academic SKills (KATZ)

Writing Center (ARC)

Tutoring (ARC)

Study Abroad



## TRACKS ACADEMIC PROGRSS

Your course syllabus contains the expectations and responsibilities of your course. Know it!

Meet with your Faculty Advisor

DegreeWorks (Roadmap to graduation)

