



CFA

FIRST-YEAR STUDENTS

Learning Habits for Success

Have a positive Mindset

Challenges are part of life's daily experience. Having a positive mindset is more about how you choose to respond to the obstacle in the present moment.

Get Organized

Create a clutter-free workspace you feel inspired to learn.

- Know your course syllabus, this will guide your course success.
- Use a practical note-taking system. We recommend the Cornell Note-Taking system due to its simplistic layout and efficient review method.
- Organize and back up your files. You are more than likely to have at least one computer malfunction during your college career. Don't lose your files at the inopportune time.
- Never discard academic notes or course syllabi, instead begin developing your undergraduate learning portfolio.

Calendar & Reminders

Many students find it useful to use Microsoft Office Outlook calendar and OneNote, a digital note-taking app great for keeping notes organized and accessible anywhere anytime. This will prevent you from forgetting to complete and submit assignments on time.

- Calendar all class attendance, assignments, and important university deadlines.
- Enable push notifications reminders for when you plan to complete assignments.
- Invest in a white board for tracking daily tasks.

Manage your Time Well

Time-Management is one of the top challenges for first-time college students. Too often students underestimate the amount of time it can take to complete an academic task.

- Good time-management requires self-discipline and must be practical to fit your lifestyle needs.
- Individuals who exhibit good time management skills tend to be more productive and less stressed about their academic studies. They understand the importance of breaking down large tasks into practical manageable ones and are more likely to execute their goals.

Self Advocacy

Self-Advocacy refers to being able to use good communication skills to articulate and express your needs. On the path to turning dreams into reality, you will require systems of support and LMU is here to help!

- Be your own biggest supporter
- Seek out information, fact gather, and follow up.
- Know your rights and responsibilities (LMU Bulletin).
- Take advantage of opportunities.