



TIPS FOR STAYING ON TRACK WITH COURSE ASSIGNMENTS

ATTENDANCE

Academic success is directly correlated with class attendance. If you don't show up how can you expect to learn and be successful.

Check your course syllabus for attendance policies, many Professor's allow 1 -2 excused absences.

GET WRITING HELP!

Strong writing skills are critical for college success. Check your course syllabus for writing guidelines and expectation and seek out the writing center for collaboration and feedback on written assignments.

The Academic Resource Center offers course tutoring and writing tutors!



THE 24 HOUR RULE

Reviewing your notes within the first twenty-four hours will help you retain the information.

Rewrite your notes using language that is easy for your brain to recall.

Think of it as creating your own textbook.

LIMIT DISTRACTIONS

Address internal thoughts and competing priorities before engaging in academic material.

Turn off notifications
Use headphones

SELF CARE

Eat well & stay hydrated
Exercise regularly
Take Breaks between study sessions

Check out LMU's Student Psychological Services > Resources > APPs for Mental Health

When things get tough, don't just push through it get help. Student Health Services - 310.338.2881

ACTIVE PARTICIPATION

Professors expect you to be an active participant in the learning process. This is your time to share your point of view, engage with peers, and develop good speaking skills. Furthermore, this is a great way to hold yourself accountable for the material that will be covered.

RESOURCES

Professor Virtual Office Hours
AACSS -CFAadvise@lmu.edu , cfa.lmu.edu/advising/
Academic Resource Center -academics.lmu.edu/arc
Office for International Students -OISS@lmu.edu
Disability Support Services - dsslmu@lmu.edu
Career and Professional Development - "Events" in Handshake search " office hours" to sign up for CFA every Wed 10am-12pm.