

# starting off strong

self-regulation

*Make It Happen:*

time management  
 concentration  
 reading  
 listening  
 memory  
 taking tests  
 writing papers  
**self-regulation**  
 learning styles  
 motivation

Here's a two-week guide to helping you "get there" and "be there" this quarter. Start your quarter with this checklist, and you'll be off to a great start.

## Your First Week

Successful Students...

Key steps to starting strong your first week...

Stay Current	<ul style="list-style-type: none"> <li><input type="checkbox"/> Read all syllabi.</li> <li><input type="checkbox"/> Make your weekly schedule.</li> <li><input type="checkbox"/> Identify study times and treat them like appointments.</li> </ul>
Read & Listen Accurately	<ul style="list-style-type: none"> <li><input type="checkbox"/> Quickly do a preview of each text.</li> </ul>
Remember	<ul style="list-style-type: none"> <li><input type="checkbox"/> Stay alert when reviewing syllabi in class and on your own. Think about what you already know about the subject.</li> </ul>
Test Well	<ul style="list-style-type: none"> <li><input type="checkbox"/> Notice what kinds of tests each class has.</li> <li><input type="checkbox"/> Notice how much tests are worth in each course.</li> </ul>
Write Effectively	<ul style="list-style-type: none"> <li><input type="checkbox"/> Don't be afraid to start now on your short writing assignments.</li> <li><input type="checkbox"/> Find someone to read your papers and give you feedback during the quarter.</li> </ul>
Pay Attention to Motivation and Self	<ul style="list-style-type: none"> <li><input type="checkbox"/> Identify your motivation level for each class. Own it.</li> </ul>
Know Themselves	<ul style="list-style-type: none"> <li><input type="checkbox"/> Identify the impact change has on you. Allow some breathing or "down" time for yourself and find a way to decompress.</li> </ul>
Make Learning Last	<ul style="list-style-type: none"> <li><input type="checkbox"/> Decide on your personal learning goals for this quarter's material.</li> </ul>

Like what you see?  
 Want more tools for time management, test taking, or reading? The Center for Learning's resources can give you a head start with the tools you need for learning success.

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## Your Second Week

Successful Students...

Continuing to Build a Strong Foundation and Good Habits  
Your Second Week...

Stay Current	<ul style="list-style-type: none"> <li><input type="checkbox"/> Adjust your weekly schedule.</li> <li><input type="checkbox"/> Put all due dates on a quarterly or "master" calendar.</li> </ul>
Read & Listen Accurately	<ul style="list-style-type: none"> <li><input type="checkbox"/> Divide reading into 30-minute chunks and put the page numbers into your schedule.</li> <li><input type="checkbox"/> Compare your lecture notes to someone else's.</li> </ul>
Remember	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review each subject for 10-20 minutes within 24 hours of learning new information.</li> </ul>
Test Well	<ul style="list-style-type: none"> <li><input type="checkbox"/> Spend ½ hour for each class reviewing what you read or heard last week.</li> <li><input type="checkbox"/> If you've had a quiz, figure out why you got answers right and/or why you got answers wrong.</li> </ul>
Write Effectively	<ul style="list-style-type: none"> <li><input type="checkbox"/> For papers over 3 pages, plan and schedule a read, draft, and re-write cycle.</li> </ul>
Pay Attention to Motivation and Self	<ul style="list-style-type: none"> <li><input type="checkbox"/> Check your sleep—are you getting enough?</li> <li><input type="checkbox"/> Make time for at least one non-structured social time or personal interest activity.</li> </ul>
Know Themselves	<ul style="list-style-type: none"> <li><input type="checkbox"/> Based on your own pacing style, identify key stress or busy times in the quarter. If possible, schedule time to work ahead before those times hit.</li> </ul>
Make Learning Last	<ul style="list-style-type: none"> <li><input type="checkbox"/> Connect something new you've heard to something you already know—or wonder about. Add value—share it with someone else.</li> </ul>

Adapted from Linda Wagner © 2004

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