



Helpful Tips on Note-Taking Skills for College Success:

- Make sure to bring your favorite pen and/or pencil everyday!
- Bring lots of paper!
- Write clearly and in your own words.
- Think of your notes as tools for success. They will be used to help you to solve problems, recall information, assemble parts, & learn new “stuff!”
- Use different headers to organize your notes.
- Use special symbols to highlight sections of your notes for emphasis.
- Enjoy taking notes! They are for you!!!



Helpful Tips on Study Skills for College Success:

- Use your syllabus as a guide.
- Keep up with all assigned reading.
- Complete all homework assignments.
- **ASK** lots of questions!!!
- Attend **ALL** review sessions that are offered.
- Focus on “big ideas.”
- Write major concepts in your own words.
- Avoid memorization from your textbook(s).
- Make your own diagrams, charts, tables, & graphs to help you visualize concepts.
- Explain concepts to your classmates.
- Make your own review sheets and questions.



Evaluating Stress

As you prepare to enter college, it is important that you maintain a healthy lifestyle. Keep stress to a minimum by getting enough rest and avoid procrastination as it relates to your school work. It is recommended that students maintain a stress journal to keep track of situations and/or events that occur. Reflecting on your feelings by writing about them will help you to better manage them in a constructive manner.

Focus on these questions:

- 1) What did you feel?
- 2) What was the cause?
- 3) How did you manage?