

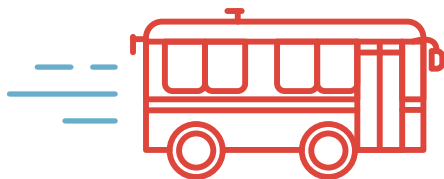
TIPS AND TRICKS FOR SUCCESS

Thoughtful strategies can help Hoos overcome challenges and succeed in school and life.

ADJUST TO ACADEMICS

- **STUDY SMART**
Planning your schedule ahead and getting enough sleep can make studying more efficient. Scope out comfortable study spaces, like the Lawn Gardens or Clem Two.
- **COLLABORATE**
Students often learn more by participating in office hours, study groups, and tutoring. Connecting with your professor or teaching assistant sooner helps keep you on track.
- **WRITING CENTER:** One-on-one appointments help organize, express, and revise your ideas.
— Bryan Hall, Clemons Library, and Claude Moore Nursing.
- **MATH TUTORING CENTER:** Walk-in tutoring.
— Gilmer Hall.
- **LIBRARY SERVICES:** Guidance on paper sources, citations, and using technology.
— Alderman and Clemons Libraries.
- **CAREER CENTER:** Guidance for majors, interests, research, internships, and more.
— Bryant Hall, Newcomb, and 1515.
- **LEAVE EXTRA TIME**
Leave space in your schedule for surprises, like a fun break with friends or schoolwork that takes longer than expected.
- **MAINTAIN PERSPECTIVE**
Many students find college courses more challenging than classes in high school. It is normal to get a range of grades on assignments. Trust us - you belong here!

GET AROUND GROUNDS EASILY



Want to get around faster? Track UTS buses with the Transloc Rider app. Pay attention to surroundings, including bikes, cars, sidewalks, and roads.

HOO
KNEW ?

Most UVA students do something they find fulfilling, like contributing to a cause.*

“Give yourself some time to figure out your learning style and study routine.”

C.G., CLAS 2020

FIND A MENTOR

Building relationships with professors, teaching assistants, staff, and upperclassmen helps students adjust to school and find community.

Stop by **office hours** to ask questions, discuss the course, or talk about interests.

Take advantage of College Council’s **FREE Take Your Professor Out to Lunch** program.

Visit **clubs and activities** related to your academic interests to connect with older students about classes, majors, and careers.

“Fall break is a great time to catch up on studying, relax with friends, and explore C-ville.”

P.S., CLAS 2019

FIT IN PRIORITIES

Dedicating time to **things you care about**, such as getting to know people or exploring new things, can help achieve goals. One way to fit in priorities is to organize activities for **today, tomorrow, and later**. You can also prioritize tasks by what you **must do, should do, and could do** each day. Everyone’s priorities are different, and it may take practice to find what works for you.

TODAY	TOMORROW	LATER
 club meeting	 finish paper	 TA office hours
 class presentation	 intramural game	 laundry

At the end of each day, re-evaluate your schedule and adjust the plan as needed.

MUST DO	SHOULD DO	COULD DO
 eat lunch	 dorm study session	 go for a swim
 finish math problems	 relax with friends	 visit the Writing Center

MOVE!

Doing something active most days of the week can help you establish a healthy routine, explore opportunities, connect with friends, and balance stress.

VOLUNTEER!

Meet new people, explore potential careers, and broaden your perspective.

Madison House programs offer many ways to serve the community. Enrollment takes place at the start of every semester.

Spending reading days in Charlottesville? One way to have fun and make an impact is volunteering through **Alternative Fall Break**.

HOO
KNEW ?

84% of UVA students choose to get enough sleep, rest, or relaxation.*

*From the February 2017 Health Survey with responses from 1,010 UVA students



Get a **flu shot** at Newcomb on October 2 to help keep yourself and others well.