

TIPS & TRICKS FOR SUCCESS

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Office of Health Promotion
Department of Student Health
University of Virginia

Designed by Jennifer Zhou, Class of 2019
Edited by Helina Sirak and Matt Salit, Class of 2019

Life at UVA brings new challenges. Thoughtful strategies can help Wahoos succeed academically and personally.

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 manage time is to organize activities according to what you **must do, should do, and could do** each day. Adjust the plan as needed to accommodate surprises that arise.

Take time to play! Play a pickup game outdoors or at the gym. Join an intramural team. Try group fitness classes at the AFC. Sign up for an upcoming outdoor adventure. Take a nice walk around Grounds.

Volunteering through Madison House is a great way to connect with people, explore potential careers, serve our community, and destress!

"The best advice I received was to find a professor or other adult here I like, and then talk with them regularly."

P.S., CLAS 2019

"Professors are friendly and more than happy to meet with you."

T.F., SEAS 2019

FIND A MENTOR

1

Reach out to professors in your favorite classes. Stop by office hours to ask questions, discuss the course, or talk about their interests.

2

Treat a professor to lunch with the College Council's FREE Take Your Professor Out to Lunch program. Bring along a classmate if you like.

3

Tell professors about your activities and projects as they relate to the class – they love to hear about you!

"I wanted to go over ____"

"I was really excited when you talked about ____ because of my interest in ____."

HOO KNEW?

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

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

OCT 12

Get a **flu shot at Newcomb** on October 12 to help keep yourself and others well.

ADJUST TO ACADEMICS

Students are used to performing well in classes before UVA. Courses here may be more challenging, and focusing on learning (instead of grades) can help you get the most out of school.

Study smart. Scope out cozy study spots, like the Gardens or smaller libraries. Studying ahead (rather than cramming) and getting enough sleep make studying more efficient.

Seek out help. Students often learn more by participating in office hours, study groups, and tutoring. Connecting with your professor sooner helps keep you on track.

WANT A BOOST?

Writing Center: One-on-one appointments help organize, express, and revise your ideas. Bryan Hall and Clemons Library.

Math Tutoring Center: Walk-in tutoring during specified daily hours. Gilmer Hall.

Library Services: Guidance on credible sources, citations, and using technology. Alderman and Clemons Libraries.

Want this poster for your room?

Feel free to take me home November 6-10.

HOO KNEW?

97.9% of UVA students do NOT use prescription stimulants that aren't prescribed for them.*

Be aware of surroundings when moving around grounds. **Paying attention** to pedestrians, bikes, cars, sidewalks, and roads can help prevent injury. Want to get around faster? Track **UTS buses** with the mobile app.

"The on-Grounds housing application is quick and easy, and living on Grounds can be low stress."

T.J., Nursing 2020

Establishing weekly routines, keeping organized, and getting enough sleep are more sustainable ways to succeed.

Talk to us at StallSeatJournal@virginia.edu!