

# ACADEMIC SKILLS FOR SUCCESS

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Academic skills are skills that students improve while in college, not something mastered before coming to UVa. It's okay to feel challenged – everyone does at one time or another.

Increasing your self-awareness and your skills can help you be more efficient, so you have more time for whatever is important to you, such as getting to know people, exploring your interests, or relaxing and rejuvenating.

**HOO KNEW ?**

99.0% of UVa students believe exploring things that are of interest to them helps them thrive.\*

## MOTIVATION

WHAT ARE YOU CURIOUS ABOUT?  
WHAT DO YOU WANT TO LEARN ABOUT OR DISCOVER?

Students may find that challenges at UVa differ from those they've experienced before. Everyone's motivations are unique to them and students approach life at UVa in different ways. The idea is to learn and grow, so feel free to focus on your own goals. Grades and GPA are only part of the big picture and there are many ways to define success.

## MANAGING TIME

CONSIDER YOUR MOST IMPORTANT GOALS.

What courses and other activities will help you progress towards your goals? Dedicating time to your priorities can help you make the most of your time at UVa.

Must Do	Should Do	Could Do
	go for a walk	
turn in lab report		watch soccer game
Meet w/ advisor @ 3 PM	study 4 math exam	

**TRY THIS!** Organizing priority activities for the week according to must do, should do, and could do can make time management easier. At the end of each day, the schedule for the following day can be adjusted as needed. Focus on your priorities and allow time for unexpected things, such as an impromptu Frisbee game or supporting a friend through a difficult time.

## ADJUSTING TO COLLEGE COURSES

STRATEGIES & APPROACHES TO KEEP IN MIND:

**ROLES:** The instructor's role is to share key concepts and the student's role is to *show up prepared, actively participate, and communicate their challenges.*

**STUDY TIME:** For every one hour spent in class, expect to spend *two hours outside of class* studying. For example, a student taking a 15-credit load will likely spend around thirty hours each week studying.

**READINGS:** Readings are central to many courses. Find strategies that work for you to *understand and process the key points*, like using the textbook helps (bolds, summaries, review questions, etc.).

**EXTRA SUPPORT:** Some classes will be easier for you than others. You may benefit from getting to know the instructor and participating in office hours, test prep sessions, study groups, and tutoring.

## RESOURCES FOR SUCCESS ON GROUNDS

**Writing Center:** FREE one-on-one support to help you organize, express, and revise your ideas  
> IN BRYAN HALL AND CLEMONS LIBRARY

**Math Tutoring Center:** FREE walk-in tutoring every day during set hours  
> IN CLEMONS LIBRARY

**Peer Health Education:** FREE one-on-one sessions about getting organized, developing study habits, and other topics with trained students  
> IN ELSON STUDENT HEALTH CENTER

**Career Services:** FREE guidance in exploring interests, getting experience, and choosing a major  
> IN MONROE AND BRYANT HALLS

**Library Services:** FREE guidance on finding information sources, creating citations, and using library technology  
> IN ALDERMAN AND CLEMONS LIBRARIES

**Counseling and Psychological Services (CAPS):** FREE one-on-one support for stress about school or other issues, plus help connecting to resources  
> IN ELSON STUDENT HEALTH CENTER

\*From the Spring 2015 Health Survey with responses from 931 UVa students