

TIPS AND TRICKS FOR SUCCESS

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Adjusting to college can be tough and take some time, but these strategies can help Hoos feel more comfortable in and out of the classroom.

ADJUSTING TO ACADEMICS

PLAN



Mapping out each day with classes and other commitments can help to manage and prioritize time.

Using a physical planner or online calendar can help map out each day.

COLLABORATE

Students often learn more by participating in office hours, study groups, and tutoring.



Professors and teaching assistants help to keep students on track and further explain course material



Writing Center: one-on-one appointments help to organize, express, and revise written ideas.
Bryan Hall, Clemons Library, and Claude Moore



Math Tutoring Center: walk-in tutoring sessions
Gilmer Hall



Library: Every month, the library answers an average of 500 questions on their online chat service, Ask A Librarian. Connect by visiting library.virginia.edu



Career Center: Guidance for majors, interests, research, internships, and more
Bryant Hall, Newcomb, and 1515

RESTORE

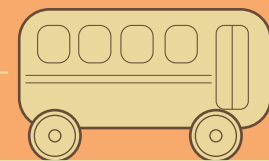


Leaving space in your schedule can allow for **fun breaks** with friends or the time to complete schoolwork that takes longer than expected.

GETTING AROUND GROUNDS



There are many options for getting around Grounds. If choosing to utilize the motorized scooters or bikes around Grounds, be sure to ride alert- listening for cars and others sharing the road.



SETTING PRIORITIES

Dedicating time to things you care about, such as exploring an interest or getting to know new people, can help achieve goals. One way to prioritize tasks each day is by organizing them into what you must do, should do, and could do. Everyone's priorities are different, and it may take time and practice to find what works for you.

MUST DO:

finish lab report, eat dinner



SHOULD DO:

get ahead on readings, relax with friends



COULD DO:

visit the Career Center, go climbing at Slaughter



HOO KNEW?

84% of UVA students build relationships by trusting someone with their private or important thoughts and feelings.*

FINDING A MENTOR

Building relationships with professors and teaching assistants can be intimidating at first, but remember that they are here to help all students succeed and **want to get to know you!** Try these tips to get to know professors, TAs, upperclassmen, and staff:

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

Utilize the College Council's **FREE Take Your Professor Out to Lunch program.**



Visit clubs and activities related to your academic interests to **connect with other students** in similar classes, majors, or career paths.

HOO KNEW?

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

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

FINDING INTERESTS

If you are still looking for something to get involved with on Grounds - there is always time! Searching the UVA club list online can help to explore the different organizations on Grounds and how to get involved.

"Finding what routine works best for you can take some trial and error. It's important that I am patient with myself when figuring out what habits work best for me." **S.M., CLAS 2020**

"Using a color-coded online calendar helps me keep my commitments separate and organized." **C.G., CLAS 2020**