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.

**WRITE CENTER**: One-on-one appointments help organize, express, and revise your ideas.

**MATH TUTORING CENTER**: Walk-in tutoring.

**LIBRARY SERVICES**: Guidance on paper sources, citations, and using technology.

**CAREER CENTER**: Guidance for majors, interests, research, internships, and more.

**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!

“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**
- club meeting
- finish paper
- class presentation
- intramural game

**TOMORROW**
- TA office hours
- laundry

**LATER**
- go for a swim
- visit the Writing Center

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

**MUST DO**
- eat lunch
- finish math problems
- relax with friends

**SHOULD DO**
- dorm study session
- volunteer!

**COULD DO**
- club meeting
- finish paper
- volunteer!

**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 1,000 UVA students*

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

Want this poster for your room? Feel free to take me home October 15 – 19. Talk to us at StallSeatJournal@virginia.edu!