

Tips and Tricks for Success

Life at UVA brings new challenges. Establishing a comfortable routine and knowing some tricks of the trade help you thrive.

Want to get around faster? Instantly see where the **UTS buses** are and where they're going with the TransLoc Rider mobile app.

The flu is yucky. Get a **flu shot at Newcomb on October 6** to help keep yourself and others well.

Your **awesome RA** knows **practically everything** (or at least can find out), so take advantage of them!

Eat! Every day. More than once! Plan regular times to fit in meals with friends between classes and activities.



Move your body! Zumba, shoot hoops, or join intramural water polo at the AFC, Mem Gym, or Slaughter. Get fresh air on the outdoor courts and fields. Or walk to all your classes.

ZZZZzzzz! Enough sleep at night helps you feel better, shine academically, and deal with life more successfully. For real.



Explore and connect! Oodles of CIOs, auditions, jobs, arts, sports, and volunteer opportunities beckon. Resist the temptation to sign up for everything! Relax. Try things out to see what excites you. Make amazing new friends at the same time.

Resources for Academic Success

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 daily hours. *Gilmer Hall*

Peer Health Education

One-on-one appointments about getting organized, improving study habits, and other topics with trained students. *Elson Student Health Center*

Career Center

Guidance in exploring interests, getting experience, and choosing a major. *Newcomb, Bryant, and Monroe Halls*

UVA Libraries

Group study space reservations, help from Ask A Librarian, and some always-open study spaces. *Alderman, Clemons, Brown and more*

Counseling & Psychological Services (CAPS)

One-on-one appointments and group support for stress about school and more. *Elson Student Health Center*

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

HOO KNEW?

94.0% of UVA students believe learning how to take care of themselves helps them thrive.*

Advice from Fellow Hoos:

"Don't worry about declaring a major yet."

-S.A., CLAS 2017

"First year is tough. Grades don't define you. Need a pick me up? Call your grandma. She doesn't care how you're doing in school."

-M.S., CLAS 2019

Tackle Your Classes

Make notetaking work for you.

Experiment with how much to jot down during class until you reach the sweet spot of listening, understanding, and creating a record for later.



Study smart.

Carve out regular study time (typically several hours per course each week). Studying ahead saves time compared to cramming. Getting enough sleep actually makes studying more efficient and is critical for memory.



Set realistic expectations.

Students might be used to receiving high grades in classes before UVA, but many students find classes here more challenging. There are many ways to define success, and focusing on learning and relationships (instead of grades and GPA) can help you get the most out of classes.



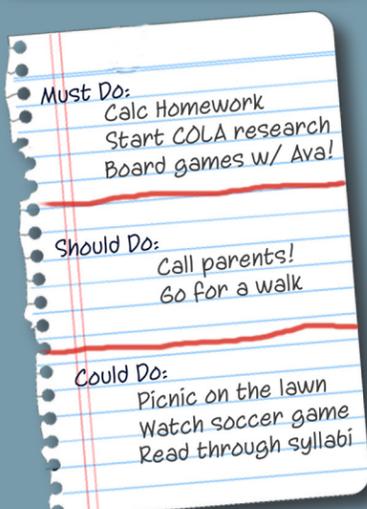
Ask others.

Some classes will be easier for you than others. Students often absorb more by participating in office hours, test prep sessions, study groups, and tutoring. Approach professors, who WANT to get to know you and help you learn.



Fit in Priorities

Dedicating time to things you care about, such as getting to know people or exploring new things, can help you meet your 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 for the next day. Don't forget to allow time for unexpected things, like impromptu Frisbee or helping a friend with a problem.



Want this poster for your room? Feel free to take me home Oct. 10 - 14!

Designed by Sarah Alberstein, Class of 2017