

Maintaining classroom knowledge/study habits

1. During breaks, engage in related interests similar to your major. By engaging your brain through these activities, you ensure that previously learned knowledge won't be forgotten. Volunteer at a hospital or nursing home if you are pursuing a degree in nursing or if you are pursuing a degree in Biology or Chemistry, see if professors need help with research during the summer.
2. One way to increase memory skills is to review a few key concepts, terms, or theories before bed every night. While you are sleeping, your brain is retaining the information you reviewed.
3. By remaining physically active, your overall brain function will improve and this will make it easier to remember classroom knowledge.
4. Get plenty of sleep before class each day to prevent zoning out or missing class all together.
5. Form a study group to review class materials and study for tests together.
6. Review notes on a regular basis, preferably after class to make sure the content remains fresh in your mind.
7. Do not cram for an exam the night before. Allow yourself plenty of time to review and study.

<http://www.scholarshipworkshop.com/bookstore/college-survival-skills-101.html>

College Survival and Success Skills 101. I did not look through the content of the book, but maybe we could offer a few copies of the book to interested students.

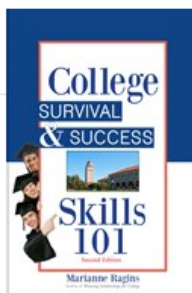
College Survival & Success Skills 101

Order Now

Get Off to a Fast Start in College! Avoid Pitfalls! And Do Well the First Year and Beyond!

[View the table of contents](#)

[Read the rave reviews!](#)



This invaluable guide, rich with anecdotes from students across the nation, is essential for any student who wants to improve time-management and study skills, boost a college GPA, get along with roommates, stay on track to graduate, become a world traveler with opportunities such as study abroad and find scholarships and awards to shrink the tuition bill.

Not only does *College Survival & Success Skills 101* show you how to pack your college years with career-building experiences that can lead to graduate and professional schools clamoring to admit you and employers offering multiple job opportunities; this easy-to-use resource also shows you how to avoid many of the pitfalls on a college campus and still have fun.

Whether you're a college bound high school student, an interested parent or a currently enrolled college student, *College Survival & Success Skills 101* is a navigational tool you can't do without.

Writing a research paper:

<http://www.petersons.com/college-search/research-paper-colleges-universities.aspx>

1. Plan your time. Map out a schedule and plan backward from the due date.
2. Choose your topic wisely, if you are given the opportunity to select your own paper topic. Select a subject that interests you or else the paper will be difficult to finish
3. Write a good thesis statement. This statement reflects the main topic and the order of supporting ideas.
4. Search for and consult as many resources as possible when writing the paper.
5. Start off by writing an outline. This will help you stay focused.
6. Write the first draft, put it down, and return to it to proofread and check your facts.
7. Proofreading is important. Look specifically for grammar and typing errors.

By breaking the task of writing a paper into smaller sections, the task won't seem as daunting.

Carroll College Counseling Services

<http://www.carroll.edu/students/wellness/counseling/skills.cc>

1. A general rule of thumb is 3 hours of studying per week per credit in the course. By multiplying the credit load by three, you can get an idea of the time you should provide for studying.
2. Study in a regular place at a regular time.
3. Limit study time to blocks of no more than 2 hours per subject. After 2 hours your concentration will rapidly decrease, so take a break and switch to a new subject.
4. When studying for finals, recognize and accept your limits. Not everyone will get A's in all their classes. Be optimistic and think positively during finals week.
5. Establish your priorities during finals week. If you have several final papers and tests in one week, decide what you have to finish today and what can wait for another day. Focus only on the task at hand.

Montana University System-College Survival Guide

1. Be prepared to be overwhelmed. There is a lot going on in your life, so expect to have moments where it seems a bit too much. You are not the only one feeling that way.
2. Don't procrastinate. If you spend your time cramming for each test, you may do well on the tests, but you'll learn very little in the long run.
3. Take advantage of the study resources on campus. Look into the learning centers and tutors.
4. Stay organized. Keep track of due dates and course requirements.
5. Make time for yourself. Set aside time to relax and do activities that you enjoy

@ NDSU

Smarthinking from Pearson

<http://www.smarthinking.com/> (NDSU listed this on their ACE tutoring website:
http://www.ndsu.edu/studentssuccess/about_ace/)

“Smarthinking began in 1999 as an innovator in connecting students with highly qualified educators via the Internet. Since that time, Smarthinking has grown to become the premier provider of research based, research proven online tutoring to help institutions of higher education increase student achievement, boost retention, and enhance learning. Students in over 1,000 colleges and universities use Smarthinking’s services every year.

Smarthinking, a member of the Pearson family, is committed to providing personalized learning solutions that improve success and retention for all students. The combined expertise of Smarthinking and Pearson Education gives us the ability to grow and expand our services, and provide more students with rich and rewarding learning experiences.”

ACE has study spaces available for students. They offer individual, double, and group study rooms. Drop-in to find a study room, no reservations are given.

Services at ACE are partially paid by student fees, so there is no additional cost for utilizing ACE. All students are eligible to use the ACE program.

Here is the link for NDSU’s on-campus resources:

http://www.ndsu.edu/studentssuccess/academic_resources/ndsu_academic_resources/

Student Support Services at NDSU (TRIO): <http://www.ndsu.edu/trio/studentssupportservices/>