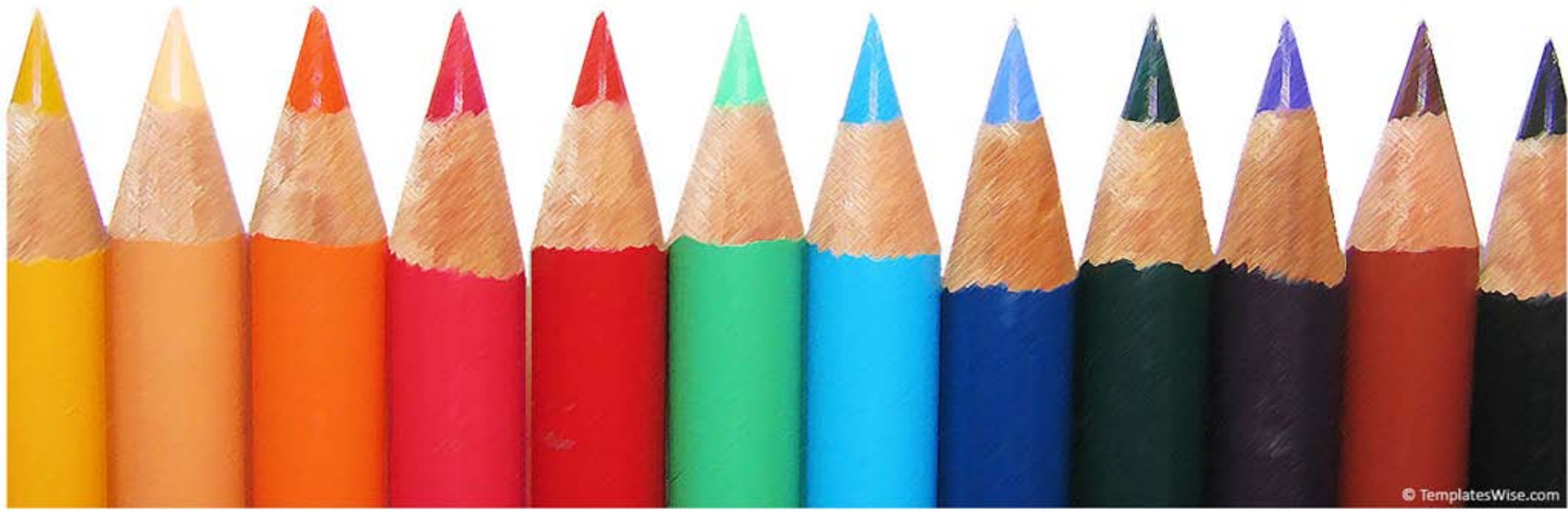


Tips to a Successful School Year

AnnaRose Adams

OSU MANRRS Publicity Officer



Kicking off the year

Starting off your school year equipped with good study habits and time management skills are key to being successful throughout your time in college.

This presentation will provide you with some tips to help manage your time, reduce your stress, and increase your success in class.

Tip #1—Keep Track of Dates

- During your first week of school, look over all your syllabi and mark down all your due dates and tests in a planner
- Looking ahead will help make you aware of days where you have multiple exams, or potential conflicts
- Being aware of project due dates and exams gives you time to plan ahead and give yourself enough buffer to complete your tasks



Tip #2—Monitor Financial Aid

- Financial aid often makes mistakes
- Go to the OSU Services portal and look at your financial aid statement
 - Compare your award offer to your OSU account summary, does it look the same?



Handling Financial Aid Problems

- If you have a problem with your financial aid, GO TO THE OFFICE
- Calls or emails will often go unanswered for months
- Prepare your questions before you go to the office and bring them with you
- Take advantage of the walk-in office hours every weekday afternoon at the Fin Aid Office

Tip #3—Be a Proactive Learner

- Be active in your learning. You are the one paying for it, so shouldn't YOU get the most out of it?
- Examples of being proactive
 - Going to your professor's office hours to ask for help
 - Reaching out to lab partners to create a study group
 - WORKING AHEAD and not saving tasks to the last minute
 - Seeing your TAs for help
- Do not wait until the final to pick up your game in a class



Tip #4—Avoid Multitasking

- Studies show that our brain is more effective at acquiring information when we solely focus on one task, rather than juggling multiple tasks at a time.
- Follow a task to completion. If you are in the middle of writing a paragraph and your best friend calls, finish the paragraph and the thought you are on, and then call your friend back.
- Close all social media when you are studying. That means close your email, your facebook, your myspace, your twitter, etc. Even try turning your phone off or putting it on silent. Focus on what you are trying to study. Then, give yourself a social break once you've completed a homework set, or studying a chapter, and go check all your social outlets.



Tip #5—Be diligent in seeking scholarships and internships

- Finding sources of funding and internships is a tedious process, but it is extremely rewarding for those who make a commitment to putting in the time and effort.
- Internships give you real job experience. In today's job market, having a degree isn't a golden ticket into a job. Employers want to see relevant work experience.
- Scholarships have an additional value other than supporting your education. They speak to your ability to stand out from the crowd, which says a lot to future employers and grad school professors.
- Scholarships and internships applications TAKE TIME. Give yourself enough time to complete them. Ones left to the last second are usually obvious to the committee.



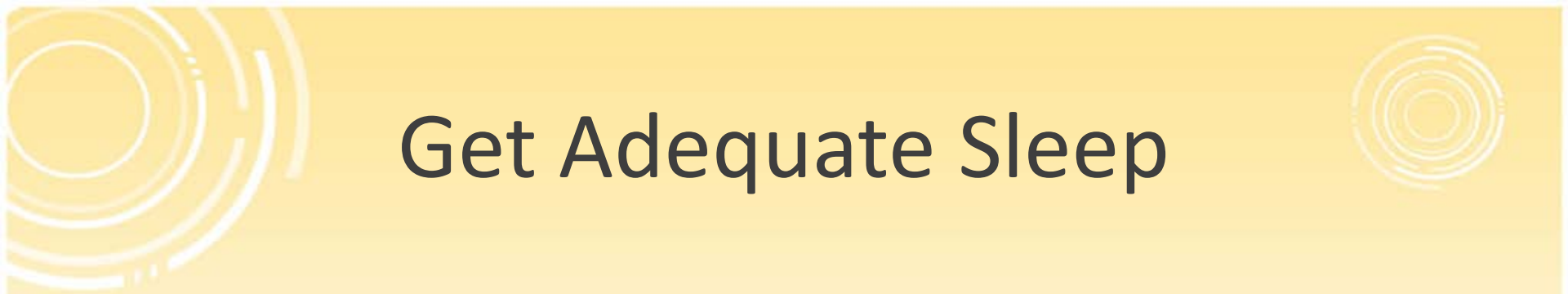
Things to avoid in your application

- Cut and paste jobs. Your committee WILL NOTICE. You can use ideas from previous essays, but tailor them to fit the goals of what you are applying for
- Passive voice. As much as possible, try to avoid passive sentences or phrases. Be active!
- Grammatical and spelling errors. You will get rated down, or outright rejected for these. Work ahead of deadlines and have as many people as possible edit your essays. Even though you may think it's perfect, familiarity with a document can often blind you from a blatant error.

Tip #6—Manage your personal well being

- Your emotional and physical health is integral to your performance in the classroom. It is crucial that you take time to take care of yourself, or else you will burn out.
- The following slides each outline ways for you to avoid burn out.





Get Adequate Sleep

- This is very important. There have been studies that have been done that show adequate sleep (that means 8 to 10 hours) increases performance on exams. If you are well rested, you are able to study better, manage daily stresses, and avoid getting sick.
- If you have an exam, don't stay up all night cramming for your it. It will lead to poor performance on your exam. Instead, study ahead. In the case where you are crammed for time, study as best you can, but make sure to get some sleep! If your test material is the last thing you study before you go to bed, your brain will literally study for you while you are sleeping as it processes information. There have been studies that have proven this.



Exercise Daily

- That's right, get off your tush, out of your seat, and get moving! We are not meant to be sedentary. Exercise will help boost your immune system, brain function, and physique. It also helps prevent large health concerns such as heart disease and various types of cancer. So get out there and **GET MOVING!**



Take time for friends

- It's very easy during the stress of school to isolate yourself from your friends in order to do piles of homework. While dedication to your work is good, it is also good to maintain your social well being. Eventually, too much isolation leads us to points where we feel lonely, which can distract us from being productive from our work. So give yourself a break and go laugh with friends!



Learn to say no

- With the immense amount of opportunities available at OSU, it is easy to become overwhelmed. Manage your time and don't be afraid to turn down an opportunity to give yourself breathing room.
- If you are a busy person who crams your day with activities, make sure to schedule time in for yourself and honor it like you would a meeting with a professor, or a final exam. Let that time be yours, and no one else's. Avoid scheduling meetings during that time and take a moment to relax!



Final remarks

- Coping with the stress of college can be easier than one may think
- The tips in this presentation barely scratch the surface of ways to get through college stress
- Find your own strategies to be successful
- Remember, there is a reason that you made it through the college admissions process; You are capable of making it to the finish!