

Strategies for Academic Success



When it comes to university-level academics, students get out what they put in! It isn't unusual for students to need time to adjust to college classes and learn to balance their time, but there are some strategies you can implement in order to stay on track to success:

- Be sure to **set aside plenty of time** outside of class every week to complete readings, assignments, and have some general study time.
- **Read your syllabus** to stay informed regarding assignment details and due dates
- If you have difficulty with an assignment or topic, **contact your professor as soon as possible** to arrange to receive extra help. Don't wait until the end of the semester or the day before an assignment is due!
- Set **calendar reminders** to help avoid procrastinating
- Sign up for **free tutoring or workshops** in Time Management or Study Skills from The Study

Rely on your Network

Students often feel like they need to achieve everything on their own or that they are the only one having difficulty, but this is simply not true! There is an entire network of resources at Loyola that are here to support you, whether you are having difficulty in a class or would like to enrich your studies.

Academic Support

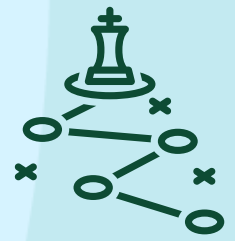
- Visit your professor during office hours
- Make an appointment for free tutoring at the Study or the Writing Center
- Get in contact with the First-Gen Allies
- Reach out to your Evergreen or RA for a student perspective
- Practice self-advocacy -- don't be afraid to reach out to someone as soon as you need assistance! There is nothing unusual about needing some help or advice.



Academic Enrichment

- Pursue interdisciplinary and extra-curricular activities
- Join a related club
- Get to know your professors and others in the department
- Relationships and connections with professors – try to get to know at least one of your professors each semester
- Meet with your academic advisor on a regular basis
- Reach out to the National Fellowships office to learn more about opportunities both in the US and abroad

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The Importance of Setting Academic Goals

Setting academic goals:

- Gives you something to work toward
- Can help you avoid procrastination by having milestones along the way
- Can reduce stress or feelings of anxiety; and
- Can bolster self-esteem and give you a sense of accomplishment.

Set SMART Goals

Make sure that your goals are SMART:

Specific; **M**easurable; **A**ttainable; **R**ealistic; **T**imely

1

Start by having a conversation with your advisor or professor to brainstorm what you want to achieve academically.

2

Make a list of some SMART goals that you hope to achieve -- they can be a mix of short-term or long-term goals. Ask your advisor for advice as to how to make sure your goals are realistic

3

Break each goal down into the individual steps that you will need to take in order to reach it. Think about a reasonable timeline for each step.

4

Stay motivated by tracking your progress. It can be helpful to create a rewards system for each step along the way or for larger milestones.

5

Your goals may change or shift along the way. Take some time each week, or at the beginning of the semester for longer-term goals, to evaluate if your plans and goals have changed.

