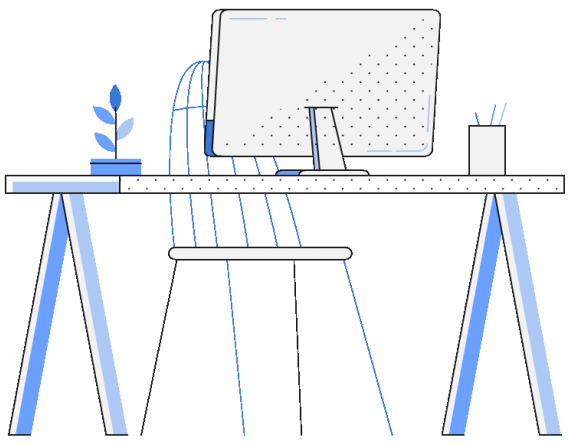


# FIVE THINGS TO KNOW



## 2. CHEAP BOOKS

### Free or Rented

Google "free college books" or "rent college books cheap"

**Pro Tip:** Ask your librarian what books are available to use in house.



## 4. APPLY FOR FINANCIAL AID

### Mark October 1st on Your Calendar

October 1st is when the FAFSA opens.

Complete your FAFSA by December to get the best funding.

Re-apply for scholarships you already have.

Keep your grades up so you can continue to qualify for scholarships.

**Pro Tip:** Borrow only what you need. You don't have to accept everything offered.



## 1. IT'S IN YOUR SYLLABUS

### The Syllabus is Your Success Guide

The syllabus tells you what supplies you need, when exams are, and how to earn your grade.

You will learn your professor's priorities and expectations.

**Pro Tip:** Put all deadlines in one calendar at the beginning of each term.



## 3. ASK FOR HELP

### Learn the Resources

Work with your assigned **Academic Advisor** to stay on track and get questions answered.

**Disability Support Services** can help with any accommodations you may need. If you had an IEP in High School, you may benefit from talking with them.

**Ask about tutoring.** Tutoring is often offered through student success centers.

Many campuses offer **counseling** services.

**Pro Tip:** Your **Dean of Students** can help if you have a crisis that causes a major disruption (e.g. loss, violence, illness).



## 5. VISIT YOUR PROFESSORS

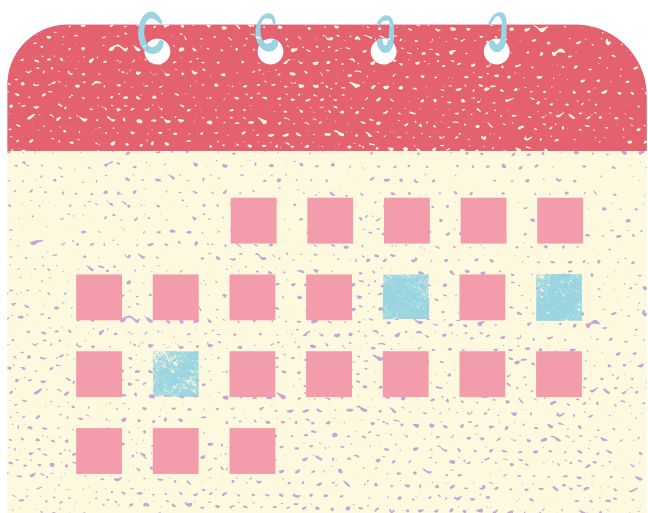
### Drop in During Office Hours

Office hours are a good time to ask questions and for your professor to get to know you.

Communicate if you are having troubles keeping up or if something is affecting your ability to attend classes.

**Pro Tip:** If you must email, be formal, polite and show respect. It goes a long way.

# HANDLING STRESS



## WELL BEING & EXERCISE

### Make Friends

**Get out of your room.** Join a club or group that interests you.

**Being active strengthens immunity** and generates endorphins that increase feelings of well-being.

**Try intramural sports.** It's a great way to meet others.



## LEARN HOW TO TAKE TESTS

### Test-taking strategies

**Professors may tell you what to focus on** (during class or during study sessions). Prepare by studying these items.

**Scan the entire test.** Decide how to spend your time.

**Spend more time on** questions that are worth more points.

**If you don't know an answer,** skip it. You can come back to it later.

**Answer each part** of essay questions.

[http://www.wiu.edu/advising/docs/mastering\\_test\\_taking.pdf](http://www.wiu.edu/advising/docs/mastering_test_taking.pdf)



## TIME MANAGEMENT

### Use a planner

**Schedule time** for attending classes, studying, work, exercise, and socializing.

Put all assignment and exam dates in **one calendar** at the beginning of each term.



## DEVELOP GOOD HABITS

### Stick to Your Plan

**Attend classes.** If you must miss class, ask a classmate for their notes.

**Take notes.** Professors will often write key points on the board. Put a star by key points.

**Study** during the time of day **when you are most alert.**

**Keep up with your reading.** Review headlines and breakout boxes. Then start reading.

**Start before the due date** so you can avoid all night work sessions.

**Join study groups.**



## USE A BUDGET

### Know your income and expenses

Take a **look at your spending habits.**

**Identify your expenses** (tuition, phone, books, food, clothes, medicine, transportation, laundry, activities, emergency fund).

Subtract your expenses from your income. **Adjust** your spending as needed.

Use **online budgeting tools.**