

THRIVING IN YOUR CLASSES

Habits to Form

- **GO TO CLASS**
- **READ THE SYLLABUS**
- **CHECK CANVAS**
- **READ YOUR EMAILS**
- **COMMUNICATE WITH YOUR PROFESSORS**
- **ASK FOR HELP**
 - ✓ Faculty Office Hours
 - ✓ Tutoring
 - ✓ Student Success Coach (SSC)
 - ✓ Peer Coaching
 - ✓ Writer's Corner

Skills for Success

- **NOTE TAKING**
 - ✓ Reading: Highlighting / underlining text or writing summaries in your own words
 - ✓ Lecture: Outline or Cornell Style notes
 - ✓ Handwrite or type
 - ✓ Review, Summarize, Rewrite
- **TIME MANAGEMENT**
 - ✓ Use a calendar, color code by subject or task
 - ✓ Daily/Weekly to-do lists with estimated time to complete, then rank in priority
 - ✓ Schedule fun time, study time and "Mystery" time
 - ✓ Every yes is a no to something else. Be selective.
- **STUDY HABITS**
 - ✓ WHO are you going to study with?
 - ✓ WHAT are you going to focus on?
 - ✓ WHERE are you going to study?
 - ✓ WHEN are you most productive?
 - ✓ HOW are you going to study - what method?

OTHER FACTORS

Success in the classroom starts outside the classroom by taking care of every part of your life:

- Mental - Counseling and Psychological Services (CAPS)
- Spiritual – Campus Pastor's Office
- Physical – Health Center



THINGS TO REMEMBER

- College is hard.
- Failure can be an opportunity to change direction, grow, or start again.
- The faculty and staff really do care.
- You can do this!



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PREPARING FOR REGISTRATION

Resources to Help with Registration

Waypoint

Waypoint is Westmont's online registration.



Academic Advising

Schedule to meet with your advisor to be cleared for registration.



College Catalog

The college catalog contains policies and major and minor requirements.



G.E. Course Grid

The General Education Course Grid contains requirements for all students.



Sample Plans by Major

Review four year graduation plans by major.



Schedule Planner

This is a helpful weekly planner with typical course times blocked out



Global Education / Off Campus Programs



MEETING WITH YOUR ACADEMIC ADVISOR

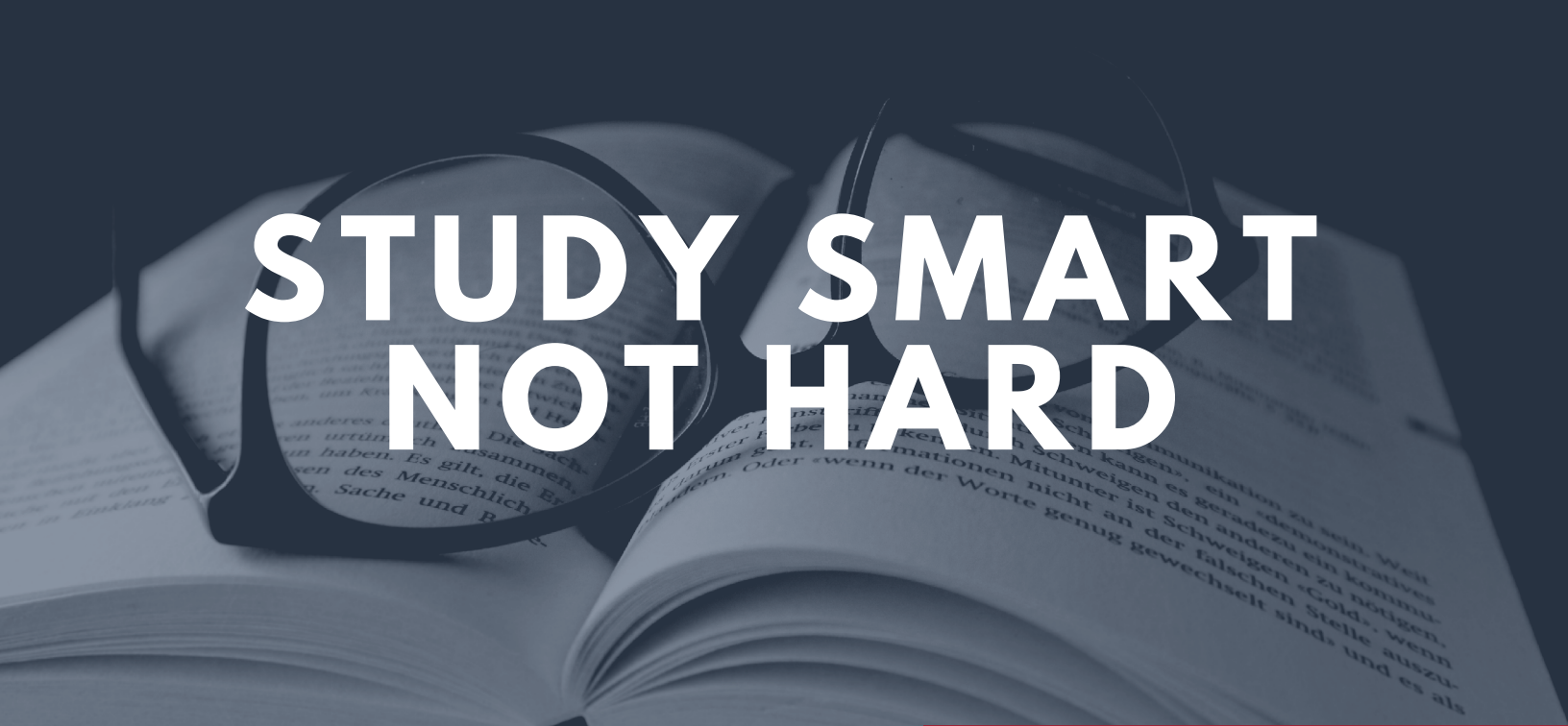
- Academic advisors can be helpful to you in many ways. They can help you explore your options regarding a major and career choices as they listen and learn about you and your strengths and weaknesses.
- If you have not decided on a major, that is fine! Your academic advisor will still be able to offer guidance and suggestions as you complete the general education requirements to explore possible interest areas.

ACADEMIC CALENDAR

- Keep track of important deadlines for adding and dropping classes.
- Find out which holidays have no classes.
- Plan for your travel home so you don't miss final exams.



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STUDY SMART NOT HARD

Four Steps to Success

The very best way to succeed is to **attend class and do the assigned work**. If you miss class, borrow notes, review items posted on-line, do the reading, and go to office hours to clarify information. When it comes time to study, follow these steps:

Step 1: Prepare

- Gather everything you need
- Turn off distractions
- Schedule a time and place to best focus

Step 2: Preview, Read, Recall

- **PREVIEW** - scan chapter/section headings, keywords, diagrams, read intro paragraph, start thinking of questions about the material
- **READ** - Read material actively asking yourself questions. How does this relate to lecture notes? What is the main idea? Talk to professor or TA about questions.
- **RECALL** - Verbally recite a summary of what you just read.

AT A GLANCE

1 - PREPARE

2 - PREVIEW, READ, RECALL

3 - SELF-TEST

4 - TEST AND REVIEW

Step 3: Self-Test

- Create possible test questions
- Practice problems/create flashcards
- Trade practice questions with a partner/group and discuss answers

Step 4: Test

- Arrive early with all materials
- Use good test taking strategies
- Review returned exams to learn from mistakes



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HEALTHY HABITS



Sleep. Eat. Repeat.

It should be that easy, right? Our daily lives consist of so much more than just surviving. Daily life in college is stressful, and not just because of homework and big exams.

8 in 10 College Students report high levels of stress—so you're not alone!

We encounter many challenges and experiences for the first time in college such as: homesickness, financial constraints, physical safety, social pressure, and more.

So, what can we do to rest and maintain healthy habits so we can thrive?

EAT

- Eat regular meals (including breakfast) at consistent mealtimes.
- Monitor your caffeine intake.
- Buy ready-made snacks.
- Stay hydrated to stay healthy.

ACTIVITY

- Find an activity you love. No need to be the next American Ninja Warrior, it can be as easy as walking the Westmont Loop!
- Endorphins are not overrated. Exercise can sharpen your memory, lower stress, and increase energy and focus.

SLEEP

- Sleep affects memory, processing and restoration and is often the first thing to be depleted when it comes to heavy weeks.
- Set a wind-down time. Pick up a book and put down your phone. Let your mind unwind.
- Set a consistent wake-up and bedtime and regulate your circadian rhythms.

FOCUS

- Spend regular time in prayer or mindful concentration.
- Get outside and look at the horizon to rest your eyes and your brain.



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GET CONNECTED

Things to do on Campus

JOIN A CLUB

Watch for the Club Fair in the fall to learn about clubs on campus.



SPORTS

Watch for an email from the Athletics Department to sign-up for intramural sports. There are also club sports (see above)!

ATTEND SOCIAL EVENTS

Residence Life and the Westmont Activities Council (WAC) put on fun events throughout the school year such as movie nights and dances.



GO CHEER FOR THE WARRIORS

With 13 different Warrior teams, there is often something going on. Be sure not to miss Midnight Madness!



INTERCULTURAL PROGRAMS (ICP)

There are many Westmont groups that promote intercultural learning and support for students on campus.



MUSIC

Westmont music programs are a wonderful way to build community and use your gifts. In addition to Choir and Orchestra, there is chapel band and even private music lessons for beginners. You can also get involved with your Res Hall during Spring Sing!



SPIRITUAL GROWTH

Make friends while serving in a ministry.



LONELINESS

You may be feeling overwhelmed by all the new people and missing the comfort of home. Adjusting to a new place and making new friendships takes time. Some tips to make the process a little smoother include:

- Stay on campus on the weekends instead of going home.
- Take a social media break and talk to the people in your hall.
- Talk to your RA.
- Make an appointment with CAPS if you need some professional counseling. caps@westmont.edu

OFF CAMPUS OPTIONS

- Serve in Santa Barbara with Urban Initiative.
- Join a local church community. If you aren't sure how to find a church, ask your professors or older students where they attend.
- Invite someone to go to State Street, the beach, or a local museum.



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TALKING TO YOUR PROFESSOR

What are Office Hours?

Your professors schedule office hours for YOU! If no students come in, they have plenty of grading, research and other work to do. Office hours are designed to help students. To make the most of your meeting, do the following:

- Know what you want from the meeting.
- Write down questions and topics to discuss ahead of time so you don't forget.
- Bring graded tests, study materials, your class notes, and your laptop with you.

Reasons to Meet with Your Professor

- Interest in discussing the subject matter in more depth
- Catching up from a missed class (after getting notes from a peer)
- Help with assignments
- Advice on career, research, internship opportunities, or course selection
- Reviewing previous exams
- Needing administrative help (forms signed, letter of recommendation written, etc.)
- Help understanding confusing concepts

AT A GLANCE

1 - BE ON TIME

2 - BRING NOTES AND LAPTOP

3 - COME WITH SPECIFIC QUESTIONS/TOPICS

4 - KNOW THAT THEY WANT TO HELP YOU



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Reasons to Meet with Your Professor

NEEDING ADDITIONAL HELP

Professors are the best source of advice for how to succeed in their classes. If you are investing sufficient study time and still not doing well, go talk to your professor. Be honest and communicate non-defensively. Let your professor know what you are already doing (how many hours you spend reading, reviewing notes, studying with other students, etc.)

Ask questions about what you don't understand and take feedback.

SEEKING ADVICE

- "I'm considering majoring in Data Analytics and would like some information."
- "I'm thinking about going to graduate school in Special Education and I have some questions."
- "How did you decide to major in your area and are you glad you made that decision?"
- "Other than being a social worker, what other career opportunities exist with a Sociology degree?"
- "Are you aware of any internship or research opportunities that would help me explore this major further?"

OTHER WAYS TO CONNECT:

- Talk to them before/after class
- Schedule an appointment
- Take a Professor to Lunch/Tea program

CONCERNS ABOUT TESTS

Reviewing past tests and quizzes to learn from your mistakes is an invaluable study tool. If you aren't sure why something was wrong, ask your professor. Or, if you are not doing well on tests and are not sure why, try, "I want to do better on your tests. Can you give me some suggestions?"

ADMINISTRATIVE HELP

Faculty spend much of their day in the classroom or preparing for being in class, so sending them an email to ask for something is not the most effective way to reach them. If you need them to do something for you, go to office hours in person. Some examples would be to have a form signed or to request a letter of recommendation.

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