

# SPRING INTO ACADEMIC SUCCESS

**Presented by the Academic Success Center  
@wpu\_asc • [www.wpunj.edu/academics/asc](http://www.wpunj.edu/academics/asc) • Cheng 111B**

# Academic Success Center

## SPRING 2020 WORKSHOP SCHEDULE

### Time & Location

#### Tuesday Workshops

12:30 pm-1:30 pm  
University Commons  
Room 211

#### Wednesday Workshops

7:00 pm-8:00 pm  
Cheng Library:  
Amy Job Classroom 114A

#### Thursday Workshops

3:30 pm-4:30 pm  
University Hall  
Room 120

#### Spring into Academic Success

Tuesday 2/11/2020  
Wednesday 2/12/2020  
Thursday 2/13/2020

#### Helpful Apps for Downloading Success

Tuesday 2/25/2020  
Wednesday 2/26/2020  
Thursday 2/27/2020

#### Studying & Note-Taking Hacks

Tuesday 3/3/2020  
Wednesday 3/4/2020  
Thursday 3/5/2020

#### Understanding & Overcoming Test Anxiety

Tuesday 3/10/2020  
Wednesday 3/11/2020  
Thursday 3/12/2020

#### Contact Information

Phone: 973-720-2563/3324  
Twitter/Instagram: @WPU\_ASC

Take Action.

Seek Help.

Create Your Path.

# UPCOMING WORKSHOPS :

HELPFUL APPS FOR DOWNLOADING SUCCESS  
STUDYING & NOTE TAKING HACKS  
UNDERSTANDING & OVERCOMING TEST ANXIETY

# TECHNIQUES FOR SUCCESS: OVERVIEW

1. Discussion about last semester
2. What is success?
3. What does your version of success look like?
4. Motivation
5. Start off right
6. Balance your time
7. Time management tips & tricks
8. Spring semester checklist





*THE ONLY WAY WE GROW IS BY LEARNING FROM OUR PAST...*

If you could repeat last semester, what would you have changed?

What are you worried about this semester?

What is something you accomplished that you are proud of?

What are three important things you learned?



# WHAT IS SUCCESS?

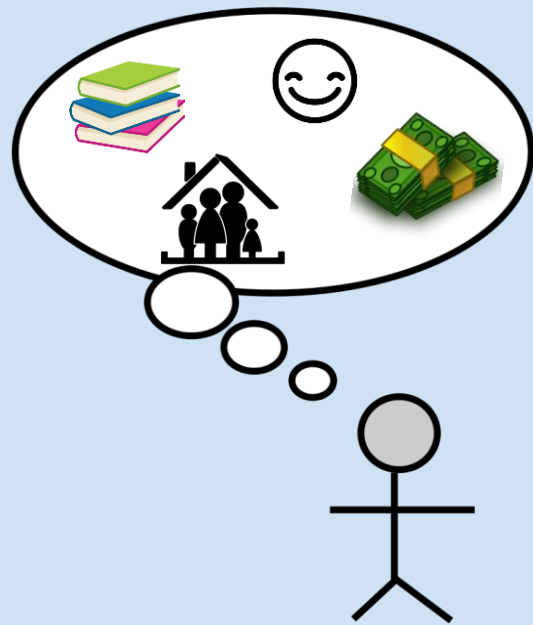
Success is staying on course toward achieving your greatest dreams, while creating wisdom, happiness, and unconditional self-worth along the way.



**SUCCESS**  
DOESN'T JUST  
COME AND  
FIND YOU,  
YOU HAVE TO  
GO OUT  
AND GET IT.

# WHAT DOES SUCCESS LOOK LIKE TO YOU?

- ❖ Being the Dean's list every semester?
- ❖ Attending every class?
- ❖ Being financially stable?
- ❖ Having a huge social network of support?
- ❖ Being happy?



So, take a moment and write down what your version of success looks like!

# MOTIVATION

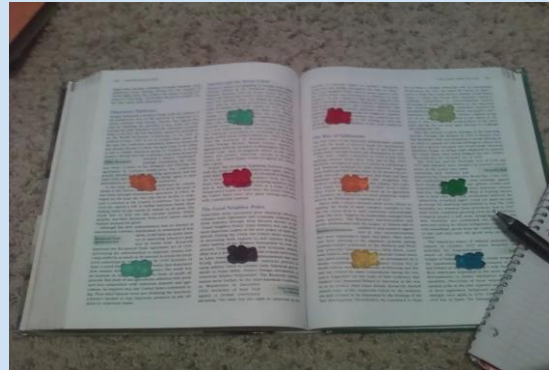
The reason(s) one has for acting or behaving a particular way

*By knowing what success means to you, you can identify reasons that motivate you to do well!*



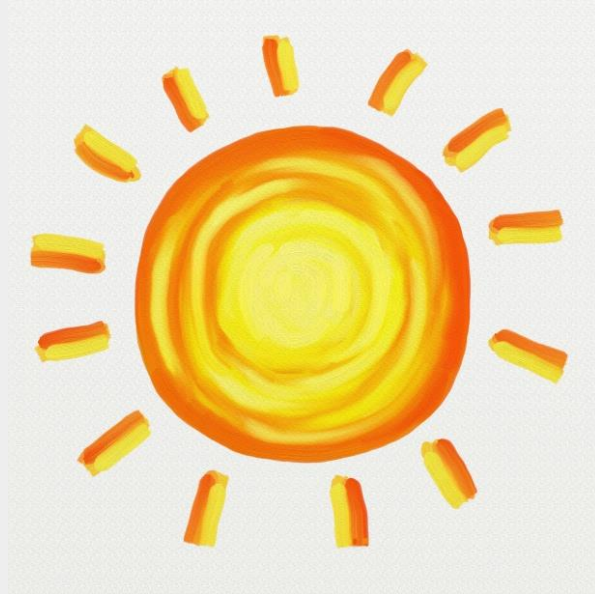
# MOTIVATION: TIPS

- ❖ Remember why you're here
- ❖ Create goals → short-term & long term
- ❖ Surround yourself with motivated & inspiring people
- ❖ Cut screen time in the morning
- ❖ Form a study group/Create a study buddy system
- ❖ Learn to say NO from distractions
- ❖ Self-care → healthy sleeping, eating, & fitness habits
- ❖ Create a reward system





THE SECRET OF GETTING AHEAD IS GETTING STARTED.



*EVERY JOURNEY  
BEGINS WITH ONE  
STEP.*

# START OFF RIGHT



Before bed or when you wake up, ask yourself:

- ❖ What needs to get done today?
- ❖ What should I do first?
- ❖ What can I get started on that will make my life easier at a later date?
- ❖ Do I have any important meetings to attend today
- ❖ Will I have time to grab food later or should I pack a lunch?
- ❖ What materials should I carry with me today?

Asking yourself these questions will help you prioritize important tasks and help you be more efficient throughout the day.

# START OFF RIGHT



- ❖ Establish a group chat or one person to keep in touch with per class
- ❖ Establish rapport with professors
- ❖ Get things that will make your life as a student easier (e.g., planners, textbooks, bookbag, highlighter, notebooks, etc.)
- ❖ Attend class AND be on time
- ❖ Read syllabi and plan out your assignments in planner
- ❖ Have you located campus resources?
- ❖ Check your email regularly!

WHAT DO YOU & QUEEN B HAVE IN COMMON?



You both  
have  
24hrs in  
the day!

# LET OUR ADVANCE WORRYING BECOME ADVANCE THINKING AND PLANNING

- Winston Churchill

*How can you balance your time?*



# BALANCE YOUR TIME

- ❖ Prioritize what is important
- ❖ For assignments that will take more time, break it down!
- ❖ Make an effort to wake up 15 minutes earlier than usual
- ❖ Arrive to campus earlier than you normally do if things like parking are an issue for you
- ❖ Get to class 15 minutes earlier to get set up
- ❖ Always make time for self-care



# WHAT IS TIME MANAGEMENT?

Time Management → is to improve your work performance in order to make you capable of completing your tasks in a timely manner.



## WHY IS TIME MANAGEMENT IMPORTANT?

- ❖ Reduces Stress
- ❖ Accomplish more in a shorter period of time = MORE FREE TIME!
- ❖ Helps you focus

## HOW CAN WE IMPROVE OUR TIME MANAGEMENT SKILLS?

- ❖ Planners
- ❖ To Do & Must Do Lists
- ❖ Pomodoro Technique
- ❖ Phone Apps!
- ❖ Time management journal



# WHAT TYPE OF PLANNER IS RIGHT FOR YOU?

## Daily

**Today's plan**  
OF ACTION.

DATE: April 9, 2015  
M T W T F S S

0 year from now you'll wish you had made started today

APPOINTMENTS  
10:30 Positive Development

3 THINGS I AM GRATEFUL FOR TODAY  
Chocolate  
Tumble  
Internet

NOTES  
Project due tomorrow

TODAY'S TOP 3 PRIORITIES  
☐ Laundry  
☐ Meal Prep  
☐

THINGS TO GET DONE  
☐ Fold Laundry  
☐ Get Mail  
☐ Book Venue  
☐ Contact client

CLEANING  
☐ Bathroom  
☐ Tub  
☐

PURCHASE  
☐ Printer Paper  
☐

OTHER:  
☐  
☐  
☐

EXERCISE & HEALTH  
- Couch to 5K  
- Jamie Eason Trainer  
- 30 day squat challenge

NOTES PAGE  
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MOOD  
😊

WEEKLY HABITS & GOALS  
1. 10 min stretch  
2. Tumble 30sec  
3. Daily Bible read  
4. Elena's play time

## TO DO THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

## Weekly



# POMODORO TECHNIQUE

What is it?

A technique that helps you focus your time while you are accomplishing a task. Works great for people who get distracted!

How to use it:

1. Start a timer
2. Work until the timer rings
3. Take a short break
4. Every 4 Pomodoro (work periods) take a longer break

# TIME MANAGEMENT JOURNAL

A journal where you log the amount of time it takes you to do certain tasks.

How to do it?

- ❖ For a week just log what you spend your time on and how long you spend on that task. (Even hanging with your friends!)
- ❖ After the first week go back to your journal and see what you spend your time on and if you can adjust your times on certain tasks.

## ACTIVITY

TAKE A MINUTE TO THINK OF SOMETHING THAT CAUSES YOU STRESS,  
THEN...

THINK OF SOMETHING YOU CAN DO TO REDUCE THAT STRESS. DOES  
ANYONE WANT TO  
SHARE?

# SPRING SEMESTER CHECKLIST

- ☐ Short/Long term goals
- ☐ Motivation
- ☐ Planner to manage/balance time
- ☐ Textbooks
- ☐ Locate campus resources
- ☐ Create a reward system

QUESTIONS?



NEXT WORKSHOP SERIES...

"HELPFUL APPS FOR DOWNLOADING SUCCESS"

DATES: 2/25 - 2/27/20