

I'm Feeling Stuck!

What Can I Do To Help Me Be Successful in This Class?

Have I.....

- ✓ **Been studying at least 2 hours for every unit the class is worth each week?** (IE. Class = 4 units = $2(4) = 8$ hours of studying/dedication to class each week)
 - A) Check yourself! Plug 6-8 hours of studying into your planner for every course you're enrolled in! Stay committed to your study schedule!
 - B) Refer to Concentration/Study Tips 101 handout located on our website: <http://www.csmadvising.calpoly.edu/> or pick up a hard copy at the kiosk in front of the CSM Advising Center!

- ✓ **Visited my professor's office hours? Emailed my professor?**
Have you asked questions such as:
 - What study strategies do you suggest I use to be successful on your exams?
 - What should I focus my attention on in your readings and study guides?
 - Do you give any extra credit opportunities?

- ✓ **Signed up for a Study Session or Supplemental Workshop?**
Visit: <http://www.sas.calpoly.edu/studysession/index.html> for Study Sessions or <http://www.sas.calpoly.edu/sw.html> for Supplemental Workshops
Kennedy Library, Rm 112, 805.756.2301

- ✓ **Attended Student Success Seminars?**
Visit: <http://www.sas.calpoly.edu/asc/sss.html>
Kennedy Library, Rm 112, 805.756.2301

- ✓ **Created study groups with peers in my class to complete assignments and study for exams?**

- ✓ **Used a tutor?**
 - A) Academic Skills Center Tutor Referral Service, Cal Poly. Free tutoring!
Visit: <http://www.sas.calpoly.edu/asc/trs.html>
 - B) Contact my course department for potential list of tutors!

- ✓ **Explored other study skills and learning strategies?**
 - A) Study Skills Library, Academic Skills Center, Cal Poly
Visit: <http://www.sas.calpoly.edu/asc/ssl.html>
 - B) Discovered my learning style?
Visit: <http://www.vark-learn.com> to take the Vark Learning Styles Quiz to help me better understand my own learning preferences!

- ✓ **Visited my Academic Advisor/Faculty Advisor to explore options?**