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?
   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?