



Study Skills

Making the grade at college is important. But what is the formula for academic success? Setting your sights on academic success can be a wise decision, since many of the skills that you acquire in college can lead to future success in the work world.

While there are no magic formulas that guarantee you will be an excellent student, the **Counseling Center** believes that a combination of study skills, time management, and physical and mental wellness is not only the means for success in college, but also the ticket to future success. Of course, you must discipline yourself and work hard. You are responsible for the level of your achievement.

To begin with, effective study skills are important. Study skills are techniques used to make learning more efficient and rewarding; such as, attending class regularly, listening attentively, participating, taking good notes, getting the most out of reading, and being prepared for class and exams. And although studying may not be a highly enjoyable activity, it is necessary for success.

Secondly, you must learn how to manage your schedule and responsibilities. Time management training teaches you to make the best use of your most precious resource, time. It really means managing yourself to become happier, more efficient, effective and successful. Time management skills are tools you need to succeed--in school and beyond. They enable you to achieve more by leading a balanced life of work and play.

Success in school also depends greatly on your ability to read and write. Studies show that people who read well are more likely to do well academically. And writing, the ability to communicate on paper, develops both thinking and organizational skills. It also prepares you for the many courses which require writing assignments and essay exams. Vocabulary development is also important. The more words you know, the more ideas you can understand and share.

And of course, you must be prepared for tests. We are and will be evaluated on a regular basis, both in college and work activities. We all must meet requirements and performance standards. Typically, the person who has studied is better prepared and feels more at ease for tests.

The Counseling Center can help you "make the grade" at USF. We provide reading comprehension, study skills training, and math anxiety reduction programs for students with problems in these areas, as well as for those wanting to enhance these skills. We also provide counseling for personal problems which can interfere with academic success; such as, loneliness, depression and low self-esteem. Our career counselors will help you assess your goals and abilities to assist you in selecting a major or career. We also offer self-enrichment workshops and veteran's assistance. Making the grade at college can be a challenge. Let the **Counseling Center** help you by making academic survival skills a part of your success story. For more information, call **974-2831**.

For more information or assistance:

USF students may call 974-2831;

Faculty and staff may call 974-5469