Keys to Academic Success
Congrats!

Now and forever, you are a Roadrunner!
High School vs College
Classroom Expectations

Go to Class

Address your Professor as “Professor ____” or “Dr. ____”

Electronic Devices

Social Media

Syllabi
Email Etiquette

✓ Descriptive Subject with class date & time
✓ Polite greeting
✓ Why you are emailing
✓ Closing
✓ Your full name
✓ Banner ID Number
Dear Dr. Garcia,

I am in your MWF 3:00PM COR 1203.001 class. I am unable to make your office hours due to a conflict with my class schedule. I am available Tuesday and Thursday morning before 11am and after class on Wednesday. When could we meet?

Thank you,
Victoria Smith
@1234567
OMG, I totally overslept and missed your class today! LOL. Sorry! BTW, did I miss anything important?

When is the next test? What chapters are you covering?

TTYL,
Stefanie
Take Your Phone Out
Website
www.utsa.edu/trcss/

Main Campus
210-458-4694
MS 1.02.02

Downtown Campus
210-458-2838
DB 2.114

Social Media
UTSA\text{LearnAssist}
Take Notes

- UTSA Orientation
- Tomas Rivera Center Presentation
- Largest academic support services for students
To Graduate!
Attention!
Academic Success Coaching

Tutoring Services

Supplemental Instruction

Tomás Rivera Center
Unlimited
Learning is a process
Supplemental Instruction (SI)

Earn Higher Grades in Historically Difficult Classes

3 Study Sessions each week with SI Leaders
Supplemental Instructions are Peer-Led Study Sessions
Tutoring Services

Walk-in Tutoring
Math Assistance Program
Walk-In Tutoring Subjects

✓ Astronomy
✓ Biology
✓ Business
✓ Statistics
✓ Physics
✓ Engineering
✓ Spanish
✓ Economics

And more!
Math Assistance Program
Academic Success Coaching

Academic Coaching Workshops
Academic Coach vs Academic Advisor
Workshops
Group Setting & Common Challenges
Academic Success Coaching
By Appointment Only
an Academic Coach can help with **Procrastination**
Stages of Procrastination

1. **Denial**
   - I don’t need sleep.
   - I’ll just drink coffee.

2. **Crises**
   - A nap sounds nice.
   - False security: This isn’t due for a really long time.

3. **Laziness**
   - I could get a head start...
   - NAH.

4. **Excuses**
   - My cat needs my love.
   - Maa.

5. **Repeat**

The cycle repeats.
What Causes Procrastination?

✓ **Fear** of success or failure

✓ **Overestimating** the time left to complete a task

✓ **Underestimating** the time required to complete a task

✓ Believing that you must be “in the mood” to do a task

✓ **Over-reliance** on time-saving modern technology
Procrastination Prevention Strategies

✓ Get Real!
✓ Recognize you are procrastinating
✓ Determine why
✓ Begin realistic thinking
“Eat a live frog first thing in the morning and nothing worse will happen to you the rest of the day.”

Mark Twain
More Strategies

✓ **Get SMART goals**
  - Specific
  - Measurable
  - Achievable
  - Realistic
  - Timely

✓ **Prioritize**
✓ **Set Deadlines**
✓ **Set Reminders**
✓ **Reward Yourself!**
an Academic Coach can help with **Concentration**
Understand the Importance of Study Strategies

Effective Note-taking & Proactive Textbook Reading
Why Take Notes?

- Useful Record of Information
- Helps your WRITING
- Helps EXAM Revision
- Helps Memory
- Helps Understanding
Note-Taking Methods

Cornell

Mapping

Outlining
Textbook Reading

✓ Before Class
   Preview, Question, Read and Take Notes

✓ During Class
   Compare reading to lecture

✓ After Class
   Compare again, look for repeated concepts
Textbook Reading Methods

*Use the 3-2-1 Method*

- Things you learned
- Interesting Facts
- Question
Textbook Reading Methods

Use the Power Hour

10 Minutes Preview
40 Minutes Read Text
5 Minutes Take Notes
5 Minutes Walk Away
5 Minutes Review

Set Goals
Take a Break
an Academic Coach can help with

Time Management
The *goal* of Time Management is to find a *balance* among the things you *need to do* and the things you *want to do*.
Planning
Study
Time
✓ Big Picture
✓ Break it down
✓ Follow through
Call TRC and schedule an apt. for academic coaching.

Research student organizations.

Look into attending MAP session for Intro Math Class.

Classes begin!

Midterm due?
Print syllabi for each class.
UTSA Planner Activity – Break it Down
Follow Through On a Daily Basis

✓ Make a To-Do List
✓ Prioritize
✓ Revise
Tutoring Services

Supplemental Instruction

Academic Success Coaching

UTSA
Tomás Rivera Center
Let’s Practice!

3-2-1

Things you learned  Interesting Facts  Question
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Questions?
Thank You