Seven Parts to College Success

**MOTIVATION**
- A great way to stay motivated is to break down long term goals into short term goals. For example, read to the end of one paragraph, then the page and eventually the chapter and so on.
- Have “motives” for being motivated! Give yourself a reward for completing tasks.

**LEARNING/STUDY HABITS**
- Be realistic. Every student hits a “plateau” in learning, where a slump may occur. Try and find study techniques that work for you. Some examples are setting a scheduled study time, discovering your best study area, using flashcards, reading the assigned chapters, utilizing study groups, offered workshops and study partners for additional study ideas.

**NOTE TAKING STRATEGIES**
- Familiarize yourself with these note-taking methods:
  - **Cornell Method**
  - **SQ3R Method**
- Use notebook paper and keep it organized in a three ring binder
- Write on one side of the paper
- Review immediately after class and rewrite any notes that are unclear…then review later again that week.

**TIME MANAGEMENT**
- Use a planner!
- Create a Master Schedule, Weekly Schedule and Daily Schedule if possible
- Create realistic goals for your time
- Do not overextend yourself!

**EFFECTIVE LISTENING**
- Pay attention!
- Read chapter before lectures
- Continually summarize and recall main points
- Concentrate on the speaker

**READING HABITS**
- Skim the chapter before reading
- Jot down what you are unsure of
- Highlight in the book if possible

**PAYING ATTENTION IN CLASS**
- Put away anything distracting
- Focus on board or supplemental material
- Use a recorder if allowed to record lecture
- **TAKE NOTES!**
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MOTIVATION & DESIRE TO LEARN

PAYING ATTENTION IN CLASS

GOOD LEARNING/STUDY HABITS

NOTE TAKING STRATEGIES

GOOD READING HABITS

EFFECTIVE LISTENING

SCHEDULING/TIME MANAGEMENT

College Success

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