SIMPSON SCANAND SCHEDULE **CENTER FOR ACADEMIC RESOURCES**

Teaming up with CARs can help you reach your academic goals. Scan and Schedule with a coach or SAS today.



PEER ACADEMIC COACHES (PACS)

work 1:1 with you to help you learn academic strategies, develop effective study habits, and find school/life balance.

PEER ACADEMIC LEADERS (PALS)



assist students in understanding specific course content and developing effective study skills and behaviors that lead to academic success.



SUPPLEMENTAL INSTRUCTION (SI)

helps you navigate traditionally difficult courses. Supplemental Instruction (SI) is an internationally recognized academic success program that offers free study sessions that are held twice weekly for each course and led by current Simpson students who have successfully completed it.



WRITING CENTER

Here not because you can't write. Here because you do. The Simpson Writing Center (SWC) offers individualized assistance to all Simpson students across the disciplines. Need help with any form of written, oral, visual, or electronic

(WOVE) communication? Scan and schedule with us! Or visit us in Mary Berry 111 and 109.

10 Reasons to Team Up With an Academic Coach

- **1.** Striving for an A or a B in a class (or to pass a class).
- 2. Tackling a tough course by studying with a student who has taken it.
- 3. Collaborating on papers and presentations.
- **4.** Saving time on research and writing.
- 5. Sharpening study skills like note taking, memorization, or test prep.
- 6. Having a study partner.
- 7. Beating procrastination and distractions.
- 8. Catching up with course work.
- **9.** Making time to study when you have A LOT going on.
- **10.** Feeling the relief of not having to do it all on your own.



STUDENT ACCESSIBILITY SERVICES (SAS)

Student Accessibility Services (SAS) is dedicated to providing a supportive environment for students with disabilities. Scan and reach out to us with any questions or concerns.

If you're a first-year student, academic coaches can even help you figure out how to "do college!"

Want to know more? Visit the CARs Coaching Corner on the first floor of Dunn Library.

Dunn Library 103



STUDY SKILLS QUESTIONNAIRE

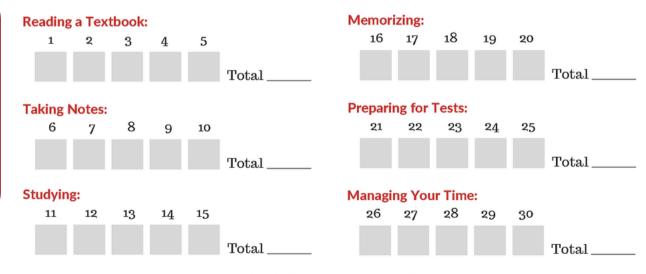
READING TEXTBOOKS	RAF	RELY	SOMETIMES	OFTEN
1. I browse the headings, pictures, chapter questions and summaries before I start reading a chapter.	1.			
2. I make questions from a chapter before, during, and after reading it.	2.			
3. I try to get the meaning of new words as I see them for the first time.	3.			
4. I look for familiar concepts as well as ideas that spark my interest as I read.				
5. I look for the main ideas as I read.				
TAKING NOTES				
I take notes as I read my text books.	6.			
7. I take notes during class lectures.	7			
8. I rewrite or type up my notes.	8.			
9. I compare my notes with a classmate.	9			
10. I try to organize main ideas and details into a meaningful method.	10.			
STUDYING				
 I study where it is quiet and has few distractions. 	11			
12. I study for a length of time then take a short break before returning to studying.	12.			
13. I have all my supplies handy when I study, such as pens, paper, calculator, etc.	13			
14. I set study goals, such as the number of problems I will do or pages I will read.	14.			
15. I study at least two hours for every hour I am in class each week.	15			
MEMORIZING				
16. I try to study during my personal peak time of energy to increase my concentration level.	16.			
17. I quiz myself over material that could appear on future exams and quizzes.				
I say difficult concepts out loud in order to understand them better.				
19. I change my notes into my own words, for better understanding.				
20. I try to create associations between new material I am trying to learn and information I already know.	20.			
PREPARING FOR TESTS				
21. I study with a classmate or group.	21			
22. When I don't understand something, I get help from tutors, classmates, and my instructors.	22			
23. I do all homework assignments and turn them in on time.	23.			
24. I can easily identify what I have learned and what I have not yet learned before I take a test.	24			
25. I anticipate what possible questions may be asked on my tests and make sure I know the answers.	25			
MANAGING YOUR TIME				
26. I use a calendar book to write down upcoming academic and personal activities.				
27. I use a "to do" list to keep track of completing my academic and personal activities.				
28. I start studying for quizzes and tests at least several days before I take them.				
29. I start papers and projects as soon as they are assigned.	29			
30. I have enough time for school and fun.	30.			

Scoring

Often = 10

Rarely = 0 Sometimes = 5

Put your score for each question on the appropriate blank and add your total score for each area.



A total score of 31-50: This study skills area seems solid for you A total score of 0-30: This study skills area may need some improvement

> ADAPTED FROM: UNIVERSITY OF CENTRAL FLORIDA'S STUDENT ACADEMIC RESOURCE CENTER