



SIMPSON
COLLEGE

SCAN AND 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.

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.

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.

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

car@simpson.edu



STUDY SKILLS QUESTIONNAIRE

RARELY SOMETIMES OFTEN

READING TEXTBOOKS

- I browse the headings, pictures, chapter questions and summaries before I start reading a chapter.
- I make questions from a chapter before, during, and after reading it.
- I try to get the meaning of new words as I see them for the first time.
- I look for familiar concepts as well as ideas that spark my interest as I read.
- I look for the main ideas as I read.

1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____

TAKING NOTES

- I take notes as I read my text books.
- I take notes during class lectures.
- I rewrite or type up my notes.
- I compare my notes with a classmate.
- I try to organize main ideas and details into a meaningful method.

6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
9.	_____	_____	_____
10.	_____	_____	_____

STUDYING

- I study where it is quiet and has few distractions.
- I study for a length of time then take a short break before returning to studying.
- I have all my supplies handy when I study, such as pens, paper, calculator, etc.
- I set study goals, such as the number of problems I will do or pages I will read.
- I study at least two hours for every hour I am in class each week.

11.	_____	_____	_____
12.	_____	_____	_____
13.	_____	_____	_____
14.	_____	_____	_____
15.	_____	_____	_____

MEMORIZING

- I try to study during my personal peak time of energy to increase my concentration level.
- 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.
- I change my notes into my own words, for better understanding.
- I try to create associations between new material I am trying to learn and information I already know.

16.	_____	_____	_____
17.	_____	_____	_____
18.	_____	_____	_____
19.	_____	_____	_____
20.	_____	_____	_____

PREPARING FOR TESTS

- I study with a classmate or group.
- When I don't understand something, I get help from tutors, classmates, and my instructors.
- I do all homework assignments and turn them in on time.
- I can easily identify what I have learned and what I have not yet learned before I take a test.
- I anticipate what possible questions may be asked on my tests and make sure I know the answers.

21.	_____	_____	_____
22.	_____	_____	_____
23.	_____	_____	_____
24.	_____	_____	_____
25.	_____	_____	_____

MANAGING YOUR TIME

- I use a calendar book to write down upcoming academic and personal activities.
- I use a "to do" list to keep track of completing my academic and personal activities.
- I start studying for quizzes and tests at least several days before I take them.
- I start papers and projects as soon as they are assigned.
- I have enough time for school and fun.

26.	_____	_____	_____
27.	_____	_____	_____
28.	_____	_____	_____
29.	_____	_____	_____
30.	_____	_____	_____

Scoring

Rarely = 0 Sometimes = 5 Often = 10

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

Reading a Textbook:

1	2	3	4	5	Total _____
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	

Memorizing:

16	17	18	19	20	Total _____
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	

Taking Notes:

6	7	8	9	10	Total _____
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	

Preparing for Tests:

21	22	23	24	25	Total _____
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	

Studying:

11	12	13	14	15	Total _____
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	

Managing Your Time:

26	27	28	29	30	Total _____
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	

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