

Bouncing Back After Midterms

Center for Academic Resources (CARS)

Adjusting to college academics takes time. It's completely normal to struggle with academic stress and anxiety-and many first-year students see their midterm grades dip below high school levels.

- Midterm grades are a snapshot, not a final verdict.
- Lower grades can be a valuable wake-upcall.
- Help is available-professors and academic coaches are ready to support students.

Received lower grades than expected? Here's how to bounce back before the semester ends.

5 Steps for Bouncing Back

Concerned about a course grade? Students likely have time to improve. While there's no magic fix, these strategies can help students learn more effectively and boost their scores.

Here are 5 steps students should take now:

1. Meet with your professor

Professors post office hours specifically for student meetings-use them! They can suggest ways to improve your study approach, clarify confusing material, review tests or assignments, and help you catch up. Midterm is the perfect time to check in and plan to finish strong.

2. Get academic coaching

Students who use academic coaching usually earn higher grades. Simpson offers free academic coaching and Supplemental Instruction (SI) for many courses. Schedule at simpsoncollege.simplybook.me

3. Study smarter, not just harder

Different courses need different study strategies. Midterm is the ideal time to reflect on what's working and what isn't. Peer Academic Coaches (PACs) help you discover and develop study skills tailored to your specific courses.

4. Break tasks into weekly action plans

Large assignments feel overwhelming. Break reading, papers, and projects into smaller daily chunks with achievable deadlines. Our academic coaching team provides tools and one-on-one support to help you create effective weekly plans.

5. Use focused study sessions

Studying regularly (most days of the week) makes information easier to recall. Use Focused Study Sessions: study for 30-50 minutes with built-in breaks, 3-5 times daily. This prevents cramming and burnout. Peer Academic Coaches (PACs) teach this technique and will study alongside you!

We're Here to Help!

These strategies work -
when practiced consistently, they reduce
stress and build confidence.

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simpsoncollege.simplybook.me