

GENERAL ACADEMIC LIFE

- Set at least one clearly defined and measurable goal for each of your courses at the beginning of the term. Document your progress toward every objective in an academic-achievement journal.
- Identify the most important fact, philosophy, concept, or law you learn in each class each week. Notice recurring patterns. Pinpoint discoveries.
- Set one or two “stretch” targets, such as earning a specific grade-point average, winning honors status, or being named to the dean’s list.
- Ask to review papers, projects, research studies, or tests of several students who consistently earn higher grades in a class than you do. Try to equal or surpass one or two things they do.
- Seek opportunities to apply several of the ideas and concepts you have learned. Address groups and conduct demonstrations so others can benefit from what you know.
- Ask each of your professors to clarify their expectations for your performance. Emphasize that you intend to exceed the minimum course requirements.

STUDY TECHNIQUES

- Review your goals-achievement log. Look for evidence that you are progressing toward your objectives. Outline the steps you took to acquire one particular skill or master one key concept.
- Pay close attention to your body clock. Decide when your mind is most alert. Use this insight to your advantage when scheduling time to study.
- Decide whether your productivity, efficiency, and ability to retain essential information increases when you study with a tutor, a classmate, a group, or alone.
- Observe classmates to discover who shares your commitment to hard work. Form a study group composed of individuals who invest time, effort, and energy in scholarly pursuits.
- Reach consensus as a study group about attendance, starting and ending times of meetings, strategies to eliminate distractions, and the sharing of class notes.
- List everything you must do to prepare for a test, complete a project, conduct research, or finish an assignment. Prioritize activities. Set a deadline for each one. Then methodically carry out your plan.

RELATIONSHIPS

- Intentionally nurture friendships with people who are as driven as you are.
- Talk to students taking advanced-level courses in your major field. Ask them to describe the choices they made in the past that contribute to their success today.
- Realize that your natural inclination to study for as long as it takes inspires other achievers. Learn the names of these individuals. Add them to your study buddy network.
- Seek opportunities to work with professors on research projects, laboratory experiments, and writing for publications.

CLASS SELECTION

- Choose challenging, effective classes taught by instructors who have reputations for helping students reach their educational goals.
- Sequence the order in which you take classes. Each term, enroll in one course that is more demanding than any you have ever taken. Repeat this process each semester.
- Recruit diligent, serious, and earnest students to register for the same demanding classes you are taking. Realize that you will challenge one another to excel.
- Sign up for classes that cover unfamiliar topics. Understand that you are motivated by challenges.

EXTRACURRICULAR ACTIVITIES

- Join clubs that have members who share your strong work ethic.
- Advance toward your academic and career goals by enrolling in rigorous classes, volunteering on campus, performing community service, working part time, and participating in intramural or extramural sports.
- Elect to join organizations where your accomplishments will be recognized. Choose groups with goals that align with your own. Insist on establishing deadlines for reaching each objective.

For more tools, resources, and reports, visit the [Western CliftonStrengths Portal](#).

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