

## GENERAL ACADEMIC LIFE

- During lectures, take down facts that are new, enlightening, interesting, or humorous. Share your observations with others from the class.
- Reflect back to what you have learned from a certain professor and how that has impacted you in your life.
- Motivate yourself by tutoring or helping someone else in the class to understand concepts you have gained from the lecture, the reading, and the discussion.
- Keep an ongoing list of your key learning experiences. Track your own progress and growth.

## STUDY TECHNIQUES

- Explain to a friend, fellow student, teaching assistant, or professor what you have learned from a book, lecture, or other source.
- Form study groups in which you can teach others as well as learn from them.
- Identify a few classmates on whom you can rely to be your study partners.
- Pretend that you are going to explain to others what you are trying to learn. This will help you retain more information and improve your comprehension.
- Try studying by yourself first, to understand the information, then help others if they need it. One of the best ways to reinforce your learning is to teach others.

## RELATIONSHIPS

- Always have one or more mentors, and let them know what they add to your life. Consult them regularly.
- Help your friends choose developmental experiences.
- Coach friends who have a specific goal or focus in mind (such as running a marathon or losing weight). Encourage them in their progress.

## CLASS SELECTION

- Enroll in classes with group projects, specifically those that include community service opportunities.
- Join tutoring and discussion groups in which you can learn from others by discussing and explaining concepts.
- Choose a major that highlights your ability to develop the talents of others, such as education or psychology.
- Choose classes with a field-studies component that involves working with people. This will provide an opportunity to see tangible growth experiences of others and observe how what you learn can be used.

## EXTRACURRICULAR ACTIVITIES

- Become a tutor or a mentor. Find a role in which you can strengthen your own academic abilities while you help others improve.
- Start a club or community service project in which you can help others achieve.
- Use your ability and passion to help others by joining organizations that will allow you to exercise your talents in helping others succeed. This will allow you to feel good about what you do and learn from your experiences. For example, consider becoming a mentor or peer counselor, or join community service organizations.
- Consider becoming a counselor in a dorm, where you can provide an environment that facilitates the growth of other students.