University of Wisconsin Green Bay | Manitowoc Campus

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GPS Spring Seminar Community Science 146

Stress and Student Success

STUDY TIPS

What's Your Learning Style?

VISUAL LEARNER- SEEING INFORMATION HELPS YOU PROCESS IT BETTER. THIS IS WHERE CHARTS AND GRAPHS COME IN HANDY MOST

AUDITORY LEARNER-LEARNING BEST FROM HEARING AND LISTENING. EXAMPLES ARE DEMONSTRATIONS, LECTURES AND RECORDINGS

TACTILE LEARNER- LEARNING BEST FROM CARRYING OUT PHYSICAL ACTIVITIES, A HANDS-ON LEARNER

Pick a Place & Time

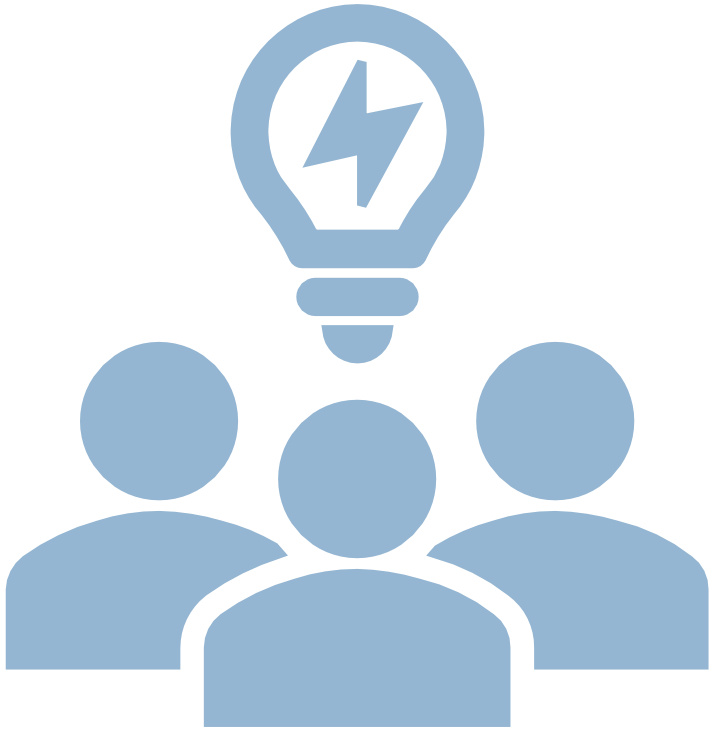
- Find a study space and a regular study time that works for you and stick with it
  - **Set up your study space** – Your study space should be quiet, comfortable and distraction-free. It should make you feel happy and inspired. Decorate it with pictures or objects. Make it your space.
  - **Find your best time** – Some people work better in the morning. Others work better at night. Work out which time suits you and plan to study then. Don't study much later than your usual bedtime – pushing yourself late at night can make you too tired to study properly.

Plan Your Time

Set alarms or reminders -A regular reminder can help you stay on track

Make to-do lists – Lists break tasks down into manageable chunks. At the start of the week, make a list of the things that you need to have done by the end of the week. Make a to-do list at the start of each study session too, so that you're clear about what you need to be doing with your time.

Set Limits- Before you begin, give yourself a time limit and try to stick to it. Studying in smaller chunks is more effective than cramming all at once. Consider what the best use of your time is.



Find a Study Group!

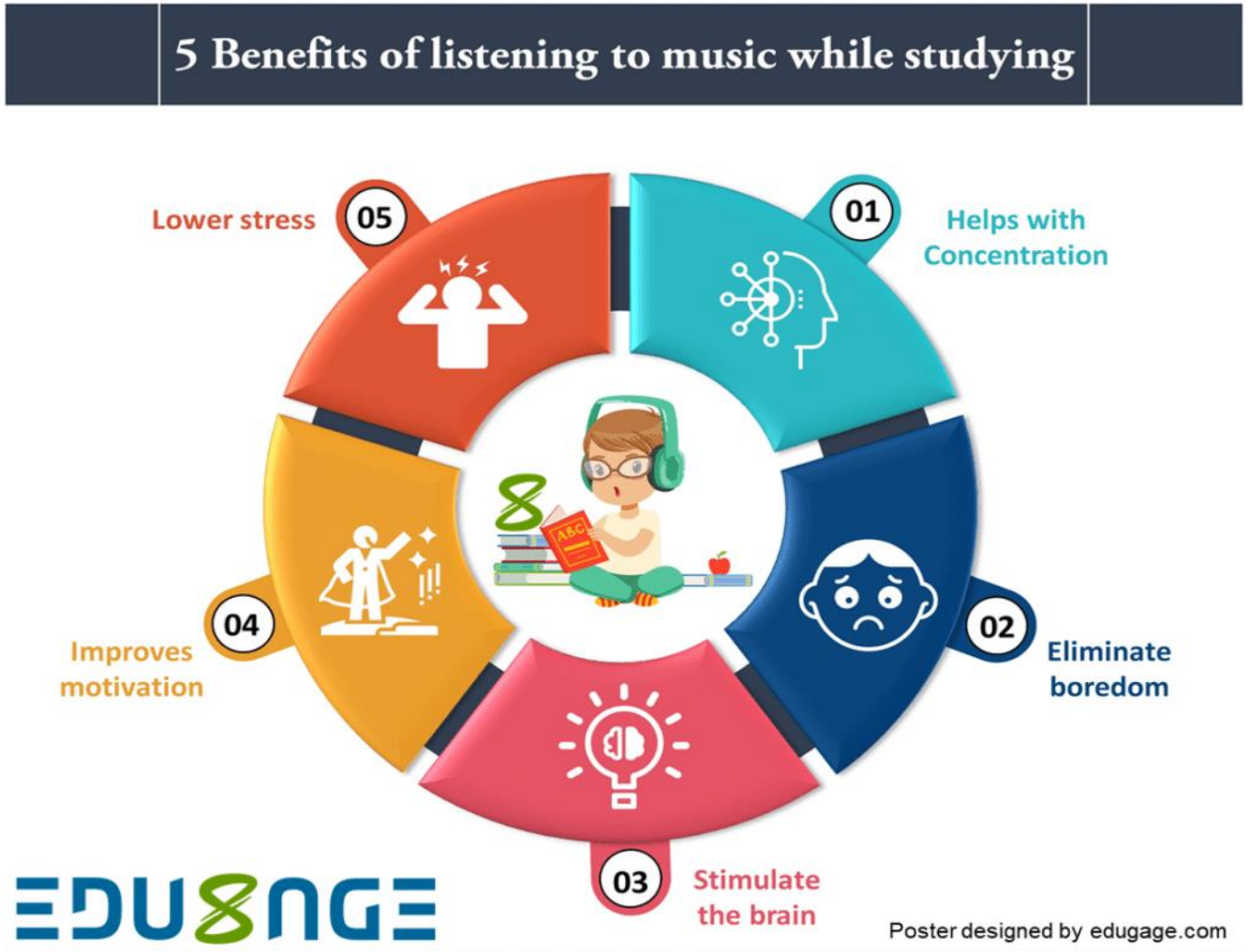
- Benefits of study groups:
  - Procrastination solution
  - Learn faster
  - Get new perspectives
  - Learn new study skills
  - Break up the monotony and get a boost
  - Fill in learning gaps
  - Work on your people skills

  - Learn More about the benefits of study groups

Play Some Music!

Music is a great stimulant for our brains!

Classical or instrumental music is a good choice if you dislike the silence



Study before bed...then get some rest!

Research suggests late night studying isn't necessarily a bad thing

Studying when you're tired can help your brain retain a higher concentration of new skills

"Sleep Learning"

Your brain could be getting both the restoration and reactivation it needs during this time of rest. This means that reviewing study materials before bed can help your brain learn, even in your sleep!

Work on Memory Improvement

Use flashcards to test your memory

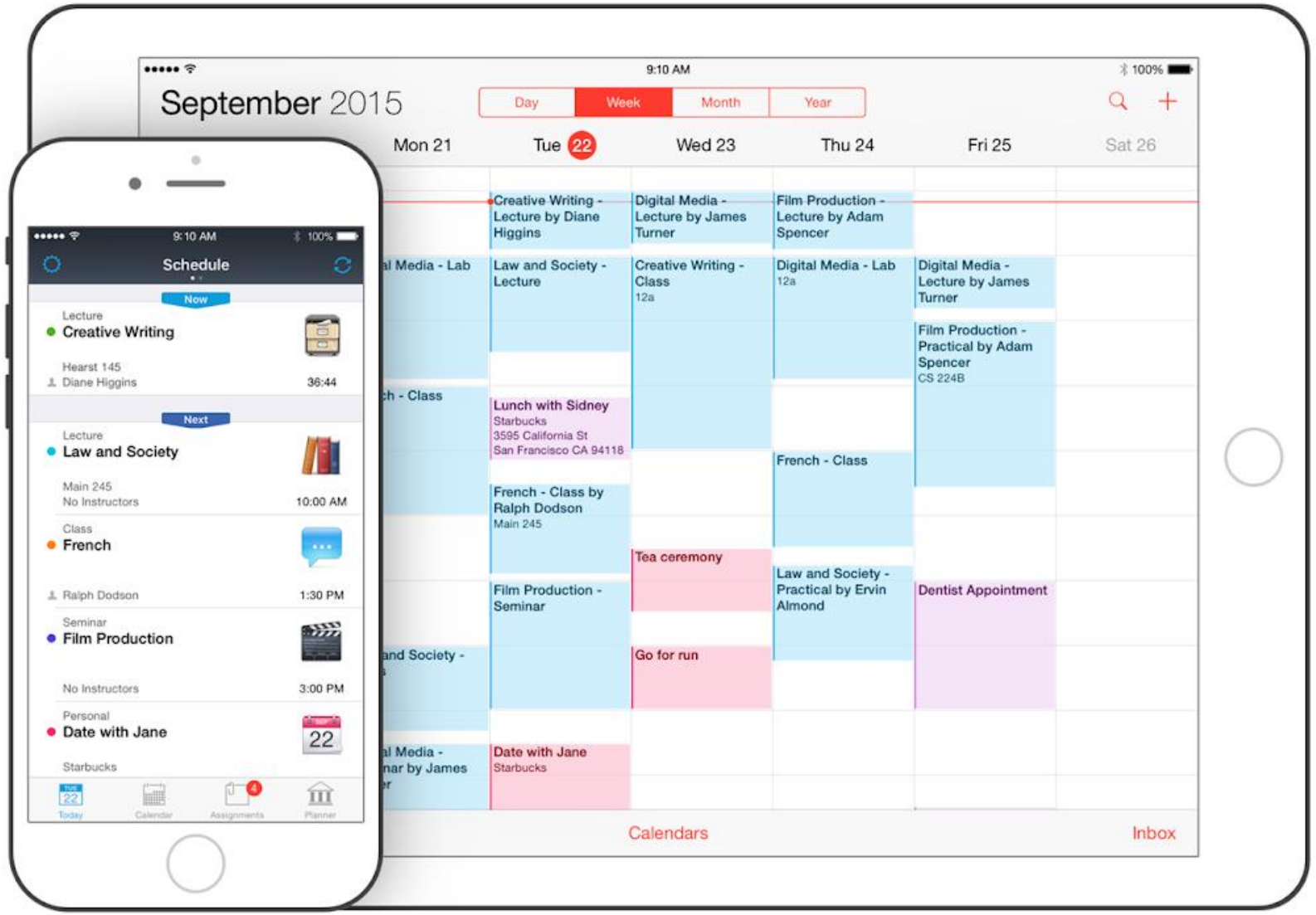
Meditate

Practice mindfullness

Use scents to jog your memory

- Spraying an unfamiliar scent while you're studying is one of the study methods that can help jog your memory when you spray it again just before an exam

TIME MANAGEMENT TIPS



Identify Time Wasters and Set Goals

- Pay attention to what distracts you (ex: phone, TV, Social Media, People, etc.)
- Make and set goals to not engage with those distracting behaviors when studying or completing school work

Turn Time Wasters into Time Savers

- Use your phone for good by utilizing the calendar and scheduler on your phone apps
- Set reminders for due dates and upcoming events

Plan Ahead and Create a To-Do List

- Figure out what needs to be done
- Prioritize base on what is due and how much time is needed to complete the assignment

Tackle Small Tasks First

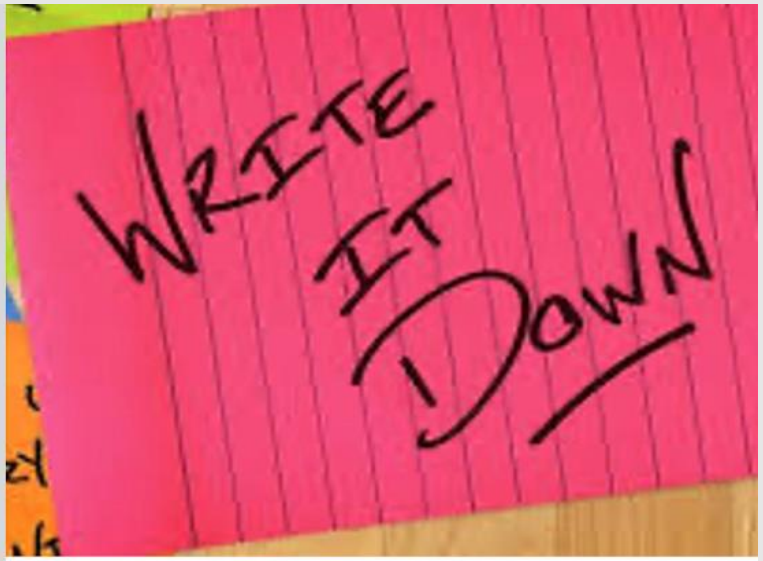
- Start with smaller assignments first (be aware of due date though)
- It can be overwhelming to take on large projects and exams right away
- Anxiety can make you want to procrastinate

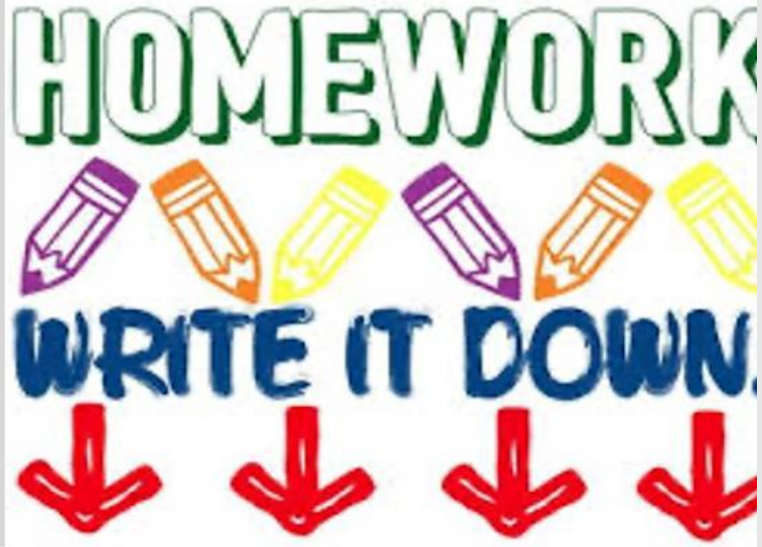
Only Do One Thing At A Time

- Studies conducted have shown that multitasking can cause a drop in ones IQ
- Therefore, don't switch tasks until the you can check it off the to-do list

Write Everything Down

- Trying to remember everything in your head can become too much
- Take the time to write down your assignments instead of rushing out when the class is done
- This will save you time and stress in the future when you are trying to figure out what is all due





Establish A Routine

- Help accomplish more things
- Utilize any time when it's quiet and try to make a regular habit

Use Breaks Wisely

- Use the time between work, classes, activities, and meetings to complete other tasks
- Use the Pomodoro technique which is when you work in intervals

Find A Balance

- Find a balance between work, school, and personal life
- It is okay to ask others for help when you are overwhelmed
- Ask family to help out around the house if needed so you can focus a little more time on your education
- Not doing everything on your own can help create more free time for yourself

TIPS FOR STAYING HEALTHY IN COLLEGE

1) eat your fruits & veggies
2) drink lots of water
3) get plenty of sleep
4) exercise daily
5) disinfect your living space

BRAIN BREAK

Take Time Off

- It is important to take time off for yourself
- Take breaks from books and computer screens
- It is unhealthy to not take breaks and it will make you exhausted!

Stay healthy

- Try to regularly exercise because it can make the mind more engaged
- Get adequate sleep at night which can help reduce naps throughout the day
- Very important to stay healthy!

ORGANIZATIONAL TIPS

Determine Best Times

- Create a routine that includes study habits, healthy eating, and working out based one when you can
- All of these factors can help with physical, mental, and emotional health

Place Responsibilities Together

- Place all material needed (school books, papers, etc.) together
- Having everything together can create a cleaner and organized workspace
- Utilize folders for each class

USE A PLANNER!

- Get a planner and write down all the due dates for your assignments, projects, and exams
- Color code your calendar based on different classes or assignments that are prioritized over others
- Use sticky notes to leave reminders around workplace if you're a forgetful person
- Can use sticky notes in planner with daily goals and to-do lists

REDUCING STRESS

Reminder

- Everyone deals with stress now and again
- It's a healthy part of life
- It doesn't last forever
- You will get through it

Ask for Help

- UWGB offers counselling (920-465-2380)
- Reach out to a trusted Professor, Friend, Relative
- It is important to talk about what you are feeling!

https://society6.com/jmcknightdesigns

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Stress Tips

Write these down if that helps you!

- Exercise
  - Even a simple walk can reduce stress inducing hormones in your body!
  - It can even help you sleep at night.
- Diet
  - Foods high in Vitamin C can lower Cortisol, a stress hormone, and lower your blood pressure!
  - Complex carbs like fruits, veggies, and whole grains actually help increase your serotonin which regulates mood!
- Reduce Caffeine
  - Caffeine can make you more anxious
  - Small doses are fine!

Supplements & Tea

Magnesium

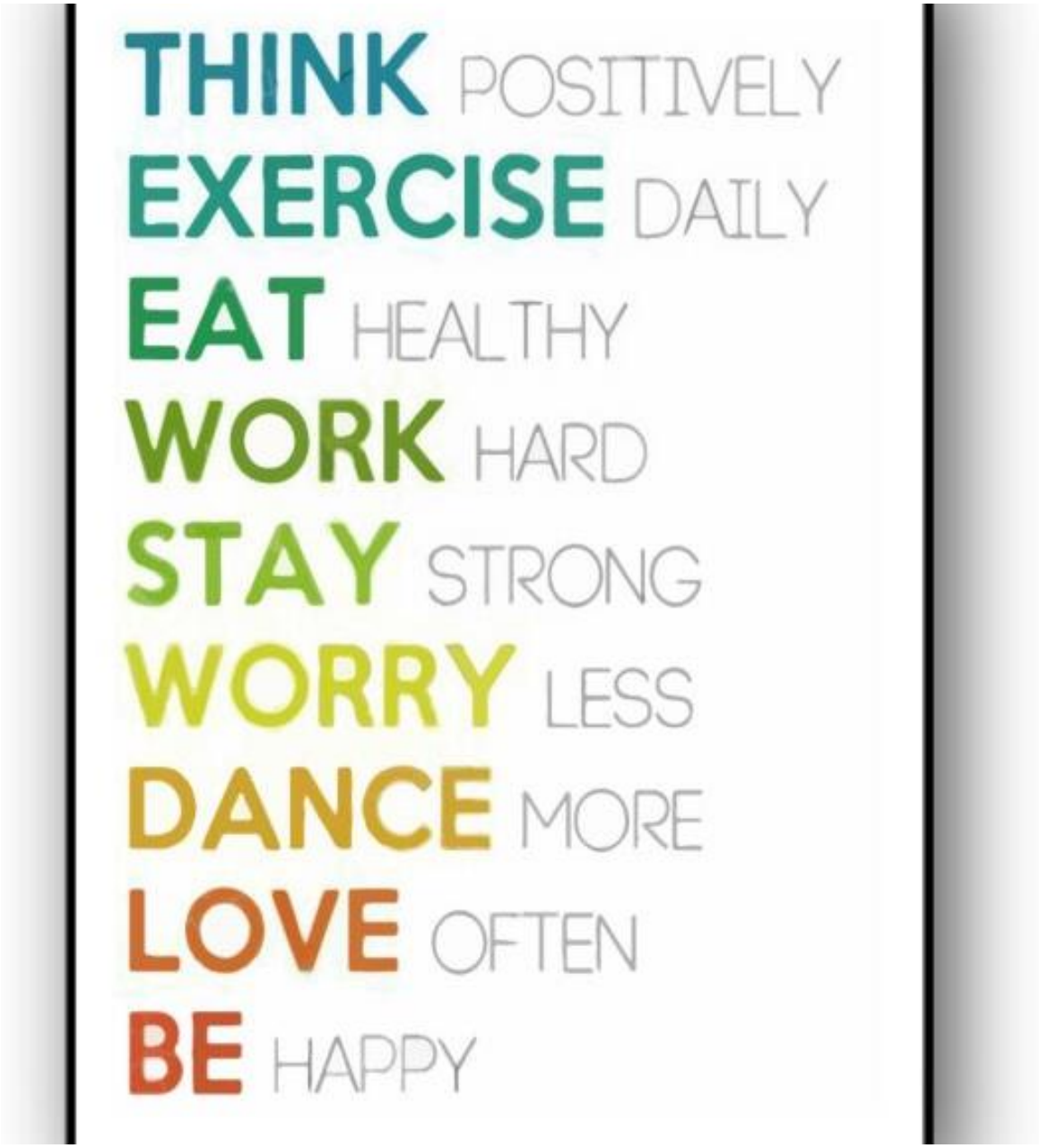
Chamomile

Omega-3s (Fatty Acids)

Helps avoid Headaches

Helps you sleep at night

Studies have shown that students who take Omega-3s had stress reduction of up to 20%



Think Positively

- Think of Chores or Assignments as Goals!
- Make small goals so they are less daunting.
- Take several breaks as long as you always go back to your task.
- Reward yourself after each task.
- Remember: It's okay to have setbacks!
- If you think you can do something, you can. If you think you can't do something, then you never will.

https://favoriteposters.com/product-think-positively-exercise-daily-eat-healthy-work-hard-stay-stron.html

Treat Yourself!

Dark Chocolate

- It's important to eat healthy but you can always treat yourself with moderation! Healthy doesn't have to mean it tastes bad, either! Dark Chocolate can help your cognitive function as well as reduce your stress!

Activity you find Relaxing

- Taking some time for yourself to relax is important! It can be anything you enjoy. Some examples are: A bubble bath, painting, a bike ride, or even just enjoying a good book/show.

Reward System

- If you give yourself a reward for a task that you're stressed about, then you have something to look forward to instead of dreading what you have to accomplish.

Listen to Yourself

Ultimately, you know you better than anyone. Try new things and do what's best for you! If one trick doesn't work, that's okay! Try something else. Eventually you will develop a routine that works best for you. Just remember not to give up.

SETTING GOALS

S.M.A.R.T Goals

S- (Specific) - Know what you need to accomplish, and know how much this goal will help you out in the end when you achieve it.

M- (Measurable) - Make sure you know if your goal was met or not.

A- (Achievable) - Make sure your goals are not outrageous. Make sure they can easily be met.

R- (Results-focused) - Hold yourself to your goal. Have clear outcomes of meeting your goals.

T- (Time-bound) - Make sure you set a deadline for when you want the goal to be complete by.

Plan out your homework & study times

At the beginning of each semester take out a planner and write down everything you have going on in each of your classes. For example, write down when exams are due, projects, assignments, and such. Write down when you have breaks in school, when you have nothing going on within your work life. Make sure you spend your time looking over your school stuff and studying. Make time in your calendar for just study time. A planner is your bestfriend during college.

What to do while setting a goal

- Be specific with your goal setting- write down a specific goal in a planner or somewhere where you will check a lot. Being specific with your goals can help you achieve them faster.
- Tell yourself you WILL achieve the goal/s- Keep reminding yourself about your goal and that you will achieve it. Tell yourself a few times a day that you will conquer this goal. Talk to someone about your goal and how proud you are to have set a goal.
- Break your goals up into smaller goals- Set multiple goals up for one big goal. As you conquer one goal, move onto the next one. For example, if your goal is to get a solid A in a class, break that goal up into smaller chunks. First, focus on trying to get A's on your assignments. Then, try to study a lot to get a good grade on your test. Try to focus on one goal at a time.
- Do not worry about changing your goals- Say you first started college thinking you want to be a nurse and have many goals to get to that point. Then, you switch your idea about being a nurse and want to be a teacher. All you have to do is change your goals in a way that they will make sense for being a teacher. You just have to make sure you're putting in the same amount of effort with these goals so you achieve them.
- Last but not least, reward yourself after you complete a goal- At the end of each goal, write down a reward. That will help you stay focused on the reward and also have fun.

Examples of goals to set in college

- Find a job, complete an internship
- Start creating resumes
- Learn to budget
- Develop a social network
- Consider studying abroad
- Get into the school spirit
- Participate in clubs
- Work on getting good grades
- Earn credentials
- Learn another language

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