

where to go for...

There are many things in life that affect performance in college, outside of just studying and class. Below are some resources to help you start your college experience. If you can't find what you are looking for, please contact your Resident Assistant or Academic Advisor for assistance!



Academic Assistance and Career Exploration

Questions about your major or thinking about a different major? Are you struggling in your classes and don't know why? Looking for some academic guidance? **Contact your PAIR or an advisor for an appointment in Academic Advising (102 Gilchrist) at 319-273-3406 or visit <http://www.uni.edu/advising>**

Study Skills, Speed Reading, Tutoring, and Test Taking

Looking for a tutor? Do you need a study skills class to get you back on track? Thinking about taking the PPST or CLEP test? **Contact the Academic Learning Center (007 ITTC) at 319-273-6023 or <http://www.uni.edu/unialc>**

Class Schedule Changes or Registration Information

Thinking about adding or dropping a class? Wondering who to talk to about classes for next semester? **Contact your Academic Advisor.** Your academic advisor contact information can be found on your degree audit or class schedule on My UNIVERSE. For tips on registration tools or preparing for advisement, PAIRs are a great resource.

Residence Life Assistance

Issues with your roommate? Homesick? Looking for some general guidance? **Contact your Resident Assistant or Residence Life Coordinator.**

Assistance Related to Personal Issues and Mental Health

Having a difficult time transitioning to college? Are you feeling sad or depressed? Are you dealing with relationship issues? **Contact the Counseling Center (103 Student Health Center) 319-273-2676. For more information on the services they provide go to <http://www.uni.edu/counseling>**

Financial Aid Assistance

Questions or concerns about loans, scholarships, paying for college? **Contact the Financial Aid Office (105 Gilchrist) 319-273-2700. For more information on the services they provide go to <http://www.uni.edu/finaid>**

Transfer Credit or Course Equivalencies

Questions about your AP, CLEP or Transfer Credit? **Contact the Admissions Office (002 Gilchrist) 319-273-2885. For more information on the services they provide go to <http://www.uni.edu/admissions>**

academic transitions

The following handout contains information on academic resources and tips to help you in your transition to the college classroom.

advice from UNI students

"I always like to tell people to start ahead, because if you begin slowly, it is a constant struggle for the rest of the semester. Start off doing all of the reading and homework and that will help you get a better grade on the first test. Procrastinating at the beginning of the semester is the worst possible thing students can do." -Adam Burns

"My advice: Get involved, teach yourself how to study, go to class, smile, be yourself, find motivation, and success will come with hard work." -Megan Kammarmeyer

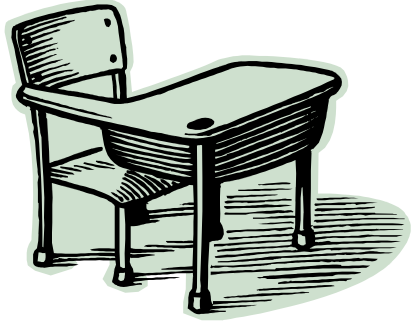
"Don't let everything overwhelm you. Make sure to enjoy what you study and participate in, because the time will fly by!" -Jake Rudy

"Talk to your professors. They care about you and your education more than you think. Who knows, maybe you will leave knowing more than a professor, but a resource and a friend." -Lindsey Niffenegger

what do I need to know about...

success in the classroom

- ATTEND CLASS! ATTEND CLASS! ATTEND CLASS!
- Read the syllabus and mark all assignments and tests in your planner.
- Faculty have higher expectations of you in the classroom than high school, expect to be challenged.
- Do assignments, even if they are not graded.
- Studying is more than doing homework or assignments. Studying includes reading, note taking, reviewing material, homework, assignments, tutoring, and doing whatever it takes to learn the material.
- If you want A's and B's, plan to study AT LEAST 2 hours for each hour you are in class. For example, if you have 15 hours of class a week, you should study 30 hours a week, no joke!
- Professors test on all material in the text and in discussion, not just what is presented in lecture.
- You are responsible for your education and seeking out resources when you need



them.

- Review lecture and reading notes for each class daily.
- Utilize tutors, study groups, and review sessions by the professor.
- If you have a question or are struggling with a concept, talk to your professor sooner rather than later.
- ASK FOR HELP if you need it!

faculty connections

- Visit faculty during their office hours (or schedule an appointment). Faculty will list office hours and contact information on the syllabus. If not, ask him/her!
- Make an effort to connect with your professor. There are many students in a class, and only one professor.
- Follow-up with your professor if you have a question or are struggling in a class.
- Remember faculty members are busy people; allow 24-36 hours for an answer to an email or a question. In short, plan ahead!

college grades

- Professors may only grade on a small number of tests and assignments. Extra credit is rarely an option in college.
- Keep track of all your scores on tests, projects, quizzes and assignments. Use the syllabus to figure your grade. You should ALWAYS know your grade in a class.
- Check with your professor monthly for your current grade.
- If you perform badly on a test/assignment, meet with the professor to discuss methods for improvement.
- Get help before you need help. If you are not keeping up or understanding the material, don't wait for a test to confirm there is a problem. Use tutoring or study groups, before they become a necessity.



student connections

- Introduce yourself to two people in each class and exchange contact information. You may miss a class or have a question.
- Study with students who have strengths where you have weakness. This will help you with concepts/assignments you are having difficulty understanding.
- Utilize peer tutors or Peer Academic Advisors in Residence (PAIRS) for questions and help.
- Attend programs on how to be an effective student.

time management

- Develop a method to track your time, studying, activities, responsibilities and assignments. (Tip: Use your Panther Planner!)
- You have more freedom in college, but it is your responsibility to balance work, play, and school.

advisor connections

- Attend all meetings/appointments scheduled with your advisor and in your department.
- Take notes and keep material in an advising folder.
- Meet with your advisor individually at least once a semester to talk about your goals, questions, or plan of study.
- Read all communications (emails, newsletters, letters, etc.) from your advisor.
- Attend career exploration events to learn more about your major/minor or interest areas!