Performance, Preparation and Study Skills
By Stephanie S. Marshall

Performance is a component of success. Success is contingent on the effort you put into preparation. Preparation is based on your ability to identify needs and limitations that could hinder your progress.

As a college student, you are on a path toward success, but you must supply the effort. The course syllabus provided by your instructor outlines the steps necessary to complete the course and details assignments, class participation, projects and exams. To perform well in each area, create a plan that allows you to reach your maximum potential. This plan is based on your expectations and should include areas that can be problematic. For example, if you have problems with writing, you should seek support services such as tutoring, the Writing Center and the Learning Commons.

Instructors are an essential resource to your academic success. For classroom and homework assignments, pay close attention to what the instructor is conveying and take detailed notes. Be sure you understand the lecture and readings and go to office hours to discuss course material and questions you may have. Class participation is a dialogue between the instructor and the students and is another way to absorb the material and interact with your classmates. Projects may come in the form of individualized or group activity, so you want to clearly understand what is expected of you. Working in groups can help you develop connections with your peers that may continue outside the classroom.

Study Skills, Habits and Performance
The successful student should also develop good study skills to perform well on exams. If you are performing well, continue to apply your study habits. Be mindful of your individual needs and consider the following when studying:

- Set clear and realistic goals.
- Review your notes before and after each lecture.
- Add study time to your daily schedule and treat it like an appointment you can’t miss.
- Use past exams and create your own exams.
- Take breaks while you study.

If you are not achieving your full potential and are doing poorly, then you should evaluate your study habits and ask yourself what is working and what has not worked for you. Was it the material? The study skill will differ for each class. A math exam may require calculations, a geography exam may require you to look at maps and a Spanish exam may require vocabulary words. Determine what you need to study. Index cards can help you memorize words and definitions. Creating an outline from the lectures can help you get organized. Speaking to your instructors can provide clues about whether the exam will have multiple choice or essay questions. Was it the time of day you set aside for studying? Your study time should be conducive to your needs. If you are a night person, you do not want to schedule your study time in the early morning. Was it the location? If the environment is too noisy, then you may become easily distracted. When you find a place suitable to your needs, whether it’s the library, a classroom, or your favorite snack bar, you should go there as much as possible to study. Were you alone or in a group? If you are studying with friends, you want to stay focused on the work. Be sure you are on the same level as your study group to allow you to effectively learn and share ideas.

Evaluating your past study habits will increase your potential to do better in the future. Remember we are all here to help you perform well, so do not hesitate to go to office hours, meet with your academic advisor and visit us in the Evening and Weekend Office.

“We are not makers of history. We are made by history.”
- Dr. Martin Luther King, Jr., minister, activist, humanitarian (1929-1968)