

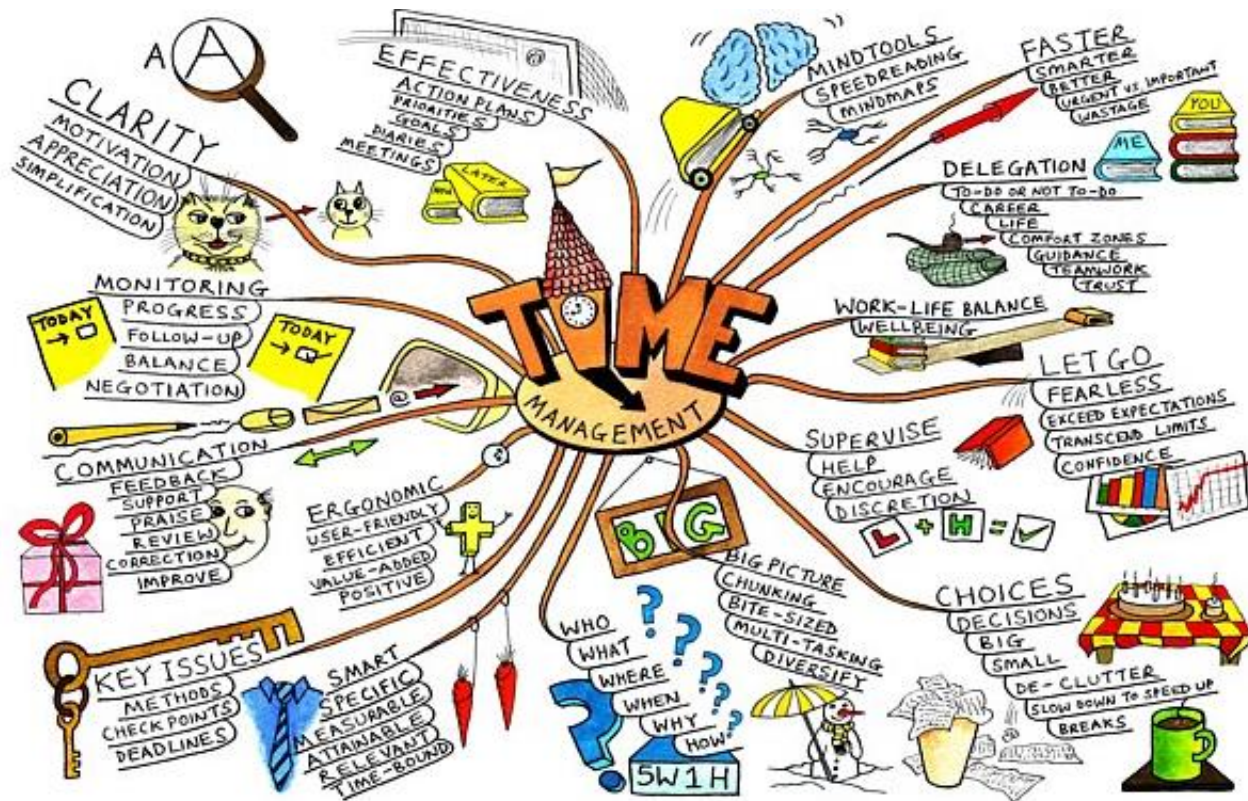


Top 10 Tips for Academic Success



August 24, 2017

Study Habits and Time Management



Problem #1

Students often spend too much time on assignments without good results.

Why? They waste time staring at the problems, working in circles or over-looking simple mistakes.



Solution #1

Begin your assignments immediately.

Attempt all problems; make notes of what you don't understand.

If stuck, spend no more than 10 more minutes if no progress is being made. Ask your professor for help the next class.

Work with a study group and have peers review your work for simple math mistakes.



Problem #2

Students cannot recall material for their exams, despite having studied for several hours the night before.

Why? Just like learning to play an instrument, learning how to work math and science problems requires practice EVERY DAY.



Solution #2

Work on your STEM courses EVERY DAY for at least a half hour per subject, but no more than an hour per subject.

Even if you complete the assignment several days before the next one is given, you should rework HW problems, examples from class and, once you feel you've mastered the concept, try new problems involving that concept.



Solution #2 Cont'd

For memories to be formed, you must have a period of rest (sleep) in between the learning process and the recall process¹.

The more times the learn-rest-recall process is used, the stronger the memories are and the better the ability to recall them.



Problem #3

Students have difficulty in identifying the proper approach to solve math and science problems (though they understand them in class).

Why? They haven't organized the material as they studied it, and/or never recognized the attributes associated with certain problems and their associated approaches.



Solution #3

Study in chunks of time, chunking the material into specific topics/concepts.

Do not study more than one major topic/concept at a time (this why there's a time limit in Solution #2).

Take time to organize the topics/concepts; relate them to one another (compare and contrast).



Do that EVERY time you study (for both new concepts and review concepts!).

Time Management

Create a Weekly Schedule

Dedicate time for HW and Studying (2-2.5 hours per credit hour outside of class)

Dedicate Downtime/Leisure Time

Stick to it or Revise it!

Prioritize Tasks – Urgent vs. Important

Too tempting to spend time doing the urgent tasks and neglect the important tasks



The 'business' of being a student...

Not your Mama's Manners:

- ∞ Business Etiquette
- ∞ Formal emails/ letter writing skills
- ∞ Addressing your peers and instructors

Avoiding the Freshman Fifteen:

- ∞ Nutrition and the importance of exercising
- ∞ Mental health awareness

Opportunities for Success:

- ∞ Goal clarifications (four year plan)
- ∞ Internship program (Career Services)
- ∞ Leadership roles for student organizations
- ∞ Learning the campus community



The 'business' of being a student...cont'd.

The Blaming Game:

- ∞ Conflict management (roommate, peers and parents)
- ∞ Culture of accountability
- ∞ Team building skills
- ∞ Problem solving that leads to decision making skills

Learning to become a Millionaire:

- ∞ Personal finance
- ∞ The dangers of credit card interest rates
- ∞ Debt management
- ∞ Scholarship opportunities



Applied Learning and Research

- ∞ Apply knowledge from the classroom to develop questions, design ways to answer those questions, and then support your answers.
 - Oh, and you have to tell people about it too!
- ∞ Research centers, labs, professors, fellow students...or just you.
 - Eagle Flight Research Center
 - Applied Aviation Simulation Lab
 - Unmanned Aircraft Systems Lab
 - Game-based Education & Advanced Research Simulations



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☞ Complete all lower level general education requirements during first two years

☞ ERAU Catalog

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Questions???



References

<http://catalog.erau.edu/daytona-beach/>

Oakley, Barbara, *A Mind for Numbers: How to Excel at Math and Science (Even if You Flunked Algebra)*, Penguin Group, 2014

