Ten ways to give yourself an academic boost!

With a few weeks until the end of semester, now is a great time to reflect on how you work best and to make some tweaks to your habits. Try one of the following:

1. Set a goal for this week’s learning. Write down what you want to achieve & the steps you’ll take to get there and keep the note visible while you work— it’ll keep you motivated!
2. This week, work in short bursts—1-2 hours at a time—instead of marathons. Studying one thing all day isn’t efficient.
3. SASS’s online Assignment Planner turns big tasks into a series of small steps with instructions. Plan your next assignment with it!
4. Learn to prep for midterms and tests more efficiently using the Academics 101 tutorial.
5. Take a break from your computer right now. You’ll feel refreshed when you return.
6. Read about how other students are learning to study online at SASS’s peer blog.
7. Ask a confidential question to an upper-year student through our Ask Me Anything service and we’ll respond to you by email.
8. Attend this week’s workshop How To Get It All Done on Tuesday. SASS’s peers will show you ways to speed up your work.
9. Join our drop-in EAL support session on Wednesday evening to work with a group of other students and get help from SASS’s EAL experts.
10. Book an appointment with an Academic Skills Specialist to discuss your study habits.

Remember: even small changes can have a big impact!