

GIVING YOUR SEMESTER AN ENERGY BOOST

STARTING THE SEMESTER OFF RIGHT



TO DATE – WHICH IS ON YOUR MIND MOST?



WHAT DO ENERGY DRINKS DO FOR US?



WHAT DO ENERGY DRINKS DO FOR US?



HOW DO YOU AVOID THE DANGERS OF SEMESTER BOOST



PLAN

If you fail to plan,
then you plan to fail.

PLAN 1

**GET TO KNOW YOUR
PROFESSORS FROM
THE GET-GO**

- **FROM THE FIRST DAY OF CLASS – ATTEMPT TO ESTABLISH A BOND OR CONNECTION WITH YOUR PROFESSORS**
 - **LEARN THEIR NAMES AND MAKE SURE THEY KNOW YOUR NAME**
 - **UTILIZE THEIR OFFICE HOURS TO ASK QUESTIONS ABOUT MATERIAL THAT YOU MAY NOT UNDERSTAND AND ALSO TO GET TO KNOW EACH OTHER ON A DEEPER LEVEL – GET TO KNOW THEIR AREA OF RESEARCH – CAN LEAD TO INTERNSHIP OPPORTUNITIES**
- **WHAT ARE THE BENEFITS OF GETTING TO KNOW YOUR PROFESSORS?**

PLAN 1

GET TO KNOW YOUR PROFESSORS FROM THE GET-GO



- **LEARN TO ADAPT TO YOUR PROFESSORS – AS SOON AS POSSIBLE**
 - **LEARN THEIR TEACHING STYLES**
 - **BECOME FAMILIAR WITH HOW THEY LIKE THEIR ASSIGNMENTS COMPLETED**
 - **DETERMINE WHAT IS EXPECTED FROM EACH PROFESSOR**
 - **HOMEWORK, PARTICIPATION, ATTENDANCE POLICIES, ETC.**

PLAN 2

BEGIN HEALTHY, DAILY HABITS FROM THE START



- **COLLEGE IS MUCH MORE THAN SITTING THROUGH LECTURES AND STUDYING EVERY DAY.**
- **GOOD HABITS ARE ALSO NEEDED TO HELP IN YOUR SUCCESS**
 - **GET ENOUGH SLEEP AT NIGHT**
 - **MAKE SURE YOU STAY PHYSICALLY ACTIVE**
 - **MAKE SURE YOU ARE EATING PROPERLY**
 - **DON'T FORGET YOUR VEGETABLES, FRUITS, WATER**

COLLEGE IS ALL ABOUT THE ART OF BALANCING

PLAN 3

ORGANIZE FROM THE START



- **FROM THE FIRST DAY OF CLASS – KEEP YOUR NOTES ORGANIZED**
- **HAVE ONE SPECIFIC NOTEBOOK FOR EACH CLASS**
- **IT MAY SEEM MUNDANE AND TEDIOUS, BUT ORGANIZING YOUR NOTES EARLY WILL BE EXTREMELY HELPFUL IN THE LONG RUN – ESPECIALLY AT FINAL EXAM TIME.**

PLAN 4

CHOOSE A SEAT IN THE FRONT OF THE CLASS



- **THERE ARE HUGE ADVANTAGES TO BEING IN FRONT OF THE CLASS**
 - **ALL YOUR ATTENTION IS ON WHAT IS HAPPENING UP FRONT AND THE INSTRUCTOR – RATHER THAN HAVING TO GO THROUGH ROWS AND ROWS OF STUDENTS AND WHAT THEY HAVE GOING ON**
 - **STUDIES SHOW THAT IT IS EASIER TO SEE, TO HEAR AND FAR LESS DISTRACTIONS WHEN SITTING IN THE FRONT**
 - **GIVES MORE OPPORTUNITY FOR INSTRUCTOR TO ENGAGE WITH YOU MORE AT THIS VANTAGE POINT**

PLAN 5

BE ON TIME

EVERY TIME



- **BETTER YET, BE EARLY TO GO OVER NOTES, SOCIALIZE WITH PEERS, CHECK IN WITH THE INSTRUCTOR**
- **ANNOUNCEMENTS WITH INFORMATION ARE USUALLY MADE AT THE BEGINNING, SUMMARIES ARE MADE AT THE END**
- **IF YOU DRAW ATTENTION TO YOURSELF OFTEN AS THE “LATE STUDENT” OR THE “EARLY DEPARTER” IT MAY MAKE YOUR INSTRUCTOR THINK THAT YOU DON’T CARE – MIGHT AFFECT THAT “EXTRA PUSH” YOU NEED AT FINAL GRADES TIME.**

PLAN 6

PARTICIPATE IN CLASS



- **IT SHOWS THAT YOU ARE INTERESTED IN THE CLASS AND THE MATERIAL WHEN YOU ACTIVELY PARTICIPATE IN CLASS**
- **PARTICIPATION HELPS MAKE REAL CONNECTIONS WITH THE LESSONS**
- **DON'T WORRY IF YOU ARE SLIGHTLY OFF IN YOUR PARTICIPATION – ACTIVELY STRUGGLING WITH THE MATERIAL HELPS IN MORE EFFECTIVE LEARNING**

PLAN 7

**REMEMBER WE ARE
HERE TO SUPPORT
YOU**

- **MEET WITH OR TALK TO YOUR TRIO COUNSELOR AT LEAST ONCE A MONTH DURING THE SEMESTER**
- **TALK TO US BEFORE YOU BECOME OVERWHELMED WITH**
 - **ACADEMIC LIFE**
 - **PERSONAL LIFE**
 - **THE BALANCING ACT**

The logo for TRiO, featuring the word "TRiO" in a bold, sans-serif font. The letter "i" is lowercase and red, while "T", "R", "O", and the dot above "i" are black. A thin horizontal line is positioned below the letters.

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