



Academic Success Coach's Tip for Success

Faculty's Best Success Tips

Time management is huge: at the beginning of each semester use a day planner/calendar to chart each course's requirements, schedule, assignments, papers, and deadlines. Also record when you will start larger projects. Be aware of how much time projects take; what smaller steps are needed so you plan accordingly in your calendar. Set aside time each day for study and follow your plan. Use electronic pop-ups for reminders.

Ask for help early, before there is a crisis! Seek out all available resources to position yourself for success such as: review the Academic Success Coach (ASC) Resource List which is on the CON website, consider seeking testing accommodations with the Disabilities Resource Center (DRC) if needed, talk with your faculty, program advisor, course chair, OSSCE academic advisor, and apply for a peer mentor.
<https://www.nursing.arizona.edu/resources/con-academic-success-coach>

Use each assignment as a learning experience that may support your project or dissertation. When possible, use literature reviews required in other classes to support your project.

Scholarly writing: start writing early so you can edit the paper early. After writing the paper, wait a day before proof-reading. Read the paper out loud so you can hear how it sounds. Consider having someone else read it, preferable someone not in the same class (prevent plagiarism!). If English is not your native language, consider working with the Writing Coach to review grammar and answer specific writing questions. Make sure your paper addresses all aspects of the rubric. More on writing:

<https://www.youtube.com/watch?v=kvkC-bjWd8>

Engage in regular self-care practices: schedule in a little "fun" time weekly (breakfast or movie with a friend, go hiking, practice yoga). Eat a healthy diet and regularly exercise. Adequate sleep is not an option...make sure to get 7-8 hours nightly. Use a journal for self-reflection and personal growth. Post an inspirational message or affirmation where you can see it daily so you can read it over and over for support. Practice daily mindfulness meditation and breathing exercises. Take one day at a time! More info:

<https://www.ahna.org/Home/Resources/Stress-Management>