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Tips for a Successful Semester



HOFSTRA UNIVERSITY®

CENTER FOR ACADEMIC EXCELLENCE

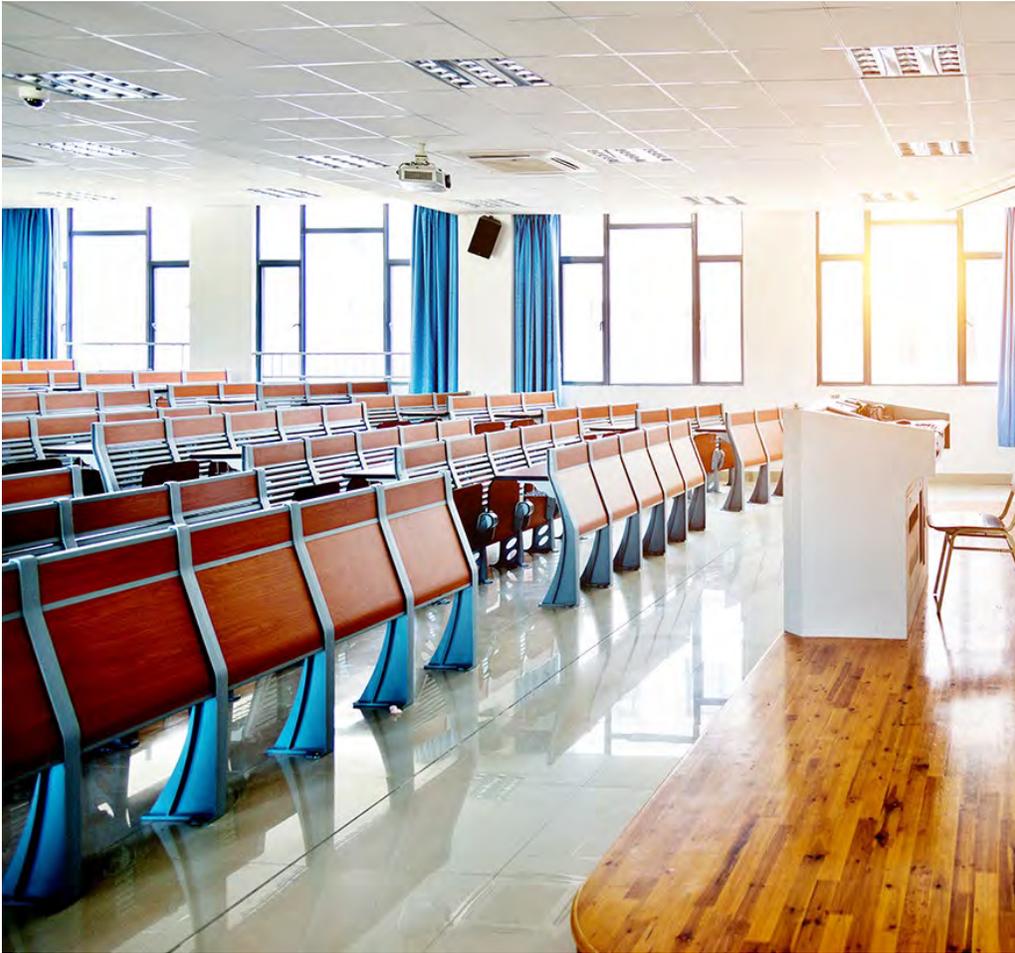
#2 – Find your most ideal place to study

Often your bedroom or residence halls are filled with distractions. Try an academic building or a spot in the library that meets your needs.

You should find a place that is as distraction-free as possible if you need quiet to focus, or somewhere that makes you feel inspired.



#3 – Go to class!



While this may seem obvious, having the freedom to sleep in and skip class will be tempting at times. Avoid the temptation!

In addition to learning the material discussed that day, you will also receive vital information from your instructors about what to expect on tests and possible changes in due dates on your syllabus. Take full advantage of your investment!

#4 – Seek a healthy balance

It's not just your academic and social life that needs your attention. You need to eat and sleep well, too, or your social, academic, and personal well-being will all be in jeopardy.

Wellness resources on campus include Campus Recreation, Dining Services, the Pride Pantry, Student Counseling, and Student Health Services.



#5 – Take advantage of all resources on campus



The Center for Academic Excellence can help you with many of your academic needs, and there is an abundance of other resources available, too!

The Math Tutoring Center, the Writing Center, study groups, and professors' office hours are just a few of the resources that will help you be successful in college.

#6 – Use resources proactively

Consider making proactive tutoring appointments for a course that may present a challenge. It's better to feel confident in a subject than to fall behind and scramble to fix unsatisfactory grades.

Building a working relationship with a tutor is a great way to receive support from a peer and may even inspire you to become a tutor in the future!





#7 – “You can do anything, but not everything.”



There will be a lot of opportunities for you to get involved in campus life here at Hofstra. We want you to be engaged, and you'll have to make choices to avoid overcommitting yourself.

Reflect on your priorities and goals to help you decide how you want to fill up your time. Try picking one or two clubs that you're passionate about, knowing you can always add new interests later.

#8 – Stay in touch with loved ones

For most students, moving into a residence hall is their first time living away from home. It's okay to feel homesick sometimes. Even if you're commuting to campus, this is a new experience. Give your loved ones a call when you need them.

If you are adjusting nicely on your own, your loved ones still want to hear from you and may feel better if you keep them in the loop!





For more tips, visit the Center for Academic Excellence



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