

Reference Guide for Success in NAS 2

Study tips:

- 1) Flash cards! Write the term on one side and the definition on the back. Carry them with you and flip through them when you have a moment.
- 2) Quizlet (<https://quizlet.com/>). Make flash cards and practice tests online.
- 3) *Before class:* Read structured notes and use slides to fill them out. This way you can listen more (and write less) during class, filling in extra information.
- 4) Use the learning objectives as a study guide. Fill them out without using your notes. The objectives you cannot answer will guide you to the areas you need to study further.
- 5) Draw! Try to draw out some of the concepts repeatedly (flowcharts, tables, etc). After drawing something 5-10 times, it is bound to stick.
- 6) Rewrite your class notes. I did this in college for every class I attended!
- 7) Write out a weekly calendar with times devoted to this course marked off.
- 8) Create a study group or have a relative/friend quiz you. Have them ask you a question and verbally explain it to them. This will also help identify areas you need to study more.
- 9) Listen to the lecture recordings (again).
- 10) Seek tutoring - free at school! (see below).
- 11) Come to my office hours to ask about things that still don't make sense.

Advice from previous NAS2 students

- 1) "I would tell them to always do the learning objectives she provides and study them intensely."
- 2) "It is a very informative/ fast pace course and if you are serious you will succeed; if not you will become overloaded very rapidly."
- 3) "Be prepared for a lot of studying. You may not necessarily have "homework" however this course requires a lot of study time and dedication at home."
- 4) "Make sure you study a lot for this course because otherwise you will do badly. Also, ask questions when you don't understand. "
- 5) "Flash cards are your best friends! However, focus on what you need help with most and use them then. Otherwise you will be flooded with flash cards. This course is intensive and requires lots of out of class time study. So go ahead and set some time to the side for independent learning and review. Also perhaps printing the notes to the power point the night before assessing the main overview. Then take the already filled out notes to class. You can now be more attentive, and able to receive the full lecture plus write down any of the teacher's key points."
- 6) "I would suggest making flashcards and start studying 5 to 10 days in advance for a quiz or test."
- 7) "Stay on top of the work and always study outside of class because if not the course is going to be very hard! Take advantage of the Big Picture Assignments because they will prepare you for the other courses after this one."
- 8) "Don't be scared to reach out to her, she wants to see you succeed and will do anything she can to help motivate, support you, and help you study. Also if you fall behind in class make sure you submit any assignments you may have missed. Print out the notes she has for you,

its helpful study material and there for your advantage. Take advantage of all the material she has available to you, it's there for your benefit"

- 9) "You have to be prepared to take a lot of notes, and make a lot of flashcards. This is one class you cannot halfass, but it will absolutely prepare you for high level bio classes."

Assistance if you need it:

- 1) **me!** (check syllabus)
- 2) **Tutoring:** First Quadrant Math Center: Ask for current NAS2 tutors. Follow instructions I sent in an announcement for appointments.
I am more than happy to speak with any tutor about the structure of my course, or to allow them access to our Canvas page so they can help you.
- 3) **Academic Support/ Academic Coaching:** Student Resources on our Canvas page or call 434.961.5499
We all have to learn how to learn! This service can help you figure out how to manage your time, your learning style, deal with test anxiety, etc.
- 4) **The Writing Center:** Student Resources on our Canvas page or call 434.961.5499
If you need help writing your assignments the writing center is there for you!
- 5) **Student Success Office:** Student Resources on Canvas or 434.961.6551
 - a. Sometimes life gets in the way of school. We all have things come up and may need help trying to sort through how to best deal with the situation at hand. Whether you just need to talk to someone about what is going on or you want someone to help you set educational and personal goals, the student success office can help.
 - b. Even *after hours* someone is available to talk with you! (call 434-961-7777, 8AM-7PM or schedule an appointment: 434-961-5264)