

Academic Success Skills

Time Management: You have 168 hours every week... How will you invest your time?



School, Work, Sleep, Campus Involvement, and Social life. Prioritize your life around the aspects that will have the greatest future impact on your success. Failing to plan will lead to stress, anxiety, and feeling overwhelmed.

Click [HERE](#) for some ways to manage your new freedom and time.

Learning Style: How do you learn best?



Knowing how you learn will make class participation and study time more efficient. Are you a visual, auditory, reading/writing, or kinesthetic (Hands On) learner? Once you recognize your learning style, you can begin to focus on the techniques that allow you to remember, retain, and recreate.

Click [HERE](#) to take the assessment.

Communication and Self-Advocacy: “The squeaky wheel gets the grease!”



If you don't communicate and advocate for yourself, who will? – speak up early and often. Faculty and staff are here to ensure you have the best college experience possible, but we can only assist you if we know you need assistance. Find your voice and use it.

Wellness: Strong mental and physical health allow you to operate at optimal levels.



The university offers a multitude of opportunities to get out of the classroom and exercise your mental and physical energy. Take time to step away from the books and revive and rejuvenate your body and soul. Taking care of yourself holistically, will allow you to be more effective in and out of the classroom.

[Eight Dimensions of Wellness](#)

If you would like to schedule an appointment to help ensure you start your semester on the right track please email Tory Robinson, Academic Success Coordinator for the College of Arts & Sciences at toryrobinson@unomaha.edu