TOP TEN TIPS FOR ACADEMIC SUCCESS AT DARTMOUTH

1. Keep everything in perspective. You’re smart—and there are many tools and strategies for making the most of what you have.

2. Define long-term and short-term goals and build your schedule around them.

3. Access the Academic Skills Center and Tutor Clearinghouse—online, by phone or in person. Our resources will help you manage your academic life at Dartmouth.

4. Learn and practice specific reading strategies. They will help you comprehend, study and remember better.

5. Stay healthy! Learn how to manage stress, get enough sleep, exercise, and choose nutritious meals and snacks.

6. Join a study group! Collaborative learning is effective and enjoyable. Research has shown a 2-1/2X efficacy of collaborative work over individual efforts.

7. Learn effective time management! That’s the key to getting everything done.

8. Don’t wait till you feel overwhelmed. Contact the Tutor Clearinghouse early and often to be assigned a one-on-one tutor for subjects you find challenging.

9. Reinforce what you’ve learned with frequent review and repetition. If you USE it, you won’t LOSE it.

10. Believe in yourself! Your gifts got you here—learn how to use them to your best advantage.

CONTACT US!

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24 Tips to Overcome Procrastination

1. Own an inspiring purpose
2. Set up environment conducive to doing tasks
3. Recruit a partner or accountability buddy
4. Eliminate distractions
5. Just show up
6. Believe or fake believe success
7. Shake head when negativity arises
8. Set a deadline
9. Do most important tasks first
10. Reduce tasks through delegation and elimination
11. Reward self after completed tasks
12. Make room for playtime
13. Track progress
14. Avoid perfectionism
15. Forgive self for inaction
16. Re-schedule tasks
17. Get someone to help
18. Set up punishments
19. Think in concrete terms
20. Recognize and reject excuses
21. Start small
22. 10 reps, 3 sets
23. Own a goal
24. See how tasks help reach goals

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