Islander Navigation

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EVERYONE SHOULD FEEL SAFE AND ACCEPTED
College is VOLUNTARY and YOUR RESPONSIBILITY

Island Harbor Terms and Conditions
It’s 100% NORMAL to feel lonely, homesick, overwhelmed, and like you don’t belong in college

“Tens of thousands of freshman have just finished their first month in college. They’ve signed up for classes, met a bunch of other people and, if history is any guide, asked themselves a question: What am I doing here? Everyone else is smarter and better adjusted than I am.”

~Why College Freshmen May Feel Like Impostors On Campus, NPR

If you do a search for “I feel like I don’t belong in college” you’ll be surprised at how many stories pop up. You are not alone if you feel this way.

Remember, it takes some time to make friends
Find an organization that meets your interests and get involved
Ask for help
TIME MANAGEMENT
WHAT do you need to do and WHEN you must do it

WEEKLY PLANNER
Make a schedule and develop a routine
Prioritize your goals
Avoid over-scheduling
Work on small chunks of a major goal
If you spend 5-10 minutes a day, every day, reviewing your notes for each class, you will retain most of the information. Study smarter.
TAKE A BREAK

The average adult brain can only concentrate for 20 minutes or so.

When you feel your mind start to wander, don’t push it. Stop, take a break, and then return to studying.
TRAIN YOUR BRAIN

Certain sights, sounds and smells trigger your brain. Train your brain that it’s time to study by setting up an area specifically for studying. Avoid reading in your bedroom or on your bed. (your brain is already trained that bed=sleep)

Find a study environment free from distractions and in a well-lit area.

Read when you are most alert and awake.

Use titles, subtitles and review questions to help you focus as you read.

Identify key concepts and themes in the text.

Take notes, draw pictures, or make graphs. This is a way to make connections between common concepts and ideas in the text.

Write a summary of what you learned.

List three things you learned from reading the text.

List two things you found interesting in the text.

Write one question you still have about what you read.
The professor teaching the class is your greatest resource. The professor is the one who comes up with the material, the tests, the homework assignments, the projects, etc. The professor knows what s/he wants you to get out of the class. Make an appointment to visit the professor during office hours. They love it when you come speak with them! If you don’t understand, ASK QUESTIONS!

The Center for Academic Student Achievement (CASA), provides tutoring, writing assistance, peer mentoring, supplemental instruction and more. GO!

Check out their services at: https://casa.tamucc.edu/

I-CARE has a list of student resources on their webpage, listing both on and off campus resources:
https://icare.tamucc.edu/Resources%20for%20Students.html

Topics include housing, food, financial assistance, medical care, support groups, etc.
I plan on seeing ALL of you graduate. Don’t make me change my plans.
Questions?

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