Study Skills & Testing Skills

No "one size fits all". Many different components to test taking and study skills. There can be different factors for different people. Try to discover what you need then try reaching out for support.

Time Management
Do you find yourself in "time sucks"? Are you finding it challenging to "find the time"?

- Time Tracking
- Time Management
- Task Management

Uncertainty
Is the experience too new for you? Are the courses different than you expected? Is this not the field you thought it would be?

- Meetings with Professors
- Talk with Mentors
- Meet with Peers

Self-Care
Do you forget to sleep or eat? Are you having challenges in doing fun things?

- Time Management
- Sleep Hygiene
- Prioritizing Self

Skill Set
Have you found that you just don't know the skills to study? Is the amount of reading overwhelming? Is the format unfamiliar?

- CASA
- Tutoring
- PASS
- Study Groups
- Routines
- Practice