

## Success Strategies: How to Earn Your Best Grades at CU Denver

Academic Challenges	Academic Success Strategies
<ul style="list-style-type: none"> <li><input type="checkbox"/> Missing classes</li> <li><input type="checkbox"/> Arriving late to class</li> <li><input type="checkbox"/> Leaving class early</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review your schedule in UCDAccess at <a href="http://ucdenver.edu/ucdaccess">http://ucdenver.edu/ucdaccess</a> carefully and find your classrooms before your classes begin.</li> <li><input type="checkbox"/> Make sure you are on the instructor's roll for each class and that each syllabus matches the courses on your schedule in UCDAccess.</li> <li><input type="checkbox"/> Make the effort to attend classes on time, every day, and stay the entire time.</li> <li><input type="checkbox"/> If you know you will miss a class or any part of a class, communicate with your instructor immediately.</li> <li><input type="checkbox"/> Establish a network of classmates you can get in touch with if you need to get class notes if you need to miss any part of a class.</li> <li><input type="checkbox"/> Plan out your transportation with back-ups in place if possible. Arrive on campus early to get the best parking and to get to class on time.</li> <li><input type="checkbox"/> Visit <a href="http://rtd-denver.com">http://rtd-denver.com</a> to learn about local bus and train options for getting to campus.</li> <li><input type="checkbox"/> If you have online classes, you need to review the Canvas guide at <a href="https://www.ucdenver.edu/offices/office-of-information-technology/tools-services/for-students/detail-page/canvas">https://www.ucdenver.edu/offices/office-of-information-technology/tools-services/for-students/detail-page/canvas</a></li> </ul>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Changing your schedule during the term</li> <li><input type="checkbox"/> Not having enough time to prepare for classes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Work to make sure your schedule is set before classes begin. If you need to make schedule adjustments, complete any add/drops as soon as possible.</li> <li><input type="checkbox"/> Discuss your class schedule and study time needed with your work supervisor when you know your class schedule and if anything changes in the term.</li> <li><input type="checkbox"/> Talk to your family and friends about how they can support you.</li> <li><input type="checkbox"/> Missing any class session means you will miss the material covered, so plan to attend every class. If you do miss class, contact your instructor to ask what you need to do to prepare for the next class meeting.</li> </ul>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Not understanding the syllabus</li> <li><input type="checkbox"/> Not understanding course expectations</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Read the syllabus carefully in each class. Ask the instructor questions about anything you don't understand at any point in the course.</li> <li><input type="checkbox"/> Establish good working communications with each instructor early each term.</li> <li><input type="checkbox"/> Talk to your instructors during their office hours to discuss your questions and concerns.</li> </ul>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Not paying close attention in class</li> <li><input type="checkbox"/> Not participating in class</li> <li><input type="checkbox"/> Not being prepared for class</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Always read your textbook and assigned course materials before each class so you can better understand lectures and discussions.</li> <li><input type="checkbox"/> As you read and take notes, make a list of important terms and their definitions. Listen for these terms during lectures and class discussion.</li> <li><input type="checkbox"/> Listen carefully to lectures and discussion, asking questions and participating in class.</li> <li><input type="checkbox"/> Take notes during class lectures and discussions and then write out questions to discuss with your instructor or tutor between classes.</li> </ul>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Unsure about how to use Canvas</li> <li><input type="checkbox"/> Not understanding online course requirements</li> <li><input type="checkbox"/> Missing online assignment deadlines</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ensure you have reliable access to the internet and a computer.</li> <li><input type="checkbox"/> Learn Canvas: <a href="https://www.ucdenver.edu/offices/office-of-information-technology/tools-services/for-students/detail-page/canvas">https://www.ucdenver.edu/offices/office-of-information-technology/tools-services/for-students/detail-page/canvas</a></li> <li><input type="checkbox"/> Log in to Canvas at <a href="https://ucdenver.instructure.com">https://ucdenver.instructure.com</a> daily to track your progress, participate in discussions, read announcements, etc.</li> <li><input type="checkbox"/> Complete and turn in course assignments before deadlines. See your syllabus and discuss any questions you have with the instructor before the due date.</li> <li><input type="checkbox"/> Be sure to use the correct file format and procedure for turning in each of your assignments. Review the course syllabus and ask your instructor.</li> </ul>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Not completing assignments on time</li> <li><input type="checkbox"/> Missing assignments or test dates</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Carefully read your syllabus in every class, marking your calendar with all assignment deadlines and test dates.</li> <li><input type="checkbox"/> Plan out early dates on your calendar to complete any assignments before deadlines.</li> <li><input type="checkbox"/> Mark your calendar with 25-30 hours every week devoted to reading, studying, completing assignments. If you are going part-time, devote 2-3 hours of study and assignment work time for every hour of class time.</li> </ul>

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Academic Challenges	Academic Success Strategies
<ul style="list-style-type: none"> <li><input type="checkbox"/> Letting questions go unanswered</li> <li><input type="checkbox"/> Not having academic goals or plans</li> <li><input type="checkbox"/> Not dealing effectively with stress</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ask your instructors when you have any questions about a course and what is expected of you in that class.</li> <li><input type="checkbox"/> Discuss available campus resources with your Academic Advisor and review the resources listed at <a href="http://ucdenver.edu/student">http://ucdenver.edu/student</a></li> <li><input type="checkbox"/> Utilize career counseling and assessment resources in the CU Denver LynxConnect Career Center, 303-315-7315, <a href="mailto:careercenter@ucdenver.edu">careercenter@ucdenver.edu</a>, as you develop a career plan to align with your academic plans.</li> <li><input type="checkbox"/> Work with your Major Advisor and Academic Advisor to plan your degree.</li> <li><input type="checkbox"/> Contact the CU Denver Counseling Center, Tivoli 4<sup>th</sup> Floor, 303-315-7270, <a href="http://ucdenver.edu/counseling-center">http://ucdenver.edu/counseling-center</a>, for free student counseling services.</li> <li><input type="checkbox"/> NEED HELP? Get help at <a href="http://help.ucdenver.edu">http://help.ucdenver.edu</a></li> </ul>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Not studying effectively</li> <li><input type="checkbox"/> Not having enough time to study</li> <li><input type="checkbox"/> Not having enough time to complete assignments and class projects</li> <li><input type="checkbox"/> Feeling unprepared and anxious when taking quizzes and tests</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Mark your calendar with 25-30 hours every week devoted to reading, studying, completing assignments. If you are going part-time, devote 2-3 hours of study and assignment work time for every hour of class time.</li> <li><input type="checkbox"/> Establish a quiet comfortable study spot. Work with your family and roommates to make sure they understand when you will need space and quiet time to study and work on assignments.</li> <li><input type="checkbox"/> Before the term starts, talk to your work supervisor to discuss how much time you will need for class and out-of-class studying and assignments.</li> <li><input type="checkbox"/> Read all assigned materials on time, taking notes and writing down questions to discuss during class.</li> <li><input type="checkbox"/> Set up tutoring early in the semester. See Learning Resources Center in Learning Commons 1231, 303-315-3531, <a href="mailto:tutorialservices@ucdenver.edu">tutorialservices@ucdenver.edu</a>.</li> <li><input type="checkbox"/> Work with classmates early in the semester to establish regular study group times. Prepare for these study groups and participate fully.</li> <li><input type="checkbox"/> Contact the CU Denver Counseling Center, Tivoli 4<sup>th</sup> Floor, 303-315-7270, <a href="http://ucdenver.edu/counseling-center">http://ucdenver.edu/counseling-center</a>, for free student counseling services.</li> </ul>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Not getting enough sleep and rest</li> <li><input type="checkbox"/> Not eating well</li> <li><input type="checkbox"/> Not getting enough relaxation</li> <li><input type="checkbox"/> Not having enough energy</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> With time devoted to attending class, studying, completing assignments, and working at your job, you also need to include adequate quiet time for sleep and relaxation.</li> <li><input type="checkbox"/> Plan out small personal rewards for yourself when you complete assignments and finish studying.</li> <li><input type="checkbox"/> If you need nutritious food, make use of the Wellness Center food pantry at <a href="https://www.ucdenver.edu/wellness/services/basic-needs/food-pantry">https://www.ucdenver.edu/wellness/services/basic-needs/food-pantry</a></li> <li><input type="checkbox"/> If you are sick or do not feel well, take care of yourself. See Health Center at Auraria services at <a href="http://healthcenter1.com/medical-services">http://healthcenter1.com/medical-services</a></li> <li><input type="checkbox"/> Use the Lola &amp; Rob Salazar Student Wellness Center facilities and resources at <a href="http://ucdenver.edu/wellness">http://ucdenver.edu/wellness</a>, 303-315-9355, <a href="mailto:lynxwellness@ucdenver.edu">lynxwellness@ucdenver.edu</a>.</li> </ul>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Not understanding course withdrawal procedures</li> <li><input type="checkbox"/> Not withdrawing on time</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Throughout the semester, keep track of your grades and understand what assignments you have left to complete.</li> <li><input type="checkbox"/> Speak with your instructor to verify your standing and to see where you need to focus to be successful in the class.</li> <li><input type="checkbox"/> If you decide that withdrawing is your best option, you need to be aware of the deadlines for enrollment/drop/add posted at <a href="http://ucdenver.edu/academiccalendar">http://ucdenver.edu/academiccalendar</a>. Late schedule adjustments may require a petition. Work directly with your Academic Advisor if you have questions about course withdrawal.</li> </ul>

**Resource Offices: Visit Lynx Central in Student Commons and see <http://ucdenver.edu/student>**

<b>Student Support Services</b>	<b>LynxConnect Career Center</b> Tivoli Courtyard, 303-315-7315 <a href="mailto:careercenter@ucdenver.edu">careercenter@ucdenver.edu</a>	<b>Counseling Center</b> Tivoli 4 <sup>th</sup> floor, 303-315-7270 <a href="http://ucdenver.edu/counseling-center">ucdenver.edu/counseling-center</a>	<b>Disability Resources &amp; Services</b> Student Commons 2116, 303-315-3510 <a href="mailto:disabilityresources@ucdenver.edu">disabilityresources@ucdenver.edu</a>
<b>Free Tutoring &amp; Academic Support</b>	<b>Learning Resources Center</b> Learning Commons 1231, 303-315-3531 <a href="mailto:LRC@ucdenver.edu">LRC@ucdenver.edu</a>	<b>Math and Stat Support Lab</b> Learning Commons 1255 <a href="mailto:MathStaff@UCDenver.edu">MathStaff@UCDenver.edu</a>	<b>Writing Center</b> Learning Commons 1 <sup>st</sup> Floor <a href="http://writingcenter.ucdenver.edu">http://writingcenter.ucdenver.edu</a>