DR. EPLEY’S STRATEGIES FOR SUCCESS CHECKLIST

________ I have read every page and/or viewed all of the assigned materials.

________ While reading/viewing and when I formulate my own ideas, I have thought about:
    ▪ With regards to “who,” ask who are the actors and audience? Are they individuals, special groups, communities, institutions, associations, etc.?
    ▪ Ask yourself about what social structures and/or history may be a part of the process or phenomenon of interest.
    ▪ “Why” questions are important for critical thinking and analysis.
  • Multiple perspectives and worldviews, especially “Bias versus Balance”

________ I took effective and efficient notes for the assigned materials.

________ I made flashcards for key vocabulary, people, and events. I studied my flashcards forwards and backwards, too.

________ I completed all of my homework assignments on time.

________ I attend every class (in-person or online).

________ I take notes for every class meeting as well as organize my notes in a binder.

________ I studied with a student partner or group.

________ I got help from tutors and other professionals on campus or online.

________ I talked with my professor during office hours/appointment (in-person or online).

________ I eat regular, healthy meals.

________ I schedule time for exercise.

________ I schedule fun time for myself and/or with family or friends.

________ I get regular, consistent sleep.

________ I use a planner and separate to-do lists for organizational and planning purposes.

________ I know that the average amount of study time required per week is 3 hours per credit hour. For example, for one 3 credit class, I should study at least 9 hours per week. The amount of study time per week must be adjusted for accelerated courses such as 5-week or 7-week classes and other mini-semester schedules.

More ideas & inspiration available via Instagram: @buayalife