

8 TOP TIPS TO BOOST YOUR LEARNING

SPACED REPETITION

Break up and distribute your study rather than doing it in a single block.

EXERCISE

Beyond general fitness, break up your study with light, regular exercise.



RETRIEVE

Actively recall your memories through tests and/or reflective conversations.



SLEEP

Invest in regular sleep to strengthen & consolidate memories.



FOCUS

Focus your attention for up to 25 minutes followed by a break.



CONTEXT

Vary your environment rather than sticking to the same study setting.



METACOGNITION

Keep learning about learning, know your strengths & embrace a 'growth mindset'.



MENTAL MODELS

Start with the big picture to create a framework before filling in the detail.



your incredible brain

an infographic by arun | www.YourIncredibleBrain.com

Academic Tips, Supports, Resources, and Opportunities Seattle Central College, Counseling Center

- Read the syllabus and go through your class CANVAS shell. This is where you will find information about assignments, grading, and how to contact your instructor. Make an appointment with your instructor during the first week to address: questions, confusion, to introduce yourself so they know who you are. Mark important dates for quizzes, tests, and papers on a calendar you see everyday.
- Make sure you have all required class materials and have access to any content on CANVAS. If you have trouble with CANVAS visit in person BE-1114 or contact e-Learning. 206.934.4060 or DisLrn@seattlecolleges.edu.
- If an emergency causes you to miss class, contact the instructor as soon as possible and explain why you are absent and when you will return. Reach out to your counselor for support. If you are taking an online or hybrid classes, maintain your online presence by logging in every day.
- Network with classmates and friends who have taken classes previously so you can share notes and ask each other questions about assignments. Form a study group. Join an academic club or support group: [TRIO](#) (BE-1102), [MESA](#) (BE-3211), WISE, Phi That Kappa, or Student Leadership.
- Be aware of tutoring resources as well as your instructor's office hours. ([Learning Support & Tutoring](#); BE-2102, [Writing Center](#); Library Room A, and [Math and Science Tutoring](#); SAM 100) Seek out additional learning sources:
 - Khan Academy <https://www.khanacademy.org/>
 - Math Department placement preparation <http://seattlecentral.edu/learn/math/>
 - Grammar and Writing <https://owl.english.purdue.edu/owl/section/1/5/>
- Nutrition, exercise and rest impact focus, memory, comprehension, critical thinking, and confidence! Take care of your body and your brain so you can function at your optimal capacity. Use the [MAC--SCC's student gym](#).
- Take advantage of Seattle Central's Counseling Center if there are other things getting in the way of your learning. These may include: stress, grief, anxiety, depression, trauma, problems with self-esteem or relationships, culture shock, and other life concerns. Counseling Center: BE-3166, 3rd floor. E-mail: Counseling.Central@seattlecolleges.edu.
- If you are eligible for accommodations visit Disability Support Services and set them up early. Disability Support Center located: BE-1112. E-mail: DSS.Central@seattlecolleges.edu.
- Study and Play. Plan a schedule with specific time to study with various short breaks scheduled. Try the [Pomodoro Tomato Technique](#): study for 25 minutes, take a 5 minute break, and go back for 25 minutes more. Repeat until the task is done.
- Take notes on readings and lectures so you will have a summary for review when the test comes around. Learn better reading and note taking strategies like [SQ3R](#) and the [Cornell Note Taking](#) system.