

GET THE MOST OUT OF YOUR SEMESTER

This document is a practical resource for Temple students with research-based strategies and tips for boosting your engagement, both within and beyond the classroom.

Visit Temple's Student Success Center website for more resources: studentsuccess.temple.edu



ESTABLISH AUTHENTIC HUMAN CONNECTIONS

- Your instructors and fellow students are learning alongside you. Try to give everyone grace.
- Learn from your peers. Our diverse experiences shape us as much as what we are learning in class.
- Be open to difficult content, conversations, and growth through uncomfortable moments.

USE (AND EXPECT) VARIETY

- Engage with course content in a multitude of ways in addition to attending class and listening.
- Experiment with a variety of study strategies.
- Keep an open mind to the different teaching methods your instructors use.

BE CURIOUS AND FIND YOUR PASSION(S)

- Being a student is a scholarly endeavor and requires you to actively engage with all that you are experiencing.
- Allow yourself to consider and explore what may feel unfamiliar.
- Ask questions -- in class, during office hours, to your peers, and to yourself.
- Ask your instructors about their research and interests.



BUILD A SENSE OF COMMUNITY

- Challenge yourself to engage with your peers before and after class.
- Start conversations with your peers and instructors who capture your attention. They are a great resource!
- Learn the names of your instructors and your classmates.

EXPLORE THE CONTENT'S RELEVANCE

- Connect course materials to your everyday life.
- Make connections between concepts across your classes.
- Discover how your discipline relates to and intersects with other fields of study.

REFLECT ON YOUR PROGRESS OFTEN

- Set attainable goals for yourself for the semester. Check in with those goals early and often.
- Read your syllabi proactively to make a plan for the semester.
- Go to class. There are things you'll need to succeed in your courses that can't be found just in the slides/textbook.
- Promptly communicate to your instructors if you have schedule conflicts or difficulties managing your workload.

TAKE CARE OF YOURSELF

- Get plenty of sleep, exercise, and healthy foods.
- Ask for help and use resources across campus, such as the Wellness Resource Center and Tuttleman Counseling Services, to support your well-being.
- Experiment with a range of healthy coping strategies.
- Do things you enjoy to minimize emotional exhaustion and take breaks when you are overwhelmed.