

Maximize Your Success in Calculus and Other Courses

Get Organized!

Get a good planner and use it.

Schedule everything including study time (2-3 hours for each hour in class).

Stay Healthy!

Get enough sleep--most people need at least 8 hours to function at their best.

Eat well--your brain works best when given the best fuel.

Eat a good breakfast, avoid soft drinks and energy drinks.

Exercise--work off stress and keep in shape physically and mentally.

3-4 hours per week minimum

Schedule some time to relax and have fun.

Go to Class Ready to Learn!

Sit near the front of the class.

Bring needed materials to class—homework, notebook, calculator, pencil, etc

Read ahead in the textbook.

Engage!

Focus your attention on the class—eliminate distractions.

Take copious notes. Don't just copy what is written on the board.

Answer the questions asked during class, even if only for yourself.

Participate in any group or seat work.

Ask questions.

Become a preceptor. Einstein's Proteges

http://teachingteams.arizona.edu/sub_students_one.php

Get Started on Assignments Early!

Begin working on homework assignments as soon as possible after the class where the topic is presented.

Study in a setting that maximizes your concentration and where you can get help if needed.

Use your scheduled study time for your math course even if you do not have work to do to turn in. Rewrite your notes, read the textbook, do some extra problems (odd numbered ones have answers), do some algebra review.

Take Advantage of Available Resources!

Free Math Department Tutoring for Math 129, 215 and above, with a few exceptions: <http://math.arizona.edu/academics/tutoring/>

Free Think Tank Tutoring (up to MATH 129):

<http://www.studentaffairs.arizona.edu/thinktank/>

Monday-Thursday 1 – 9 PM; Friday 1 – 5 PM; Sunday 5 – 9 PM

The Think Tank also offers Academic Skills Workshops, both in person and online, appointments with Learning and Academic Specialists, Peer Mentoring and more.

Form a study group of serious students.

Familiarize yourself with the Calculus Website: <http://math.arizona.edu/~calc/>

Review algebra skills: <http://prep.math.lsa.umich.edu/pmc/>

Get Help Early!

Speak with your instructor and advisor immediately if you are having trouble in a course. Together you can assess your difficulties and the best course of action.