



Tips for Academic Success

"Study Skills Resources and Videos" *Study Skills*. Cornell University, 27 August, 2015. Web. 09 October, 2015.

Clicking on this [Cornell University](#) link will give you a choice of the following videos: *The Big Picture*, *The Best Weekly Routine*, *The Key to Tests*, *The Key to Problem-solving Tests*, and *The Key to Good Notes*.

Clicking on a title will download a PDF of the document from the Cornell University webpage.

Time Management

[A Simple, Effective Time Management System](#) - A time management system using a semester planner and a weekly planner.

[Blank Fall 2015 Calendar/Semester Planner](#) - Shows the whole semester on one page.

[Weekly Planner](#) - Shows whole week on one page by the hour.

[Creating a Daily To-Do List](#) - How to make a prioritized to-do list

[To-Do List with Time Estimates](#) - How to make a prioritized to-do list with space to estimate the time a task will take you, and space to note the actual time.

[Time Management](#) - Tips on time management.

[Time Management for Right Brained People](#) - What to do if to do lists aren't your style.

[Overcoming Procrastination](#) - Tips for overcoming procrastination.

Tips on Reading and Learning from Lecture

[Concept Mapping](#) - How to make a concept map. Good for studying for exams

[Textbook Reading Systems](#) - How to use the SQ3R and other reading systems.

[The Cornell Notetaking System](#) - How to use the Cornell notetaking system.

Tips on Studying and Taking Exams

[Office Hours](#) - What they are and how to make the best use of them.

[Guidelines for Creating a Study Schedule](#) - Suggestions for making your study more efficient.

[Exam Strategies: How to Tackle Exam Questions](#) - Strategies for different types of exam questions (e.g. multiple-choice, essay, etc...)

[Words to Watch for in Essay Questions](#) - Defines words used in essay questions, and explains how to structure your answer.

[Multiple Choice Tests](#) - Tips for tackling difficult multiple choice tests

[The Five Day Study Plan](#) - A way to plan when and how to study for exams.

Stress Management

[The Basics of Stress Management](#) - Tips for stress management.

[Understanding Academic Anxiety](#) - Tips for understanding and managing academic and/or test anxiety.

[Letting Go of Test Anxiety](#) - Strategies for relaxing and forgetting your anxiety

