



Seven Habits of Successful Smith Students

- **Use resources:** Go to faculty office hours and Q & A's, take papers to Jacobson Center, work with tutors, attend workshops, talk to your Dean. Remember that seeking help is a sign of strength, not weakness.
- **Move out of your comfort zone:** Get out of your room to study in one of the four libraries, check out lectures, performances, visit Art Museum, Archives, roof-top observatory, botanic gardens.
- **Form study groups:** Meet weekly to talk about readings, compare notes, solve problem sets, review for tests. Help keep each other on task. Research shows that students who study together, perform better in college.
- **Replace stressing about workload with realistic daily and weekly planning.** Sacrificing sleep takes a toll; it's not a measure of how hard you're working. College learning, studying, and time management may require different strategies than you used in high school. Learn how to break the habit of procrastination. Smithies don't have to be stressed ALL the time.
- **Do fewer things better:** Explore student orgs, volunteer and work options, but commit fully to no more than two at a time. Smith offers many choices - explore, then choose wisely.
- **Balance mind and body:** Make it a priority to exercise/walk/dance /move at least three times a week. Moving helps you stay calm, focused, and healthy.
- **Take responsibility for your own learning.** Remember that grades are not a measure of self-worth. Being mindful and reflective about the choices you're making are as important as your GPA.