



Center for Academic Success and Achievement

Your home for
academic support
at UofM!



Finding Ways to Get Better

Center for Academic Success and Achievement



Preparation



What type of exam is it?



Where are questions most likely to come from?



Have you improved based on feedback?



How did you prepare?



Reflection



Reflect on Grades



Analyze Study Habits



Identify Patterns



Adaptation

Let's make 2 lists!

What didn't work?

Examples:

Re-reading notes without checking for understanding

Waiting until the last few days to study

Using the wrong sources to anticipate and prepare for exam questions

What worked?

Examples:

Going to tutoring

Maintaining a healthy sleep schedule



Implementation



Be an Active Learner



Improve self management



Utilize tutoring services and online tools



Establish Healthy Sleep Patterns



Motivation (and Discipline)

Set trackable short and long-term goals!

Find purpose in all things!

Prioritize Self-Care!

Motivation vs Discipline



Find Your Support. Find Your CASA. Engage with Us!



Want to learn more or connect with our team?
Scan the QR code to explore CASA services, meet our staff, book an appointment, and stay updated on resources that support your success!



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