Meet Your Academic Recovery Team!

Contact any of the following ART members:

- Ms. Casey Berkshire, ART Advisor (clberks@clemson.edu)
- Ms. Mary Von Kaenel, ART Advisor (mkaenel@clemson.edu)
- Dr. Patrice Noel, ART Advisor (pnoel@clemson.edu)
- Mrs. Lori McGregor, Academic Counselor (lmcgreg@clemson.edu)
- Dr. Sue Whorton, Transfer Student Coordinator (whorton@clemson.edu)
- Mr. Russ Warmath, Academic Coach (wwarmat@clemson.edu)
- Mrs. Beth McWilliams, Academic Coach (wwarmat@clemson.edu)
- Dr. Elaine Richardson, ASC Director & ART Advisor (erchrds@clemson.edu)
- Mrs. Julia Lusk, ART Advisor (jlusk@clemson.edu)

Academic Success Center         http://www.clemson.edu/asc
Student Disability Services       http://www.clemson.edu/sds/
Career Center                          http://career.clemson.edu/
Academic Eligibility                  http://www.clemson.edu/academics/eligibility/
GPR Calculators              http://www.cs.clemson.edu/html/academics/GPA_Calculator/
Financial Aid                            http://www.clemson.edu/finaid/
Registrar                                 http://www.registrar.clemson.edu/

Important Dates to Remember

Friday, March 18: Last day to drop a class or withdraw from the University without final grades.
Friday, March 4: Last day for instructors to issue mid-term evaluations.
Wednesday 2/23: Monday 2/14: 12:15pm
Wednesday 3/2: Monday 2/21: 3:30pm
Thursday 2/24: Monday 2/21: 4:30pm
Thursday 2/17: Monday 2/28: 4:00pm
Thursday 2/10: Friday 2/5: 6:00pm
Thursday 2/10: Friday 2/5: 5:00pm
Thursday 2/10: Monday 2/21: 12:30pm
Monday 2/28: Monday 2/28: 5:00pm
Monday 2/21: Monday 2/21: 3:30pm
Monday 2/14: Monday 2/14: 6:30pm
Monday 2/14: Monday 2/14: 3:30pm

HELPFUL LINKS

- Free Workshops: Go to the ASC Workshop page by going to the ASC, located on the 3rd floor of Cooper Library, www.clemson.edu/asc, 864.656.6452.

Top 5 Study Strategies

1) Find a good place to study (avoid distractions in your room).
2) Establish a routine study time (stay focused and disciplined).
3) Go to class and pay attention.
4) Stay on top of your reading (read in preparation for class).
5) Find a study partner or two (keep focus and accountability).

Winning the Procrastination Battle

1. Ask yourself: What am I afraid of? What is my excuse?
2. Break the task down into smaller, manageable steps.
3. Use a timer or a Pomodoro Technique.
4. Set deadlines.
5. Pair a task with a reward.
6. Remove distractions (Turn off your phone, put your laptop away).

Thinking About Goals

1. Set realistic goals.
2. Write down your goals.
3. Break your goals into smaller, manageable steps.
4. Review your goals regularly.
5. Celebrate your successes.

Reading at the Speed of Sight

1. Skim the text before reading.
2. Use a highlighter to mark important points.
3. Read for comprehension, not for detail.
4. Practice speed reading techniques.

Avoiding Plagiarism

1. Cite all sources.
2. Use a plagiarism detection software.
3. Use your own words when possible.
4. Keep track of all sources.

It’s About Time

1. Use a calendar or planner to keep track of your time.
2. Prioritize your tasks.
3. Set a time limit for tasks.
4. Take breaks.
5. Reward yourself for completing tasks.

Notetaking 101

1. Use keywords.
2. Use short phrases.
3. Use visuals.
4. Use abbreviations.
5. Review your notes regularly.

Sleep Matters

1. Get enough sleep.
2. Use a timer or a therapy app.
3. Avoid caffeine.
4. Use blackout curtains.
5. Practice deep breathing exercises.

Test Taking Strategies

1. Familiarize yourself with the test.
2. Use a timer or a Pomodoro Technique.
3. Take breaks.
4. Review your notes.
5. Guess only when you're completely stumped.

Got Attitude?

1. Use a planner or a schedule.
2. Manage your time.
3. Set realistic goals.
4. Use a reward system.
5. Practice mindfulness.

Test Anxiety

1. Use a timer or a Pomodoro Technique.
2. Use relaxation techniques.
3. Practice taking practice tests.
4. Use a breathing technique.
5. Get help from a counselor.

How Your Brain Learns

1. Use a variety of learning methods.
2. Use a timer or a Pomodoro Technique.
3. Practice active learning.
4. Use visual aids.
5. Use a reward system.

Memory Techniques

1. Use a timer or a Pomodoro Technique.
2. Use flashcards.
3. Use acronyms.
4. Use visualization.
5. Use a reward system.

Go to the ASC, located on the 3rd floor of Cooper Library, will win a FREE T-Shirt!