



Center for Academic Success and Achievement

Your home for
academic support
at UofM!



Strategies for Success

Center for Academic Success and Achievement



Time Management



Utilize a planner or calendar to track progress.



Break tasks into smaller, more manageable parts.



Pomodoro Technique: 25 minutes on, 5 minutes off



Eisenhower Matrix: Urgent vs Important



Effective Study Techniques



Practice active recall. Quiz yourself as you go!



Use spaced repetition to retain info over time.



Create maps and summaries for visual organization.



Choose the healthiest educational environments.

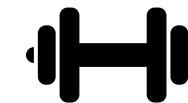


Review notes throughout the week, especially within 24 hours of the lectures and before a lecture.





Build Healthy Habits



Most of us need at least 7 hours of sleep! Try to keep a sleep schedule.

Exercise is known to boost functions across the board, including brain function!

Maintain a healthy diet and drink water for sustained energy.

Know when to take breaks to avoid burn out and to recharge.

Seek to get better early! CASA is here to support your success!





Get Connected

Study groups, clubs, and other student organizations can be support networks!

Student Involvement:

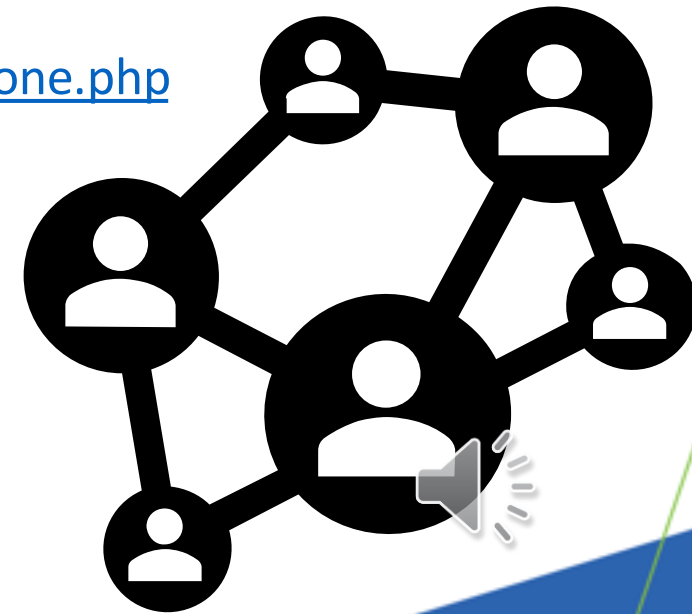
https://www.memphis.edu/student-affairs/get_involved/index.php

Registered Student Organizations:

<https://www.memphis.edu/studentinvolvement/studentengagement/tigerzone.php>

Student Academic Success Resources:

<https://www.memphis.edu/academicsuccess/departments/index.php>



Game Plan



WHAT ARE YOUR TOP 3 ACADEMIC
PRIORITIES?



WHAT ARE STRATEGIES YOU COULD
IMPLEMENT TODAY?



ACCOUNTABILITY PARTNERS ARE
ENCOURAGED TO KEEP US ON TRACK!



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!



Follow us on Instagram @casa_uofm
General inquiries: Casa@memphis.edu

