How to be a Successful Learner at Mizzou

TOP 10 TIPS

(See our Canvas site for the complete modules!)

MODULE 1 - MASTER YOUR CLASSES:
TIPS FOR EFFECTIVE LEARNING

1. Study for tests by recalling information without looking at the answer or your text. For example, see if you can remember and write down an answer to a flashcard without flipping the card over prematurely.

2. When writing papers, reach out for help from our campus Writing Center. They offer services online for your convenience.

MODULE 2 - BE A BOSS:
MANAGE, ORGANIZE, AND WORK TO MEET YOUR GOALS

3. Break down big projects and assignments into smaller pieces. Plan to work on them little by little rather than waiting until the last minute, and do the most important and time-consuming parts of a project first.

4. Have a to-do list. Each week and/or day, create a list of things that have to get done to keep up with short term tasks and longer term assignments.

MODULE 3 - RAISE YOUR VOICE:
JOIN CLASS DISCUSSIONS AND COMMUNICATE YOUR NEEDS

5. Participate in class discussions without dominating the conversation, and speak to others the way you want them to speak to you.

6. Reach out for help by communicating your needs. Our campus has an array of academic support services that are here for you: for starters, the Student Success Center, the Learning Center, and the Disability Center.

MODULE 4 - TAKE CARE OF YOURSELF;
YOU’RE IRREPLACEABLE!

7. Promote health and safety by observing Covid-19 guidelines. Remember to monitor your health, practice social distancing, wear face coverings, wash your hands, and disinfect high-touch surfaces.

8. Manage stress and anxiety by sleeping well, eating nutritious food, and moving your body, for example. You can also access Sanvello, an app that provides on-demand support for stress, anxiety and depression. Lastly, feel free to connect with our university’s counseling center, student health services, your health care provider or another professional.

9. Treat yourself and others with compassion and thoughtfulness. Let’s be mindful of how we care for each other, and if you see or experience stigma, xenophobia or racism on our campus, reach out to our university’s Title IX contact.

MODULE 5 - USE TECHNOLOGY TO YOUR ADVANTAGE

10. Know how to leverage technology and when to go old school. If you have a disability or challenge that impacts your reading, try a text-to-speech app on your Mac or PC, but if not, make the time to read yourself, as it will give you a cognitive boost. And, consider taking lecture notes by hand in addition to on your laptop, as it may increase your recall of important points.