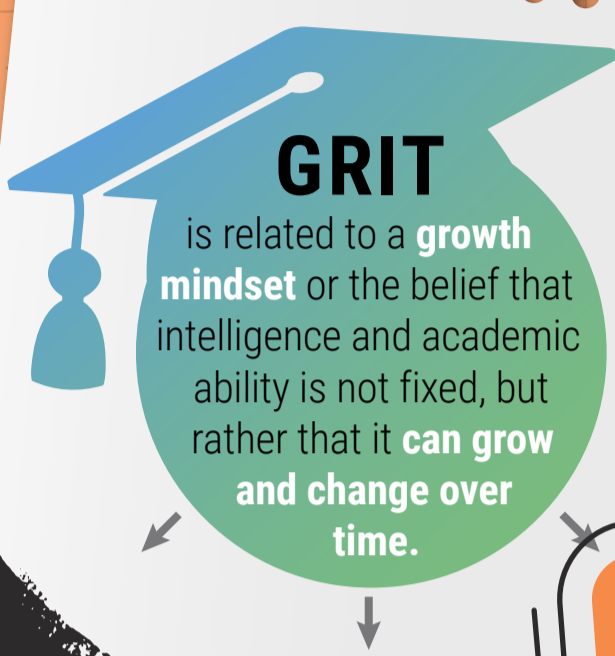


BE SUCCESSFUL IN THE 2ND SEMESTER



DID YOU KNOW?



FUN EXERCISE: Wondering about your own grit? Why not complete the grit scale to learn more: <https://angeladuckworth.com/grit-scale/>

Here are some PRACTICAL TIPS to get yourself ready for the second semester:

Cultivate a growth mind-set.

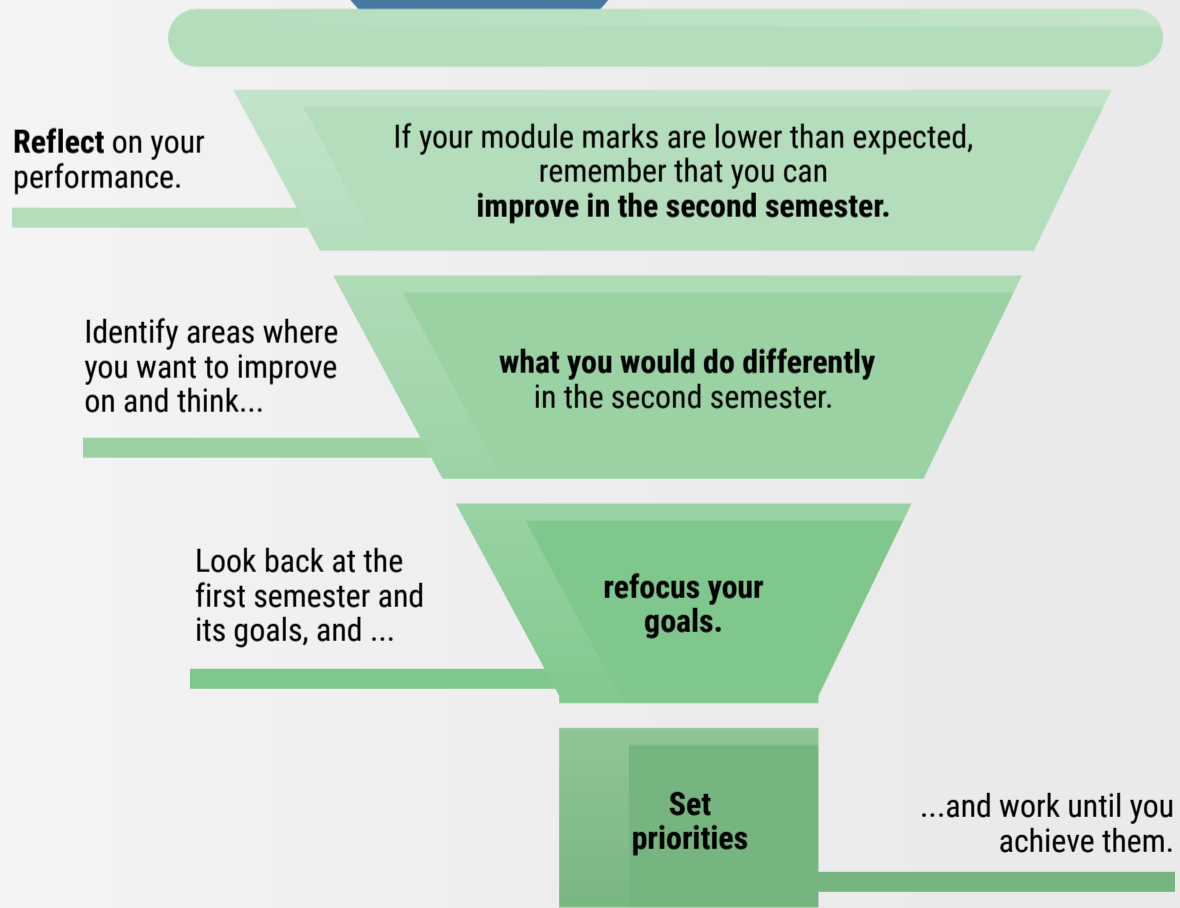
If you haven't **set goals**, now is the time to do so!

You are supported. Visit the First Year Navigator for the contact details of **academic advisers** and to access peer support.

Be open to work with others, i.e., study buddies, study groups or like-minded peers.

Understand that adjusting to **university requires a new academic skill set**, personal attributes and strategies to succeed.

Engage actively in course **content**.



Don't give up and be discouraged.
Self-motivate and learn from your mistakes and successes.



Understand that **independence implies self-awareness, taking charge, responsibility and control of your own learning.**



Understand that higher education learning is not about the ability to regurgitate facts but to **find your voice!** Develop the ability to do **apply what you learn** – do something with what you learn.

Adapted from: <https://www.hercampus.com/school/unl/how-refocus-yourself-halfway-through-semester/>