Office Resources and Strategies for Academic Success

Being successful in college requires the ability to learn effectively in a variety of learning contexts and to demonstrate what you have learned.

**Take a reasonable course load.** Be realistic about the number and difficulty of courses you can handle given your other responsibilities. Either register for fewer courses or reduce your responsibilities. Remember, you can discuss an appropriate course load for you with your academic advisor.

**Attend class and take notes,** even if attendance is not mandatory. Instructors often test material that is not necessarily covered in the book. Missing class means missing valuable information that you will need to know in order to do well on exams. In addition, listening to the professor and taking notes reinforces what you are reading outside of class.

**Take Notes (and use them)**
- Try using a mind map to organize study notes. A mind map represents topics, subtopics, words, ideas, concepts, and tasks.
- Try the Cornell Note taking method (check out the pdf at [http://lsc.cornell.edu/study-skills/cornell-note-taking-system/](http://lsc.cornell.edu/study-skills/cornell-note-taking-system/))
- Try taking notes in a rough outline form
- Try tracing over your notes
- Other note-taking methods and ideas [https://sites.google.com/site/notetakingandstudyskills/note-taking-methods](https://sites.google.com/site/notetakingandstudyskills/note-taking-methods)

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**Career Center**
Lory Student Center, 491-5707  
[http://career.colostate.edu/](http://career.colostate.edu/)  
The Career Center offers workshops and individual counseling in career exploration and planning. By using the Career Center, students are better able to make effective career decisions.

**Office of Financial Aid**
103 Centennial Hall, 491-6321  
[http://sfs.colostate.edu/](http://sfs.colostate.edu/)  
Student Financial Services provides information about financial aid and scholarship opportunities available to students. They also provide assistance with billing, student employment and tuition classification status.

**Learning Assistance (CSU Health Network)**
Hartshorn Health Services, 491-4693  
[http://health.colostate.edu/resources/learning-assistance/](http://health.colostate.edu/resources/learning-assistance/)  
Learning disorders are real and they affect the brain’s ability to receive, process, store, respond to, and communicate information. Learning Assistance provides assessment of learning differences and study skills coaching.

**University Counseling Center (CSU Health Network)**
Hartshorn Health Services, 491-6053  
[http://health.colostate.edu/services/counseling-services/](http://health.colostate.edu/services/counseling-services/)  
The University Counseling Center helps students achieve a satisfying growth experience during their time at the university. They offer counseling services, academic services, testing for learning disabilities, outreach, and prevention and substance abuse services.

**Resources for Disabled Students (RDS)**
Hartshorn Health Services, 491-6385  
[http://rds.colostate.edu/home](http://rds.colostate.edu/home)  
RDS provides support for students with both permanent and temporary limitations and chronic illness/health conditions (physical and mental health). If you are having trouble paying attention during tests, finishing tests during the allotted time, or showing what you believe you know on tests, RDS may be able to help you. The staff members with RDS are strong advocates for students.
Have questions or don’t know where to start? Come see Susheela Mallipudi (susheela.mallipudi@colostate.edu) in Room A201C, Engineering Building (in the main Civil & Environmental Engineering office) to be connected to resources!