Strategies for LD Students at the University Level

1. **Develop a plan for effective time management** that includes doing a little work each day (even when a deadline is not looming) and adequate time for rest. Those who put in time ahead of deadlines tended to do better than those who spent the same amount of time at the last minute.

2. **Take care of yourself.**
   - Develop ways to ensure you get adequate rest and recreation, that you supplement dorm food with nutritious food, and that you are careful about alcohol consumption.
   - Find supports that will help you manage the frustrations of classes and daily life (talk to friends, talk to professional counselors, get exercise).

3. **Make connections** between what you are doing in different classes and between your classes and your future plans. Ask how what you are doing now relates to what you want to do next.

4. **Choose your courses carefully:**
   - so that you have a balance of courses that will be hard and easy for you.
   - Mix courses that do and do not require lots of reading.

5. **Talk to others to get information**
   - Talk to students who are taking the courses you are taking, and students who have taken them.
   - Get to know instructors and teaching assistants and find out what they expect.

6. **Find and use mentors.** Mentors may be tutors, parents and more experienced friends who are knowledgeable about college, people in your field of study, and professors. Talk to these people and ask them to help you think about what you can do to be more effective in reaching your goals.

7. **Find and use a supportive peer group.** Try using study groups to check your understanding of material and prepare for exams. Make sure your friends are supportive when you need to study or do work.

8. **Have drive and passion**
   - If possible, find something you really care about in college and for a career and focus on it.
   - Do not give up when something is hard; instead, look for additional sources of help to get you through.

9. **Be open to asking for and receiving help.** Don't be embarrassed when you don't know something; good instructors don't expect you to know and understand everything immediately. Ask people for help, and check your understandings with professors or experts even if you think you know the material.
10. **Take responsibility for yourself**
   - Realize you are ultimately responsible for learning the material, keeping yourself on track, and making use of available resources.
   - Develop plans for doing your best even when courses are not well-taught or do not match your preferred methods of learning.

11. **Predict assessments.** Think about what the instructor expects for each assignment or exam, and check your predictions with the instructor or others to be sure you are on track.

12. **Match work to assessments**
   - Learn the material so that you can do well on what you will be graded on, in the way you will be graded on it. This may mean skipping part of the reading if you already understand it, or doing extra reading or getting extra tutoring if you don’t understand the material even after doing the assignments.
   - Memorizing your lecture notes will not be enough preparation for a test in which you need to apply what you know; think about what you will have to do and link that to how you decide to prepare.
   - Spend more time on the material that is worth a larger percentage of your grade, and spend more time on the material you understand less.

13. **Modify your strategies based on feedback**
   - Keep asking yourself if you understand the reading and the lectures as you go through them.
   - Look carefully at what comments you get from the instructor and what questions you miss on exams and learn from your mistakes.
   - Did what you did to prepare help you understand the material in the way you wanted to? If not, or if it took too much time, think about how you might prepare differently next time and try a new way.