



Additional Recommendations:

- *Time Management* – For many students balancing work and courses can be a challenge. When you meet with a student consider having them complete an assignment calendar and a time schedule. You can keep a copy of their assignment grids and check with them periodically on how particular assignments are going. Using the time management grid helps a student identify flexible time and schedule specific times for studying.
- *Assessments* – Our office provides students with opportunities to take the LASSI (Learning and Study Strategies Inventory) and Strengths Quest. These assessments provide students with additional information to help prioritize areas for growth and apply their strengths academically.