I. **Vulnerability**  
A. **Purpose**  
1. Embarking on this new journey will require you to be brave in the way that you go about being a student  
2. Asking for help in subjects you don't understand  
3. Being honest about what you do understand  
4. Letting people know that you want to study with them  
5. Speaking with the professor  

II. **Going to Class**  
A. **Attendance**  
1. Attending classes is important in order to master the material  
2. 10-week quarter systems don’t lend well to binge study habits  
   a) Going to classes consistently helps to lessen the amount of binge studying that may have to happen  
3. Missing class  
   a) Communicate with your TA or Professor ahead of time  
   (1) Communicate that you will be missing class and that you want to stay up to date with the material  
4. One 4 unit class has a total cost of $279 per unit. ($1,116 per 4 unit class)  
B. **Learning Styles**  
1. **Purpose**  
   a) Knowing how you learn is essential to creating study habits that work for you best  
   b) Doing what other peers are doing may not help you out in the long run  
C. **Where to sit?**  
1. The front!  
   a) Learning zone where it is difficult to be distracted  
   b) Helps to increase engagement with professor and classmates  

III. **Types of Note Taking**  
A. **Purpose**  
1. It is important to know different types of note taking strategies to account for the different types of ways material can be delivered.  
2. Knowing what type of notes to take can increase efficiency of studying  
B. **Processing Notes**  
1. Fill in gaps you don’t understand before you go to the next class  
2. Create questions about the material that conclude what the lecture that day is about  

IV. **Syllabus**  
A. **Purpose**
1. The syllabus is important because it functions as the “contract” of the class
2. Reading and asking questions about the syllabus is important in order to be successful

V. Office Hours
   A. Purpose
      1. A space to talk to your TA/Professor 1:1
         a) Get assistance with material you are struggling with
         b) Talk to your professor/TA about career paths
         c) Talk about what direction the class is going in
      2. Relationship building
         a) Letters of recommendation
         b) Research opportunities
         c) Job networking

VI. How to study
   A. Purpose
      1. Knowing how to study can save you time and energy
      2. Assist you with meeting your academic goals
      3. Saves you energy, stress, and free time when you need it

VII. Types of Intelligence
    A. Purpose
       1. One type of intelligence is not better or worse than another
       2. Knowing your strengths can help support areas that you may want to improve

VIII. Test Management
    A. Do a memory dump
       1. before looking at any question,
          a) write down all the facts, terms, formulae, etc. that you think you may forget
    B. Do a second memory dump
       1. while reading the question, write down all the facts, terms, formulae, etc. that come to mind that you think you may forget
    C. Budget your time
       1. note the point value of each question/section
       2. and calculate how much time to spend per question/section
       3. allow time for reviewing answers and any unexpected emergencies (such as going blank for a moment)
    D. Read questions carefully
       1. and mark key words
       2. make sure you understand what you are being asked
    E. Remember your test-maker
       1. what do you think your instructor would say is the correct answer
    F. Answer all the easier questions first – mark difficult questions and return to them
G. Answer all the questions – unless the instructions indicate that you will be penalized for incorrect answers
H. Do not leave early
   1. take advantage of the full time allotted for taking the exam
I. Use the vocabulary of the course