ACCESS
Study Skills Tip of the Week

Celebrate What you Have Learned:
Continue to Learn

The world is packed with opportunities for master students. If you excel in adventure, exploration, discovery and creativity, you will never lack for possibilities. If you want to continue to grow and to continue to learn, the choices are endless.

1. Keep a journal. Psychotherapist Ira Progoff wrote that regular journaling can be a path to life-changing insights. To begin this path, consider buying a bound notebook in which to record your private reflections and dreams for the future. Get one that will be worthy of your personal discoveries and intentions. Write in this journal daily. Record what you are learning about yourself and the world. Write about your hopes, wishes and goals. Keep a record of significant events.

2. Take a seminar. Schooling doesn’t have to stop when you graduate. It doesn’t have to take place on campus. Workshops start each week in most cities about everything from cosmetology to cosmology. Use workshops to learn skills, understand the world, discover yourself and meet new people. Learn CPR, attend a lecture on developing nations, or take a course on assertiveness training.

3. Read, watch and listen. Ask friends and instructors what they are reading. Sample a variety of newspapers and magazines. None of them has all the truth; most of them have a piece of it. In addition to books, many bookstores and publishing houses offer CDs, audio- and videotapes on personal growth topics.

4. Take an unrelated class. Sign up for a class that is totally unrelated to your major. You can discover a lot about yourself and your intended future when you step out of old patterns. In addition to formal courses offered at your school, check into community education classes.

5. Travel. See the world. Visit new neighborhoods. Travel to other countries. Explore. Find out what it looks like inside buildings you normally have no
reason to go into, museums you think you have little interest in, cities that are out of the way, forests and mountains that lie beyond your old boundaries, and far-off places that require planning and saving to reach.

6. Form a support group. Just as a well-organized study group can promote your success in school, an organized support group can help you reach goals in other areas of your life. Today, people in support groups help one another lose weight, stay sober, cope with chronic illness, recover from emotional trauma, and overcome drug addiction. Groups can also brainstorm possibilities for job hunting, career planning, parenting, solving problems in relationships, and promoting spiritual growth-for reaching almost any goal you choose.

7. Find a mentor—or become one. Seek the counsel of experienced people you respect and admire. Use them as role models. If they are willing, ask them to be sounding boards for your plans and ideas. Most people are flattered to be asked. You can also become a mentor. Offer to coach another student in study skills in return for childcare, free lunches, or something else. A mentor relationship can bridge the boundaries of age, race or culture.

*Becoming a Master Student*, Eighth Edition, Dave Ellis

For more information about this and other study strategies call:

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100 A Williston Hall  (815) 753-1126
www.tutoring.niu.edu