

Honors Academic Success Guide

Everybody needs help, even Honors students! Check out the tips listed below for embracing the opportunities and navigating the challenges that college has to offer:

Time Management:

- **Make a schedule:** use an online calendar or a planner to map out the things you need to get done this week.
- **Use tutoring resources:** attend CLUE, the Odegaard Writing Center, the Instructional Center, the Chemistry Center, etc.
- **Know yourself:** think about when you work/study best (time of day, groups, etc.) and use that to work more effectively.



Managing Anxiety and Finding Balance:

- **Exercise:** make time in your day to go to the gym or to take a walk, so you can be better prepared for work later on.
- **Spend time with quality friends:** join RSOs and talk to the people next to you in class to try to form meaningful, rejuvenating connections.
- **Consider counseling:** the UW Counseling Center offers free short-term counseling, as well as drop-ins, group workshops, career counseling, and a light room for Seasonal Affective Disorder.



Choosing a Major and Beyond:

- **Narrow down from your interests:** explore the list of majors offered at the UW. Talk with department advisers about interesting majors, sign up for department email lists, or take an intro class. Also consider a minor for a broader perspective.
- **Meet with advisers: ask department advisers some questions:** What would this major teach me, and what are current alumni doing with this major? Also consider pre-health or pre-law advising in MGH.
- **Visit the Career and Internship Center:** schedule an appointment or attend a workshop to learn about resume building, interviewing, and career advising.

