

Tips for Adult Learners

1. **Be Responsible:** Make sure you are using your time management skills in order to make sure that you have enough time for everything. Make sure you complete your assignments on time.
2. **Ask for Help:** If need help don't hesitate to ask! You shouldn't feel embarrassed we all need helps at times. If you're struggling in your class reach out to your professor. If you are interested in resources on tutoring, please reach out to the Office of Student Success.
3. **Remember Why You're Earning Your Degree:** It's important to remember why you are getting your degree. You'll have classes that will be difficult, but it's important remember why you are working on your degree and what your purpose is.
4. **Develop Excellent Study Habits:** It's important to learn you're study habits. Do you prefer to study in a quiet space like a library or a busy place like a café? Is the morning or the evening a better time for you to study? Remember that it's important to take breaks while studying. It's typically recommended to study for 30-50 minutes and then take a 10-minute break.
5. **Avoid the perfectionism trap.** Strive for excellence, but don't strive for perfection. Perfection is impossible and will lead you down a rabbit whole that and ultimately impact yourself worth. Excellence, however, is attainable. A 92 instead of a 100 is perfectly fine. As an adult learner you've got many other things on your plate. It's important to study and do well but not worry, about being perfect.