STUDY SKILLS, WELL-BEING, AND RESILIENCY IN COLLEGE

Dulcy M. Abraham, Professor and Graduate Chair
Burke Graduate Program
Lyles School of Civil Engineering
You are part of the vital and thriving global community at Purdue University.

Diversity of students, staff and faculty from all over the U.S. and from all corners of the world develops broad cultural understanding and a more complete view of the world around us.

Studying, learning and sharing knowledge together prepares all of us for work and collaboration in a global society.

We value you!

We look forward to support you throughout your academic career at Purdue.
STRATEGIES FOR A SUCCESSFUL, WELL-ROUNDED EDUCATION EXPERIENCE - I

1. Be proactive.

- Develop a road map (maybe in consultation with your academic advisor/mentor/research supervisor)
- Take the initiative and build relationships with faculty in your department/school, and possibly upper-level students and alumni from your programs, and related programs.
- Develop a support circle (may change as you go through your academic pursuits)
- Build key skills: organization, preparedness, collegiality, budgeting (time and resources)
2. Find ways to learn and think outside the box (in community) → consider yourself as a member of your future profession!

- Seek input and collaboration from faculty members and your peers – form communities
- Attend optional seminars and lectures within and beyond your program or department.
- Attend and present at conferences (senior undergraduate students, graduate students)
- Join and actively engage in a professional organization
3. Know your program requirements and timelines.

- Coursework (all students)
- Capstone courses
- Internship requirements (professional programs)
- Portfolios
- Research credits and/or major projects
- Qualifying exams, comprehensive exams
- Thesis/dissertation
- Defense
- Annual progress reporting (typically for doctoral programs)
4. Seek balance, support and harmony in your life.

- Get enough sleep
- Make time for physical exercise/activity/hobbies
- Eat nutritious and healthy meals
- Take one day a week off from your school/college work/studies (enables your body, mind and soul – to be rejuvenated)
- Keep connected with your family and friends outside college
- Join a cultural/sports/special interest organization – to network, grow and enjoy pursuits outside your area of study
- Seek out the resources on campus that can help you through challenging times
5. Establish positive relationships with your research supervisor and members of your committee (specifically for graduate students)

- Discuss expectations and timelines with your academic advisor/research supervisor
- Schedule regular meetings with your entire doctoral committee – at least once a year.
- Have a clear purpose for each meeting, and communicate the agenda in advance to your advisor/research supervisor/committee.
- Keep your supervisor informed of your progress and challenges.
- Take workshops on teaching; grant-writing, entrepreneurship
- Mentor undergraduate students (in your research lab/setting).
- Maintain scholarly integrity in all aspects of your study
DEVELOPING EFFECTIVE STUDY SKILLS

- Making good use of class time
- Active reading
- Effective note-taking and creating lists of questions
- Consistently working out assignments
- Self study and group study
- Preparation for tests
- Development of project reports
- Good time management
- Do not let a single poor grade discourage you
- Use the resources provided by the department/college – help rooms/study sessions, recitation sessions, TA office hours, professors’ office hours. Be prepared!

Check the resources provided by Purdue’s Academic Success Center → purdue.edu/asc/
MAINTAINING HEALTHY RELATIONSHIPS WITH FACULTY AND SUPERVISORS

- Be respectful in class, in communications and in other interactions with faculty and supervisors/TAs/mentors (respectful does not always mean liking or agreeing with everything; you can respectfully disagree)
- Be prepared - for meetings and discussions
- Be respectful of boundaries
- Be aware of relationship boundaries
- Do not ignore problems (if ignored, they could turn out to be crisis!)

Check the resources at Purdue: Office of the Dean of Students; Graduate School Office of Graduate Assistance, Counselling and Psychological Services (CAPS), Office of Institutional Equity (OIE)
ADDRESSING BURNOUT

▪ Build intrinsic motivation ➔ identify skills that need development and experiences you want to have at Purdue
▪ Visualize your progress and celebrate your achievements/reward yourself (even if they are small achievements)
▪ Spread your study time over days rather than cramming
▪ Take breaks regularly ➔ helpful in restoring focus and increasing creativity.
▪ Keep the end in mind! (the Big Picture!)
DEALING WITH DISTRACTIONS

- Get organized with a to-do list
- Organize your work space
- Silence alerts on your phone and keep open Internet tabs to a minimum
- Use music and headphones to cut down noise
- Find the best environment for efficient studying/working
Plan your self-care time and schedule your worry time.
Take time to get enough sleep and rest.
Recognize that grief and loss can occur even during occasions of joy/celebration (example: loss of community during events).
Recognize that we are most resilient when we operate out of our strengths.
Recognize that the right kind of stress can help you to be creative and to discover new ways to solve problems.
Maintain community with your support circle.
Create a gratitude journal.
GO BOILERS!