Take care of yourself and VCU
Check your VCU email and submit your daily health survey every day, even if you are not on-campus. Keep yourself and VCU safe by wearing a mask and washing your hands frequently. Feeling ill? Stay at home, get rested, and notify VCU Student Health and your faculty.

Set goals for the semester
Create realistic daily and weekly goals to maximize your semester. Want to raise your GPA or find an internship opportunity? Use the goal-setting worksheet and work with an Academic Coach or Career Services to realize your vision.

Establish your study spot
Find or create your dedicated study area that minimizes distractions and allows you to focus. Be considerate of others by using a headset and maintaining physical distance in shared spaces.

Commit to attending and participating in all of your classes.
Strive to exceed the expectations of your classes by reviewing assignments, attendance and participation requirements in your syllabus. Faculty will post the syllabus to eServices, Blackboard, Canvas, and email no later than one week before the start of classes.

Schedule your time and study actively
Take time at the start of each week to schedule specific times for studying (one hour per day for each 3 credit course), self-care and taking breaks. Use a weekly schedule template or Google calendar to stay organized.

Meet new friends and get ahead
Get acquainted or re-acquainted with the VCU campus, make and renew connections and explore different parts of campus and campus offices by participating in Weeks of Welcome, Student Affairs, and Student Success events.

Get academic help before you need it
Tutoring, writing consultations, and Supplemental Instruction are available to you for FREE starting as early as the first day of classes. Stay on top of your studies by adding these to your weekly schedule and see the results in your great midterm and final grades.

Know that you’ve got this!!
Always remember 'why' you chose VCU. You chose VCU to realize your academic and professional goals. You’re here at VCU because you know you have what it takes to be successful. If the semester starts to get tough, return to these thoughts and dig deeper into your studies and even deeper into the resources available to you at VCU so that you can stay strong!

Start Strong        Stay Strong        Finish Strong
keeplearning.vcu.edu

<------ 6 ft., please ------->