5 Tips to Achieve GRIT

- **Join a support group or community.** Feeling isolated can sap your motivation. Joining a group can provide you with a sense of belonging and a network of resources.
- **Set specific goals.** It’s easier to achieve a goal if you break it down into smaller, manageable steps. For example, if your goal is to run a marathon, start with running longer distances and gradually increase your training.
- **Develop a positive mindset.** Focus on the positive aspects of your life and challenge negative thoughts. Practice gratitude by keeping a journal of things you’re thankful for.
- **Persist through challenges.** When you encounter obstacles, rather than giving up, view them as opportunities to learn and grow.
- **Use setbacks to your advantage.** Instead of dwelling on failures, analyze them to understand what went wrong and how you can improve. Use this knowledge to make better decisions in the future.

Tackling Tests

There are three types of productive reviewing when preparing for tests: (1) a daily review of material will help you remember material you have just learned more quickly; (2) a weekly review will allow you to practice and assist in integrating material prior to the test. (3) a comprehensive review will summarize material; (4) a final review will give you a rationale for each tip.

5 Day Study Plan

The most efficient way to prepare for upcoming exams is to develop an 5 Day Study Plan. This plan will help you study effectively and reduce stress. Here is a sample study plan:

- **Day 1:** Review notes and other study aids to correspond with the material you believe will be covered on the test and write it down.
- **Day 2:** Create a list of all material you need to cover on that day. As you find material you believe will be covered on the test, write down the types of questions that will be asked. Then schedule when you plan to study.
- **Day 3:** Study. Anticipate what material will be covered on the test and write it down. Use this list to create a study plan.
- **Day 4:** Develop a list of all material you need to cover on that day. As you find material you believe will be covered on the test, write down the types of questions that will be asked. Then schedule when you plan to study.
- **Day 5:** Review. Make sure you have covered all material you need to know. Review any material you did not understand.

Click here to learn more about the Baylor Wellness Program.

For new families, and friends to fling their green and gold afar! Click here.

Sundown Sessions

From movie nights to Blacklight Bowling; from live concerts to "coffee and canvas" events, Sundown Sessions at the SUB are university-sponsored events tailored to give BU students fun activities to participate in on campus every Friday and Saturday night during the school year. Sundown Sessions allow students to take a break from their studies and enjoy some relaxation time. Whether you’re looking for a chance to socialize or simply want to relax, Sundown Sessions are a great way to recharge and enjoy some downtime.

Click here to learn more about the Baylor Wellness Program.

Baylor Homecoming

Homecoming is a BIG DEAL at Baylor! In the fall of 1909, Baylor alumni associations and friendships, and catch the Baylor spirit again.” As the three professors asked the graduates to return to campus to “renew former THE WEEKLY INCOME OF THE BAYLOR JOURNEY.

Click here to learn more about the Baylor Wellness Program.

5 Tips to Achieve GRIT

- **Join a support group or community.** Feeling isolated can sap your motivation. Joining a group can provide you with a sense of belonging and a network of resources.
- **Set specific goals.** It’s easier to achieve a goal if you break it down into smaller, manageable steps. For example, if your goal is to run a marathon, start with running longer distances and gradually increase your training.
- **Develop a positive mindset.** Focus on the positive aspects of your life and challenge negative thoughts. Practice gratitude by keeping a journal of things you’re thankful for.
- **Persist through challenges.** When you encounter obstacles, rather than giving up, view them as opportunities to learn and grow.
- **Use setbacks to your advantage.** Instead of dwelling on failures, analyze them to understand what went wrong and how you can improve. Use this knowledge to make better decisions in the future.

Tackling Tests

There are three types of productive reviewing when preparing for tests: (1) a daily review of material will help you remember material you have just learned more quickly; (2) a weekly review will allow you to practice and assist in integrating material prior to the test. (3) a comprehensive review will summarize material; (4) a final review will give you a rationale for each tip.

5 Day Study Plan

The most efficient way to prepare for upcoming exams is to develop an 5 Day Study Plan. This plan will help you study effectively and reduce stress. Here is a sample study plan:

- **Day 1:** Review notes and other study aids to correspond with the material you believe will be covered on the test and write it down.
- **Day 2:** Create a list of all material you need to cover on that day. As you find material you believe will be covered on the test, write down the types of questions that will be asked. Then schedule when you plan to study.
- **Day 3:** Study. Anticipate what material will be covered on the test and write it down. Use this list to create a study plan.
- **Day 4:** Develop a list of all material you need to cover on that day. As you find material you believe will be covered on the test, write down the types of questions that will be asked. Then schedule when you plan to study.
- **Day 5:** Review. Make sure you have covered all material you need to know. Review any material you did not understand.

Click here to learn more about the Baylor Wellness Program.

For new families, and friends to fling their green and gold afar! Click here.