

First

FTS-100 It's Just Noise/Music

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Fall, 2016

- Let's reflect on the first 3 weeks of school so far.
- Let's go around the room, each student talk about:
 - How have you been these three weeks, how are classes, how's your life as a college student been.
 - What has been the biggest reward
 - What has been the biggest challenge/struggle
 - What have you learned these three weeks

Lesson Today: Time Management



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Things Professor Yu Wish He'd Known When He Was An Undergraduate

- Despite what others tell you, you don't get NEARLY as much done as you think you would by staying up at night.
- Despite what others tell you, extreme methods of studying is not effective at all. You're MUCH better off getting 8 hours of sleep.
- Extreme methods of studying is not as "glamorous" as you think it is. Let others do it, real responsible adults make plans.

Reading your Syllabi

- Let's go around the room and have each student share one course besides the FTS you are taking and one thing you are looking forward to about the class.

Reading Syllabi

- What kinds of information are in your syllabi?

Reading the Syllabi

- What differences do you see between the syllabi?

Reading the Syllabi

- What can you learn from this information about the class?
- What can you learn from this information about the professor? What can you learn from this information about what it is going to take to do well in this class?

Reading the Syllabi

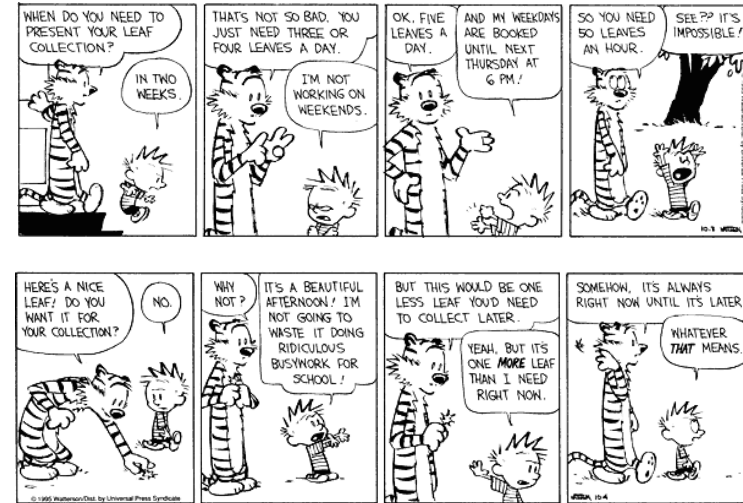
For each of the courses, write down the instructor's office hour and/or the tutors' hours (5 minutes)

- Can you make those?
- For those that you can not make, what can be done about this?

Weekly Planning (5 minutes)

- Complete the **Weekly Planning Sheet**.
- You should include the following:
 - Classes
 - Practices
 - Work
 - Co-curricular activities
- These sheets are available at the Academic Support Center.

Make A List, Have A Plan



Weekly Planning (another 5 minutes)

- Now add the following:
 - Time for three meals
 - 7-8 hours of sleep
 - 2-3 hours of study time for each hour of class
 - At least one 60+ minute study block per day, 6 days a week
 - Social Time
 - Relaxation Time

Weekly Planning

- For each person, talk about your schedule:
 - Are you getting enough study time?
Sleeping? Relaxing?
 - Are you happy with their schedule?
 - What might you change?
 - What can help you to make these changes?

Long Term Planning (10 minutes)

- On your calendar, write down the following on your note:
 - All known course projects/deadlines/exams
 - Times you know you will be away from campus.
 - Performances, co-curricular activities, and athletic events
- Let's talk about:
 - Are assignments evenly dispersed? One on top of each other?
 - What weeks are likely to be the busiest?