

Academic Support- ACE Center

Gateway Village Suite 160- Phone: 980-598-1200- CharlotteCASStaff@jwu.edu February 2022

Avoid Procrastination

We have all procrastinated at one time or another. Most of us try to change but usually we just put it off! Procrastination is letting low priority tasks get in the way of high priority ones. You can avoid this by trying to “trick” yourself into getting started with your work. Try this: set a timer for 10 minutes and begin working. When your timer goes off and if you don't feel like continuing to work, go do something else. You can go back to the task at another time. However, you will most likely find that you have become committed to the task and will end up finishing the assignment.

Other tricks to help you avoid procrastination include breaking down large tasks into smaller ones so they are not as intimidating, focusing on one thing at a time, and studying difficult subjects first when you aren't as mentally worn out.

For more tips and help regarding time management, schedule an apt with an AS advisor!

Hold a Study Team Quiz: Form a study group and have each member bring questions to the meeting. Quiz each other and don't move on until everyone agrees on an answer. If needed, find the correct answer in your course materials or ask your instructor.

Taken from: On Course, by Skip Downing, pg. 224

IMPORTANT DATES TO REMEMBER:

Feb. 3	Involvement Fest, Wildcat Center, 8-10 pm
Feb. 14	Valentine's Day
Feb. 10-14	Homecoming
Freshmen	<i>Don't forget to attend your FYE events!</i>

“Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day. You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.”

- Ralph Waldo Emerson

Black History Month

Events sponsored by BSU:

BET movie night - February 4th @9pm, Hance
BSU Street & Campus Clean up - February 5th @12pm

Meet in CHN Lobby

Candy Grams/Black Love Basket - February 7-14th
Time & Location: TBD

BSU Game-night - February 18th @8pm, Wildcat Den

BSU Community Soup Kitchen & Blanket Making for Homeless - February 19th 12pm, Location: TBD

Wax Museum - February 25th - Time: TBD, Harvey B. Gantt Center for African-American Arts + Culture Center

For more information & additional events, log onto your JWU Link & click on “involvement network.”

“You are growing into consciousness, and my wish for you is that you feel no need to constrict yourself to make other people comfortable.”
—Ta-Nehisi Coates

Happy Valentine's Day!



How to Know if You Are Struggling

Have you ever...

- missed a few classes
- earned a D or F on an assignment
- commented that you hate the class
- felt stressed by all the work assigned
- sat in class & realized you have no idea what is going on
- forgotten to complete an assignment or didn't even know it was due
- thought you were ready for a test/quiz then earned a lower grade than you were expecting

TIME TO SEE A TUTOR! Visit our Padlet site for more information: [JWU CHARLOTTE TUTORING SERVICES \(padlet.com\)](https://www.jwu.edu/padlet)