

TO DO LIST!

DAILY

- Check Calendar/Planner: Know what your schedule is for the day and create to do list of things you need to get done
- Attend all classes on time
- Check your Hampton University email, Blackboard, and any other platforms utilized by the University to communicate with you
- Check Hampton University social media pages (Be in the know!)
- Set things out in the evening for the next day to ensure that you are prepared to be successful
- Practice self-care
 - Healthy eating
 - Adequate sleep & rest
 - Meditation
 - Regular exercise

WEEKLY

- Evaluate and improve your routine, to include times to wake up/go to sleep, eat, attend classes, study/complete assignments and participate in extracurricular activities
- Update calendar/planner: Include assignments, appointments & meetings
- Assess upcoming challenges
- Complete assignments early
- Maintain communication with your support system/network (family, friends, peers, advisors)
- Engage your campus community
 - Attend seminars, workshops, and events
 - Participate in social engagement activities
 - Utilize campus-based resources

REMINDERS:

- Maintain a healthy balance between your academic workload and social engagement
- Practice safety protocols: Maintain physical distancing, and use personal protective equipment (face coverings, hand sanitizer)
- **The Student Success Center (SSC) offers the following:**
 - Tutoring services (HAMPTONU.JOINKNACK.COM)
 - Advisment (Assistance with plans to develop and reach goals)
 - Workshops (Time Management, Note Taking, Communicating with Faculty & More)



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