STUDENT SUCCESS STRATEGIES

For LD & ADD Cabrillo College Students
Prepared by Deborah Shulman Cabrillo College

FIRST STEPS to SUCCESS

1. Bring your documentation to the Learning Skills Program Office
2. Meet with an LD Specialist
3. Work out your class schedule w/ LD Specialist or DSPS counselor
   - Use earliest priority registration
4. Get necessary accommodations from LD Specialist or DSPS counselor

ATTITUDE

1. Work hard; be persistent
2. Understand your learning strengths & weaknesses
3. Use accommodations that increase your chances of success
4. Explore realistic majors & career options that utilize your abilities
SCHEDULING CLASSES

- Know your work schedule & other commitments
- Get assistance from LD Specialist or DSPS counselors
- Consider reduced or light loads
- Avoid 3 hour lectures if possible
- Get instructor recommendations
  - From LSP & DSPS, & other faculty & students

IN CLASS

- Sit front & Center
- Use notetaker or tape recorder
- Get to know your instructor
  - Ask for accommodations privately
  - Explain how your disability may affect your performance
- Form a study group

TESTS & EXAMS

- Use extended time
- Take tests in a less distracting environment
- Come to the test a little early w/ all required materials
- Practice relaxation techniques
- Plan your time
- Do a memory dump
TECHNOLOGICAL SOLUTIONS
- Personal Data Managers
- Screen readers
- Computerized reading systems (Omni 3000) or books on tape
- Electronic Spell Checkers
- Outlining, Mind map, & Brainstorming software
- ALWAYS use word processors (even for rough drafts)

ACADEMIC ASSISTANCE
- Enroll in basic skills classes if needed
- Use tutors
- See the instructor during office hours
- Participate in a study group
- Take support classes
  - Labs
  - Study skills courses

TIME MANAGEMENT
- Plan on 2 - 3 hours
  - study time for each hour in class
- Study difficult subjects first
- Set aside 5 - 15 minutes at end of study time to review & plan
- Keep a planner (book, electronic, online)
  - for all assignments & due dates
  - Tests, quizzes, & exams
  - Personal deadlines for
    - Projects & papers
    - Exam & test preparation
ORGANIZATION

- Study where distractions are minimal
- Keep study area neat & well organized
- Prioritize tasks
- Use visual reminders
  - To do lists
  - Project Organizers
  - Calendars
  - White boards