ALS 116 is a two-credit course offered through the Academic Success Center. This class gives students the opportunity to enhance their study skills by learning about strategies for studying, managing time, taking notes, preparing for tests, learning material, reading critically, and more.

ALS 116 is taught in a small class (20–25 person) discussion format. Students in the class openly discuss and explore the expectations and skills involved in being academically successful at the university level.

Typical assignments include response papers exploring personal habits and analyzing readings, a portfolio of work demonstrating application of strategies, and a final “Success Plan” synthesizing course material and demonstrating a personalized plan to implement success strategies.

**Topics**
- Time Management
- Avoiding Procrastination
- Responsibility & Mindset
- Concentration & Memory
- Active Reading
- Note-taking
- Test Preparation
- Test Taking
- Test Anxiety
- Goal Setting
- Networking & Resources
- Health & Wellness

**What students say about the class . . .**
- “Before I thought I lacked the ability to be successful academically. Now, I realized I lacked the tools and confidence. I have never had this much confidence in my studies and I have never been so excited to continue doing well [. . . ] I know that if I had never taken [this class] I would still think I was always going to be that C student. Now I see myself as a person who knows what she wants and has the tools to get there.”
- “I feel like I know what it takes to be successful. What this class has helped me realize is how it all ties together [. . .] How we take notes, or study, or spend our free time all play important roles in how we do in school.”
- “With all that I have learned from this class, I feel that I can turn my college career around. I feel that I have come a long way from the start of this term. I understand my way of learning much more in depth and I feel that by knowing this I can set myself up for success.”

**Interested?**
- You can register for ALS 116 along with your course load for next term. If you have questions about registration for ALS 116, please talk to your academic advisor.
- If a section of ALS 116 won’t fit your schedule or if you’d prefer a different resource, there are other options available on campus . . .
  - Academic Coaching (see back side of this flyer)
  - Content help through the Collaborative Learning Center, Supplemental Instruction, or department-based tutoring where available;
  - The Writing Center
- If you are experiencing academic difficulty you may also want to take advantage of other campus resources that impact and intersect with academic success: Office of Disability Access Services, Student Health Services, CAPS, Academic Advisors, etc.

**What you should know . . .**
- This isn’t a “fluff” class—there is homework/writing involved, and many students say it is actually a challenging class.
- It is graded “Pass/No Pass” and therefore won’t impact your GPA negatively or positively.
- Students need to earn an 80% in the course or better to earn a “Pass” grade. (Our standards are high in class about Academic Success).
- Regular attendance is required as part of this class. Come to class prepared to participate!