

RESILIENT RANGERS

NWOSU COUNSELING SERVICES

*Academic Success
Strategies*

“If you can't explain it to a six year old, you don't understand it yourself.”

— **Albert Einstein**



NORTHWESTERN
OKLAHOMA STATE UNIVERSITY

Counseling Services



Feynman Technique

1

Write the name of the concept at the top of a blank piece of paper.

2

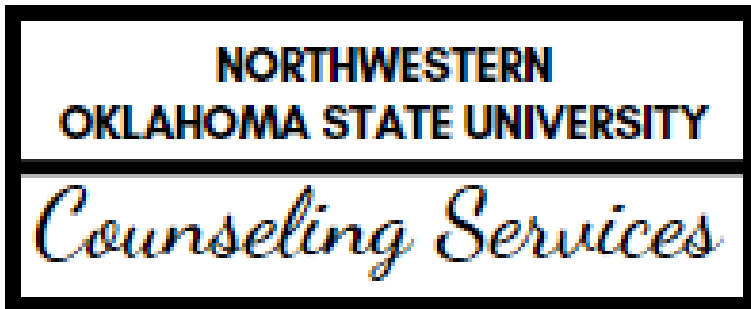
Explain the concept as if you were trying to get stuck- relearn until you can explain on paper. This should highlight what you understand, but more importantly pinpoint what you don't quite know.

3

Review what you have pinpointed you don't know. Go back to the source material, re-read, and re-learn it. Repeat Step 2.

4

If you are using overly wordy or confusing language (or simply paraphrasing the source material) try again so you filter the content. Simplify your language, and where possible use simple analogy.



Feynman Technique

Learn Faster with The Feynman Technique

STEP TWO: Pretend You're Teaching the Idea to a New Student

Watch later Share

UNDERSTANDING TORQUE

Torque is a twisting force



**NORTHWESTERN
OKLAHOMA STATE UNIVERSITY**

Counseling Services



Eisenhower Matrix

PRIORITIZE TASKS BY URGENCY AND IMPORTANCE

Important & Urgent

First focus on important tasks to be done the same day

Important & Not Urgent

Schedule a time to complete tasks

Urgent & Less Important

Delegate tasks to others

Not Important & Not Urgent

Don't do at all



NORTHWESTERN
OKLAHOMA STATE UNIVERSITY
Counseling Services



Eisenhower Matrix

E The Eisenhower matrix: How to manage your tasks with EISE... Watch later Share

	Urgent	Less urgent
Important		
Less important		

The image shows a video player interface for a video titled "The Eisenhower matrix: How to manage your tasks with EISE...". The video content displays a 2x2 Eisenhower Matrix on a textured, light-colored background. The vertical axis is labeled "Important" at the top and "Less important" at the bottom. The horizontal axis is labeled "Urgent" on the left and "Less urgent" on the right. The four quadrants are represented by colored boxes with icons: top-left (green, magnifying glass), top-right (blue, person), bottom-left (orange, people), and bottom-right (red, octagon). A play button is centered over the matrix.



**NORTHWESTERN
OKLAHOMA STATE UNIVERSITY**

Counseling Services



Calendar

BLOCK OFF TIME

- CLASS
- HOMEWORK
- WORK
- MEALS
- SLEEP
- FREE TIME
- SELF-CARE



**NORTHWESTERN
OKLAHOMA STATE UNIVERSITY**

Counseling Services



Weekly Schedule Example

4					
5					
6	Wake Up/Breakfast	Wake Up/Breakfast	Wake Up/Breakfast	Wake Up/Breakfast	Wake Up/Breakfast
7	SELF-CARE	Homework	SELF-CARE	Homework	Homework
8	Homework	Assessment & Evaluation		Assessment & Evaluation	
9	Children's Literature (K-8)	Foundations of English Grammar	Children's Literature (K-8)	Foundations of English Grammar	Children's Literature (K-8)
10			Homework		Homework
11	Geometry/Elementary Teachers	Work	Geometry/Elementary Teachers	Geometry/Elementary Teachers	Geometry/Elementary Teachers
12 ^{PM}	Lunch	Lunch	Lunch	Lunch	Lunch
1		Work		Work	
2	Intermed Lang Arts Mthds (4-8)		Intermed Lang Arts Mthds (4-8)		Intermed Lang Arts Mthds (4-8)
3	Work		Work		Work
4		Clstrm Mgmt & Behavr Interven I			
5					
6	Dinner	Dinner	Dinner	Dinner	Dinner
7	Homework	Homework		SELF-CARE	SELF-CARE
8		SELF-CARE	Homework	Homework	
9					



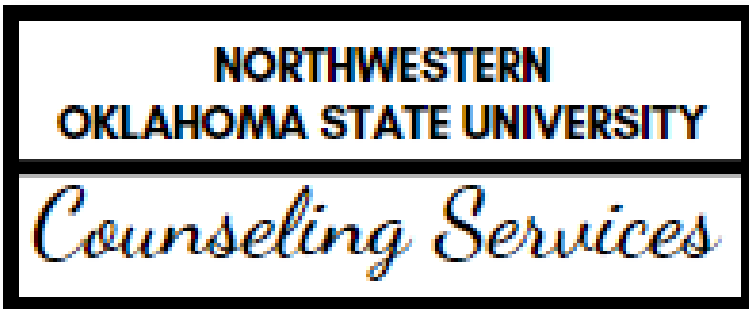
**NORTHWESTERN
OKLAHOMA STATE UNIVERSITY**
Counseling Services



Daily Schedule Example

◀ ▶ November 16, 2020 Alva, Oklahoma ▾

MONDAY	
16	
2 ^{AM}	
3	
4	
5	
6	Wake Up/Breakfast
7	SELF-CARE
8	Homework
9	Children's Literature (K-8)
10	
11	Geometry/Elementary Teachers
12 ^{PM}	Lunch
1	
2	Intermed Lang Arts Mthds (4-8)
3	Work
4	
5	
6	Dinner
7	Homework
8	
9	
10	Sleep
11	



Pomodoro Technique



To Access Online Tomato Timer Click



Tomato Timer

TomatoTimer is a flexible and easy to use online Pomodoro Technique Timer

tomato-timer.com



**NORTHWESTERN
OKLAHOMA STATE UNIVERSITY**

Counseling Services



NWOSU Library Services

Monday- 7:45 AM - Midnight

Tuesday-7:45 AM - Midnight

Wednesday-7:45 AM - Midnight

Thursday-7:45 AM - Midnight

Friday-7:45 AM - 5:00 PM

Saturday- Closed

Sunday- 1:00 PM - Midnight

Academic Success Center

Monday- 8:00 AM - 9:00 PM

Tuesday- 8:00 AM - 9:00 PM

Wednesday- 8:00 AM - 9:00 PM

Thursday- 8:00 AM - 6:00 PM

Friday- 8:00 AM - 3:00 PM

Saturday- Closed

Sunday- Closed

NWOSU SCHEDULE OF FINAL EXAMINATIONS

🍏FALL 2020🍏

INSTRUCTIONS: Students should check the examination schedule closely so that final exams will not be missed. Being in the right place at the right time is the responsibility of the student.

For classes meeting: 7:30, 8:00 or 8:30 M,MW,MTH,MWF, WF, MTWTH,MWTHF OR DAILY	For classes meeting: 9:00 or 9:30 MW,MWF,MWTHF, MTWTH, MTTHF, OR DAILY	For classes meeting: 10:00 M,MW,MTH,MWF,MTWTH, MWTHF,MTTHF,OR DAILY	For classes meeting: 11:00 M,W,F,MW,MWF,MTWTH, MWTHF,MTTHF,OR DAILY
EXAM ON TUES.DEC 8 @ 8:00AM	EXAM ON WED. DEC 9 @ 8:00AM	EXAM ON THURS. DEC 10 @ 8:00AM	EXAM ON FRI. DEC 11 @ 8:00AM
For classes meeting: 7:30, 8:00, 8:30,or 8:40 T, TH, TTH	For classes meeting: 9:00 or 9:30 T, TH, TTH	For classes meeting: 10:00, 2:00 or 2:30 T, TH, TTH	For classes meeting: 11:00 or 11:30 T, TH, TTH
EXAM ON TUES.DEC 8 @ 10:00AM	EXAM ON WED. DEC 9 @ 10:00AM	EXAM ON THURS. DEC 10 @ 10:00AM	EXAM ON FRI. DEC 11 @ 10:00AM
For classes meeting: 1:00 M,W,F,MW,MWF, MTWTH,MTTHF OR DAILY	For classes meeting: 1:00, 3:00, 3:25, or 3:30 T, TH, TTH	For classes meeting: 2:00 or 2:30 M,W,MW,MWF,OR MTWTH	
EXAM ON TUES.DEC 8 @ 1:00PM	EXAM ON WED. DEC 9 @ 1:00PM	EXAM ON THURS. DEC 10 @ 1:00PM	
For classes meeting: 12:00 or 12:30 M,W,MW,MWF,MTWTH, MTTHF OR DAILY	For classes meeting: 12:00 or 12:30 T, TH, TTH	For classes meeting: 3:00 or 3:25 or 3:30 M,W,MW,MWF,OR DAILY	
EXAM ON TUES.DEC 8 @ 3:00PM	EXAM ON WED. DEC 9 @ 3:00PM	EXAM ON THURS. DEC 10 @ 3:00PM	
For classes meeting: 4:00, 4:30, 4:50 or 5:00 M, MTH	For classes meeting: 5:00 or 5:15 MON. & WED.	For classes meeting: 4:00, 4:20, 4:50, 5:00, 5:15 or 5:20 TUES. or TUES. & THURS.	
EXAM ON TUES.DEC 8 @ 5:00PM	EXAM ON WED. DEC 9 @5:00PM	EXAM ON THURS. DEC 10 @ 5:00PM	
	For classes meeting: 4:00, 4:30, 4:50, or 5:15 MW, W	For classes meeting: 4:00 or 4:50 THURSDAY	
	EXAM ON WED. DEC 2 @ 4:50PM	EXAM ON MON. DEC 7 @ 4:50PM	

NOTE: Classes beginning 6:00 p.m. or later will follow the night class exam schedule.

NIGHT CLASS EXAMINATION SCHEDULE **Revised:**

Monday Night ClassesFINAL EXAM, Monday, Dec. 7, @ 7:00p.m.
 Tuesday Night Classes.....FINAL EXAM, Tuesday, Dec. 1, @ 7:00p.m.
 Wednesday Night Classes.....FINAL EXAM, Wednesday, Dec. 2, @ 7:00p.m.
 Thursday or Tuesday/Thursday Night ClassesFINAL EXAM, Thursday, Dec. 3, @ 7:00p.m.

ONLINE COURSE FINALS: ALL online finals MUST BE complete prior to 5:00 PM, December 7, 2020.