



# How to Thrive in Challenging Classes

## ***Know what lies ahead.***

You can reduce your stress significantly by knowing what you're up against ahead of time. Carefully [review the syllabus](#) and assignment guidelines so you're not surprised by any of the materials. One of the realities of challenging classes is that they take extra effort, focus, and time.

## ***Put it in your planner.***

If you're feeling overwhelmed in a certain class, you might be tempted to procrastinate studying, but avoiding the inevitable is one of the worst things you can do. [Schedule time every day to study](#) and do homework problems. If you need ideas for different study strategies, contact the Wintrode Center at 605-688-4155 to meet one-on-one with a [success advisor](#).

## ***Show up.***

We know — skipping class can be tempting, but just showing up is half the battle. Even if the lectures feel like they're going over your head, you still gain a ton by [attending class](#). Good attendance will demonstrate to your professor that you're committed to succeeding, and it'll give you a chance to meet other students (aka potential study buddies).

## ***Get to know your professor (and make sure they know you).***

Many students view visiting a professor's office hours as a last resort, but it's actually one of your best resources! [Attending office hours](#) may be intimidating at first, but keep in mind that your professors want you to succeed, and they're willing to take time out to help you.

## ***You're all in this together.***

While studying on your own or with a tutor is usually the most productive option, [study groups](#) can also be helpful when done right. The key is to make sure everyone stays productive, which means it's probably a good idea to avoid forming a group with all your closest friends, as you're likely to get distracted. Instead, reach out to new classmates for study sessions, and take turns explaining class concepts to one another.

## ***Use your resources.***

You don't have to go it alone! SDSU offers a variety of [free academic supports](#) such as tutoring, Supplemental Instruction, supplemental labs, round tables, and help centers for various subjects. Check out all the resources posted here on Study Hub.

## ***Relax. You've got this.***

Sometimes we make things harder on ourselves simply by worrying about them. It's important to [take some time for yourself](#) to reduce your stress level and gain perspective on your workload. Make sure you're getting enough sleep, eating well, and making time for social activities.

## **References:**

Academic pressure: 10 tips for handling difficult classes. *Best Accredited Colleges*. Retrieved from: <https://bestaccreditedcolleges.org/articles/academic-pressure-10-tips-for-handling-difficult-classes.html>