Welcome back to TCU! A fresh start to a new year is a great opportunity to get excited about the term. Start the term right by staying on top of your work. Here are some great strategies that will help. Attend class, take notes, and ask thoughtful questions. Study little-by-little and spread out your studying over multiple days. That means you should NOT put off your studying until the last minute. Another common mistake that students make is to simply highlight and re-read notes or the textbook. These are popular strategies, but unfortunately they do not support deep understanding of concepts. Avoid relying on these simple strategies by adding in flashcards and testing yourself. Finally, always remember that your professors have great ideas about how to do well in their classes. Be sure to chat with them about any questions!


Cooper, B.G. (2014). From anxiety to fear: Deciphering rodent emotional states via behavioral pharmacology and analysis of ultrasonic vocalizations. Invited talk, Midwestern University, Phoenix, AZ.
