



TOURO UNIVERSITY CALIFORNIA  
OFFICE OF STUDENT SUCCESS SERVICES

# Student Challenges



And strategies to support students





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I see the world through a very specific lens.  
I strive to create a safe space for learning.  
If anything I say creates harm please let me know  
so that I can grow and learn and be better





Welcome and thank you  
for attending today

What do you think the top 3 challenges are  
for students?

Please put your responses in the chat



# Top 3



Time Management

Managing Expectations

Mindset

# Professional Programs





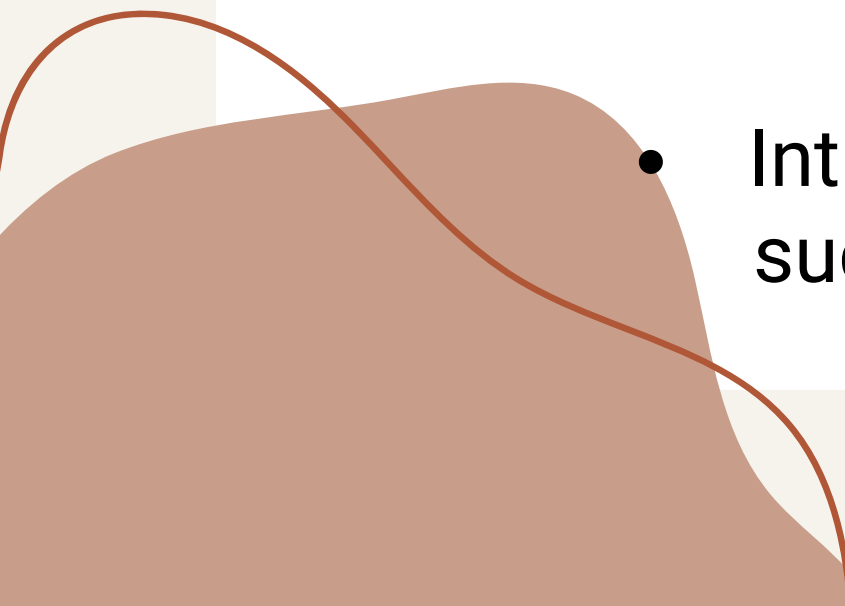

# Time Management

Study Plan

Resources



# Strategies for Effective Time Management

- Encourage students to set up a schedule that works for the individual with time for studying AND self-care (sleep, nutrition, activity, community)
  - Provide information of evidence-based strategies for academic success such as Pomodoro Technique, Spaced Repetition, and Metacognition
  - Help students to understand and be comfortable with their neurodiversity
  - Introduce students to campus resources that are available for support such as Faculty, Library Resources, Learning Specialists, Diversity and Inclusion, Counseling, Peer Tutors, Fellows etc
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# Managing Expectations

Prioritizing  
assignments

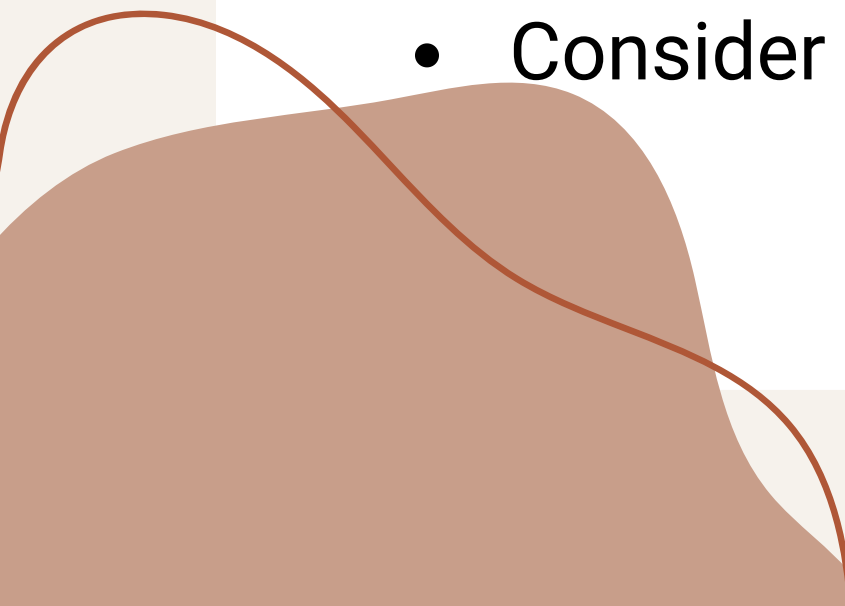

The Testing  
Environment





# Strategies for Helping to Manage Expectations



- Provide students with information about the exam process and structure in the start of the course
  - Ensure that the objectives match the exam questions
  - Provide resources and prioritize as: required, recommended, and optional
  - Consider deconstructing an exam question during a review session with students to show HOW to think about the material
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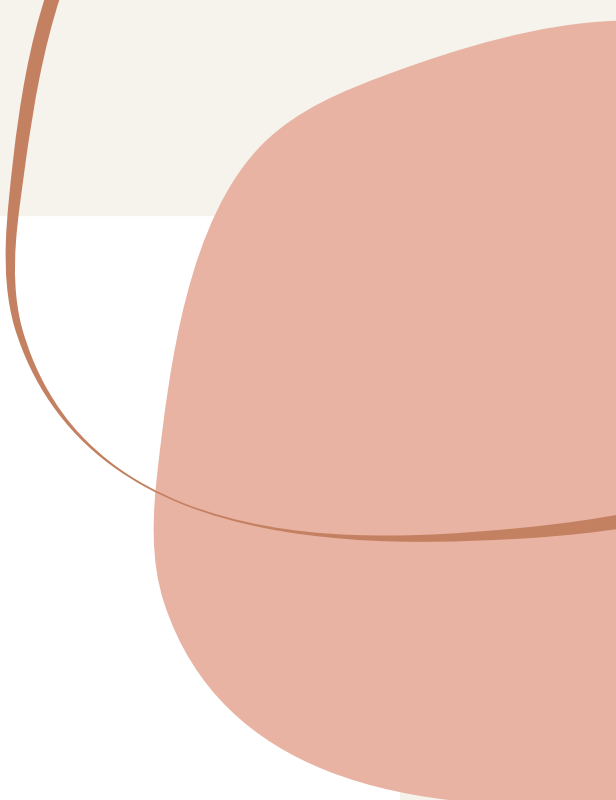
# Mindset

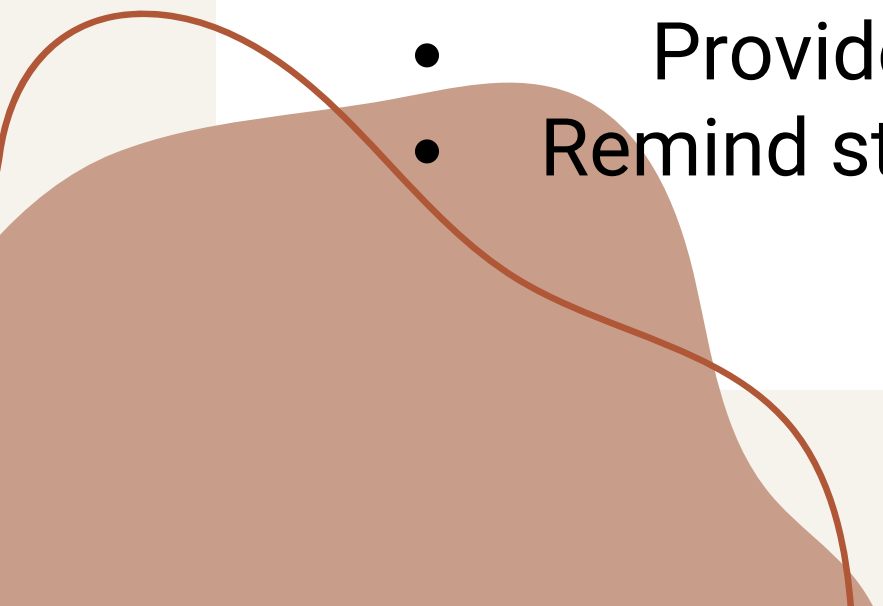

Growth mindset

Imposter  
syndrome



# Strategies for nurturing a growth mindset



- Remind students that they are in the learning phase of the process. This is the place to make mistakes and to ask questions and ask for help
  - Everything is hard in the beginning
  - Remember that any student can experience imposter syndrome
  - Provide opportunities for students to reflect on their progress and growth
  - Remind students about the importance of rest, nutrition, community connection and movement
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# Thank You!

Do you have any questions for me before we move on?