What are your LASSI results?

ANXIETY (ANX)

- I will try to reframe my perception of a "test" to be a time where I can show my professor what I know, not a time where I am judged or measured.
- When I become anxious, I will try to identify the specific causes in order to deal with them individually.
- I will not study straight up to the test time, but I will take 10 minutes to relax and practice deep breathing and positive self-talk.
- Take one day at a time.

ATTITUDE (ATT)

- I will try to foster a good attitude about every class I take by choosing to focus on one learning objective from my syllabus from each course.
- I will find a study partner who is active and interested in the course material to help me develop a positive attitude towards the course.
- I will revisit my educational goals each semester to be sure my interests and goals align.
- Keep a good attitude about the class – do not question, "Why am I here?"
- I will calculate my possible outcome for each course using the following formula:
  Value** I place on the class (1 to 10)* × ***Expectation** of personal effort (1 to 10)* = ***Outcome.

CONCENTRATION (CON)

- I will not study for more than 45 minutes at a time without a break of at least 10 minutes.
- I will write down humorous or ironic information in my notes to maintain my concentration and help me remember the material.
- I will sit near the front of class and away from distracting classmates so I can concentrate on what the instructor is saying.
- I will study in a quiet place without distractions so it is easier to concentrate on my assignment or reading.
- I will study for a longer amount of time before taking a break.

INFORMATION PROCESSING (INP)

- I will make annotations in my lecture and textbook notes when a topic reminds me of something or someone I already know.
- I will type or rewrite my lecture notes after class.
- I will work with a study group or tutor so I can hear the information explained to me in a different way, and so I can explain the information myself.
- Try to take the words on the paper and create a visual in your head.

MOTIVATION (MOT)

- I will not miss more than __ classes for each course I am enrolled in this semester.
- I will create a list of acceptable and unacceptable excuses to miss class and verify that my excuse is acceptable before I miss a class.
- I will study with a group to keep me accountable and do my homework and reading on time.
- Stay focused on the end result despite struggles with the class material and/or the professor.
- I will calculate my possible outcome for each course using the following formula:
  __Value__ I place on the class (1 to 10) × __Expectation__ of personal effort (1 to 10) = __Outcome__.

SELECTING MAIN IDEAS (SMI)

- I will summarize and/or outline my lecture notes after class to pull out main ideas.
- I will make and outline of the chapter, which will include keywords and important information.
- I will develop a highlighting system to use when reading a chapter, which will include keywords, definitions, important parts, and interesting information.

SELF TESTING (SFT)

- I will complete practice tests provided in the textbook or on the companion website when available or create my own test.
- I will fill out any study guides my instructor provides with definitions and explanations.
- I will prepare questions for exam review sessions or tutoring sessions so that I can focus on what I need to learn rather than what I already know.

TEST STRATEGIES (TST)

- I will begin reviewing at least 2 weeks prior to each exam so I have time to learn the material.
- I will not restudy information I already know well, but focus on understanding information I do not know with the help of my study group.
- When taking an exam, I will read the directions carefully, answer questions first, and pace myself so I can complete the test with time to double-check my answers.

TIME MANAGEMENT (TMT)

- I will write down every assignment and due date for each course on my planner during the first week of each semester.
- I will set specific weekly study, personal, family, and work times.
- I will avoid procrastination by breaking down larger assignments into smaller pieces, which I will put down on my planner.

USING ACADEMIC RESOURCES (UAR)

- I will use different academic resources—such as writing centers, tutoring centers and learning or academic support centers—when I encounter problems with my coursework or performance.

The KEY Center has additional information about LASSI, including specific modules that align with your results. (Follow the link and scroll down to "Lassi Modules.")