THE HEARTH

STUDENT SUCCESS CENTER

LEARNING STYLE

We all learn differently. Use what works best for you!



VISUAL
(See it)

You learn best through seeing.

- Use charts, diagrams, & graphs.
- Highlight.
- Color-code notes.



AUDITORY
(Hear it)

You learn best through hearing.

- Listen to lectures.
- Discuss with others.
- Teach it out loud.



READ/WRITE
(Write it)

You learn best through writing.

- Takes notes.
- Summarize information.
- Rewrite key concepts.



KINESTHETIC
(Do it)

You learn best through dong.

- Hands-on activities.
- Practice problems.
- Move, build, explore.

ACADEMIC STRESS



COMMON SOURCES

- Missed assignments.
- Not understanding course content.
- Poor homework/exam performance.
- Competing obligations outside of class.
- Long-term goals and meeting expectations.
- Overloaded schedule.
- Adjusting to CHS life.



COMMON SYMPTONS

- Feeling disconnected or comparing yourself to classmates.
- Feeling unmotivated or numb.
- Feeling overwhelmed and stuck with academic obligations.
- Don't know where to start studying.
- Inability to focus.
- Poor sleeping and eating habits.
- Being distracted.

YOU DON'T HAVE TO DO IT ALONE.
Use The Hearth for support before the stress takes over.

ASK EARLY. GET HELP. STAY ON TRACK.

- Break tasks into small steps.
- Use a planner or daily log.
- Ask questions early.
- Take care of your body.
- Take breaks - rest and refocus.

PLAN. PRIORITIZE. PERSIST. SUCCEED.