

# Midterm Preparation

Presentation By:

The SRJC Petaluma Student  
Success Team



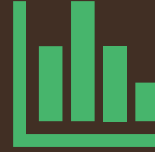
SST 2022  
WHAT WE ARE DOING TO  
SUPPORT YOUR FUTURE

## What We Do

- One-on-one peer coaching through Zoom
- Assisting you in enhancing study habits, note and test taking methods and more.
- Connecting you to departments and community resources
- Academic and soft skills workshops

It's a proven fact that if you meet with a coach, you will be more successful in your courses. Come see us today!

# Overview



Study Methods



Study Spaces



On-campus  
Resources



Stress  
Management

# Study Methods

- Read your textbook
- Make and review flashcards
- Rewrite your notes
- Re-watch your lectures and add to notes if needed
- Create or fill out a provided study guide
- Create or join a study group



# Places to Study

- **The library**
- **The tutorial centers**
- **In your room, but not on your bed!**
- **At a coffee shop**
- **Outside your house**



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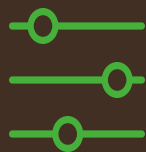


# Resources



**Writing Center**

<https://english.santarosa.edu/writing-center>



**MATH LAB**

<https://mathematics.santarosa.edu/online-math-lab-tutoring>



**Tutorial Center**

<https://college-skills.santarosa.edu/srjc-tutorial-centers>



**Library**

<https://libraries.santarosa.edu/>

# Stress Management Techniques

- Take a break
- Unplug yourself
- Go outside
- Physical Exercise
- Breathing Exercises
- Meditation
- Get enough sleep





# Contact Information



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