The Center for Academic Success is a certified national Learning Center of Excellence and the central learning center at LSU. CAS provides a cognitive-science based approach to student assistance and personalized success strategies.

**SHELL TUTORIAL CENTER, 141 Middleton Library**
9:30 a.m. - 7:00 p.m. Monday - Thursday
9:30 a.m. - 3:00 p.m. Friday
Find walk-in tutoring in math, biology, physics, chemistry, select foreign languages, and other courses, as well as computers for independent use. CAS also sponsors access to online tutoring and a tutor-for-hire matching service.

**SUPPLEMENTAL INSTRUCTION (SI)**
CAS offers peer-led, weekly group study for select historically difficult courses. Master course concepts, develop test-taking skills, and learn more efficient study strategies. Find more information at lsu.edu/si.

**ACADEMIC COACHING**
An academic coach can help you focus, prepare and succeed, with resources on test prep, time management, note-taking, overcoming test anxiety, college reading strategies, concept maps, and study techniques. Schedule at lsu.edu/cas.

**PRESENTATIONS BY REQUEST**
Student organizations and faculty can request a group presentation on topics from test prep and time management to techniques for a specific type of course. Request a presentation at lsu.edu/cas.

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**PLANNING YOUR WEEKLY PLANNER**

1. **SETTING UP YOUR SEMESTER CALENDAR**
   - Transfer due dates from each syllabus (exams, quizzes, projects, and papers)

2. **ORGANIZING YOUR WEEKLY PLANNER**
   - Add social, family, and work commitments (family events, holidays, sports, trips, and cultural events)

3. **BLOCK OUT FIXED COMMITMENTS**
   - Classes, weekly social/organizational meetings, work, meals, exercise, etc.

   **ADD TIME FOR THE STUDY CYCLE & FOCUSED STUDY SESSIONS**
   - Schedule several FSSs throughout the day. There are 30-60 minute blocks for concentrated study on a particular subject.

   **SCHEDULE RECREATIONAL BREAKS**
   - Serve as balance in your life; take a walk, have a snack, call a friend.

   **ADJUST AS NEEDED**
   - Use the habit tracker to keep track of your progress.

   **MANAGE YOUR ENERGY**
   - Use your sleep/wake hours wisely. This is typically the most productive time for learning.

**FOCUSED STUDY SESSIONS**
Focused study sessions (FSSs) are designed to work with the way your brain learns best:

- **PLAN**
  - Decide what you will accomplish in your study session and get started.
  - Suggested time: 1 - 2 minutes

- **STUDY**
  - Interact with material: organize, concept map, summarize, process, re-read.
  - Suggested time: 30 - 50 minutes

- **BREAK**
  - Step away from material to clear your head.
  - Suggested time: 5 - 10 minutes

- **RECAP**
  - Go back over, summarize, wrap-up and check what you studied.
  - Suggested time: 5 minutes

- **CHOICE**
  - Should I continue studying?
  - Should I take a break?
  - Should I change tasks or subject?