



Middlebury

[Academic Calendar](#) [CTLR](#) [Health & Wellness](#) [Presence](#) [SFS](#)

There is no singular college experience. While some things such as taking classes are a given, the rest of college is by and large what you make of it. In this weekly newsletter, I will share ways to hone your strengths and take advantage of some of the things Middlebury offers that are designed to help you succeed, grow and realize your goals. Read on to see this week's tip for thriving at

Middlebury!



Jennifer Guinn Sellers, Ph.D.
Dean of the First Year Experience

Feeling Academically Prepared

If you took my advice last week, you are now in at least one class that feels foreign or unfamiliar. Well done! While this is an important step in cultivating the overarching virtue of Wisdom and Knowledge, the strength of curiosity works best when it is coupled with the kindred strength, love of learning. This begs the question, how do we turn love of learning into a behavior we can practice?

If you are someone who waits until the last minute to do an assignment or study for a test, you are going to have to learn to do things differently. Procrastination, as it turns out, undermines our love of learning. Learning happens best when we take on new material in short, focused spurts with rest periods in between. Without this rest, neurons (aka brain cells) are not able to form

new neural pathways. After laying down these new neural pathways, we then need to reinforce and maintain these precursors to learning through practice. Quiz yourself often to make sure you really understand the material (no peeking!) and redo your homework multiple times until you can solve each problem with fluidity (without skipping ahead to the answers!). Over time, these small changes lead us to feel more engaged in the material we are learning. The video below does a great job of expanding on these ways to practice your love of learning.



[Learning How to Learn](#)

Resources

Anytime you have a question about course material, the first person you should approach is your professor. Office hours are the perfect place to ask for help. Quick questions can sometimes be addressed immediately after class.

Additionally, the majority of Middlebury students utilize services in the Center for Teaching, Learning, and Research (CTLR) which are provided free as part of a comprehensive Middlebury experience. Learning Resources staff in the CTLR work with students on academic development in all disciplines and at every stage of their Middlebury education. They approach their work with sensitivity to neurodiversity issues, identities, and diversities.

Connect with a learning resources advisor to learn strategies for effective note taking, reading skill enhancement, test-taking preparation and more!



Reading and Study Skills



Writing Center



Languages



STEM & Quantitative Support

Important Dates

- 2/15-24 [Setting Up for Success Workshops](#)
- 2/21 Student Involvement Fair in Wilson Hall (McCullough)
- 2/24 Last Day to Drop a Course Online
- 2/24-4/17 Students May Drop a Course with Permission



Registration Information and Instructions

Was this information helpful?

Please take less than one minute to let me know!

Feedback

No minimum order value

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[Self-schedule an appointment here!](#)

Contact me.

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