**Section One: Getting Started**

**1. 1. Initiating University Study**

University life requires serious and demanding preparation on the students’ part. This preparation is usually intricate as it includes and covers many aspects and skills which are entirely indispensable not only for college but also for life in general. From study habits to doing assignments, you may find yourself striving to come up with the most appropriate ways of studying in order to succeed. In what follows are some of the essential and unavoidable tips on how to initiate university study:

**1.1.1. Setting clear goals from the beginning.** Having (a) clear goal(s) in mind from the beginning can greatly assist students to successfully engage in learning, and achieve what they long for. This is the reason why, students should ask themselves these questions:

* *Why am I here?*
* *What do I expect from college?*

Answering these questions appropriately guides the student in setting his goals, and acting accordingly through drawing a map for his plans and putting them into practice.

**1.1.2. Managing time.** Using time effectively is by all means something positive; it is a skill that aids students to organize their study both at home and in class. Moreover, this gains them effort, and facilitates many tasks. Various areas of time management may include:

* ***Using schedules (planning).***Drawing up a schedule and following it is no easy thing. Students may not be familiar with that, and it can be a source of anxiety to them. Students are advised to put a plan for their work, and try to stick to it unless they really find it necessary to make a change or modification.
* ***Fighting procrastination.*** Doing tasks and homework on time is a key tip in the whole process of university study. It is very important to make a list of all tasks and get them done through recording the due dates of all activities and assignments. Because of postponing tasks, students would most probably lose desire for learning and fail.
* ***Giving each task the amount of time it potentially requires.*** Getting involved in the various tasks that the teacher gives through asking questions and participating in discussions is highly beneficial. Students can perform tasks more effectively if they break them into small tasks and give a sufficient amount of time. This aids the student to improve his self-esteem and retain more information.

**1.1.3. Managing anxiety and handling stress**. Excessive stress reduces the quality of learning and achievement level. This is the reason why, students need to follow some tips in order to defeat the learning difficulties and facilitate the whole process. Moreover, adding up one success to the other helps in strengthening their desire for doing more, and boosts their self-esteem and lowers their stress and anxiety.

* ***Sleeping enough***
* ***Eating healthy***
* ***Avoiding* *cramming***
* ***Taking breaks and relaxing***

**1.1.4. Learning how to refine basic skills (reading, writing, listening and speaking).** It almost goes without saying that the four skills: reading, writing, listening and speaking are basic to language learning. Add to this, the four skills empower learners to use the language more talentedly and freely