

Cafecito & Grad School Chats

Drop in. Sip cafecito. Ask anything.

*All students are
welcome!*

Effective Study Tips

Study the BIG 9!

Speech Sound Production, Fluency, Voice & Resonance, Language (receptive/expressive), Hearing, Swallowing/Feeding, Cognitive Aspects of Communication, Social Aspects of Communication, and Augmentative & Alternative Communication (AAC).

Research Backed Study Tips!

Practice with Case Studies for the Praxis Exam

Make handwritten/ digital flashcards

Create Cheat Sheets/Mindmaps/Visuals

Record yourself & listen podcast style

Take and review notes soon after writing them

Write them!

Spaced repetition

Active recall (testing yourself)

Pomodoro technique (teaching others)

Feynman technique (focused intervals)

Mnemonic devices

25-5 rule

Ask questions in class

Meet for Professors for Office Hours

Tutoring

Create questions

Distraction free environment

Work Life Balance:

Create a schedule for each semester

Treat Graduate school like a job

Schedule ahead by semester, month, week, and day (if possible)

Establish clear boundaries

Time management to avoid burnout

Organization to maintain clarity

Prioritize YOU!

Self Care is a must.

Avoid the burn out monster.

Join us!

<https://www.nysslha.org/join-us>