# Transcript: IT Podcast - Ep 67 - New Student Series - Committing to a Study Schedule - Julianne Koch and Jessica Galterio

*The following transcript is a verbatim account of the video or audio file accompanying this transcript.*

Speaker #1 (Narrator):

WGU's IT audio series, flexible, portable, profound.

Speaker #2 (Julianne Koch):

Hello and welcome to the IT Audio Series. Today we wanted to chat with you about some topics specifically for new students, although the information can certainly be helpful for anyone. Before we get started, we wanted to introduce ourselves. I'm Julianne Koch and I've been a program mentor in the IT college since 2012.

Speaker #3 (Jessica Galterio):

I'm Jessica Galterio and I've been a program mentor in the IT college since 2015. In our experience, we've seen a lot of different strategies for success as a student at WGU. We wanted to share with you some of the best tips and tricks for your first term.

Speaker #2 (Julianne Koch):

Today we wanted to talk about something that's incrediblychallenging but can definitely pay off in the long run. Committing to a study schedule. Your first term sets the tone for the rest of your degree. The habits that you develop early in your program are likely to stick and it will payoff when you start more difficult courses that require more of your time and mental effort. Here are a few strategies we wanted to share with you that you can use in your first term to help you throughout your entire time at WGU.

Speaker #3 (Jessica Galterio):

Number one, make a plan and stick to it. I can't tell you how many times I've heard students saythey will study when they have time or sometime later this weekend. When you first start your program, you're probably a lot more excited. It's new, it's exciting, it's novel, it's something that you're motivated about, and you're really ready to dive into. But as you move forward in your degree, the burnout can really set in and if you don't have a plan mapped out and established, it becomes harder and harder to use that time forstudying instead of doing literally anything else.

Speaker #2 (Julianne Koch):

Number two, track your time. I'm not just talking about the time that you study, I mean everything. There are a lot of good apps that you can use to track your time, but you really can just use a Spreadsheet. Put the time that you work, sleep study, do household chores, hobbies, kid activities, going to the gym, walking your dog, watching Netflix, spending time with your friends. Everything. When you do this, you can notice trends, and you can really see what your habits look like. Once you have a good idea where your time goes, you might start looking at ways you can make simple changes. I can't tell you how many times students over or underestimate how much time they spend on different activities in their daily life. Something that feels like it's taking over your life may really only be a couple hours a week, but it's on your mind more often. Maybe it makes sense to get it done earlier so you know it's taken care of.

Speaker #3 (Jessica Galterio):

Number three, accountability. Once you have your schedule and plan hammered out, write it down, post it somewhere in your house where you can be reminded it, but also share with the people who are a part of your support system. Let your spouse or partner knows so they can be awareof when and how you need to spend time on schoolwork. Tell your friends that you have a test coming up this weekend and you need to study for it. Tell a work colleague that you have a planto get an hour of review time on your lunch break. These interactions will help you get into the habit of using their support to help you stay on track. It's a lot easier to skip that study session if you know no one's going to ask you about how it went later. It's a lot easier to get that study session in if you know that your partner has the kids and dinner's under control on Wednesday nights. Use that support to help you commit to your plan and follow through with it.

Speaker #2 (Julianne Koch):

Number four, make a plan to get back on track. Look, I don't want to say you're going to mess up, but let's be honest, you're a grown-up human being with responsibilities and a life. Stuff happens. Right at the start, think about how you're going to respond when your plan goes off-track. For some people, it's adding a couple extra hours later in the week. Maybe it's canceling that game night that you had planned, or checking in with your partner to see if maybe they can pick up the kids on Thursday instead. Figure out what you're going to do to get back on track and then your life won't get inthe way as often when something does come upbecause you know how you're going to make it work.

Speaker #3 (Jessica Galterio):

While all this can seem intimidating, creating good habits in your first term will really pay off in the long-run. Not only while you're a student here, but post graduate. We survey our students' employers and students rank really high in soft skills. Because you have to develop perseverance, accountability, you have to be able to create strong boundaries and you need dedication in order to have a timely graduation.

Speaker #2 (Julianne Koch):

We hope these strategies work for you in developinga good study schedule during your first or subsequent term. As always, don't hesitate to chat with your program mentor forother great ideas about managing your time. Thanks for listening.

Speaker #1 (Narrator):

Schedule time with your program mentor to explore more deeply. WGU, a new kind of you.