

SCHOLARS' SCROLL

FOR THE SCHOLAR BY THE SCHOLAR

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KIMBERLY SALTO



Kimberly Salto is a 3rd year student pursuing a marketing degree with a graphic design minor. In addition to her academic pursuits, she holds the position of social media Coordinator for the Hip-Hop crew and is an active member of various campus organizations including Latinx Awareness Association, International Student Club, SVSU's forensics team and Pine Groves Community Council. Kimberly is also a Peer Mentor here in the PSA program where she guides first year students. Beyond her academics and leadership roles, she finds time to engage in artistic activities such as painting and crafting, partaking in campus multicultural events, and having time to spend with her friends and roommates. Her advice to fellow students is to set reasonable boundaries as needed, it is a valuable strategy to further one's educational journey. Congratulations Kim!

STUDY HABITS

Effective study habits play an important role in a student's education. First of all, time management is a crucial skill one must utilize to set a schedule, creating a specific time for studying helps one to maintain consistency and prevent procrastination. Actively engaging with the material, whether through note-taking, highlighting, or summarizing, promotes better understanding and retention of the material. Regular breaks during study sessions can refresh the mind and prevent burnout. Seeking a quiet, organized, and dedicated study space minimizes distractions. Collaboration with peers can offer fresh perspectives and provide opportunities for group learning. Finally, maintaining a healthy lifestyle with proper sleep, exercise, and nutrition helps your brain to function and make sure you do your best in school. These study habits, when incorporated into a student's routine, can greatly contribute to academic success.

PODCASTS

- The Wally Show
- Hurdle
- Stuff You Should Know
- The Minimalists



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