

LEVEL 5

LC Study Challenge

First/Last Name: _____

Player Name: _____

Team Name: _____

NUID: _____

Complete **at least 5** of the tasks below to finish this level. Tasks in **bold** must be completed. Write your **initials** in the box next to each task you complete, and **collect signatures** where indicated. Return this form to the Study Challenge Dropbox on the Abel/Sandoz or Schramm Front Desk.

Task	Points	Completed
Hold a check-in session with your team to assess goals you set at beginning. (required!)	1	
Study for 1 hour without your phone, computer, or other technology (required!)	1	
Attend a First-Year Experience Success Workshop (schedule at success.unl.edu/workshops); write topic & one thing you learned on back of this sheet (signature: _____)	1	
Schedule a meeting with your adviser in MyPLAN	1	
Attend a UNL-sponsored cultural or academic event such as a lecture, colloquium, seminar, performance, art exhibition, or poetry reading (sports events and FYE Workshops DO NOT count!) Write the event title on this sheet AND Tweet a picture of yourself at the event to the Learning Communities Twitter page @UNLLearnCom You must include the hashtag #LCStudy in your Tweet AND write your Twitter handle on this sheet so you get credit for your photo. (Make sure your photo shows the event in the background!) Visit http://events.unl.edu/ for events listings.	5	
Study at Study Stop for one hour; see success.unl.edu for schedule (signature: _____)	1	

2 POINT BONUS: Turn in completed Level 5 by Feb. 27, 9 a.m.

TOTAL POINTS: _____

Tip of the Week: Studying "Unplugged"

Researchers at the University of Maryland have discovered several advantages to studying without access to your phone, iPod computer, and other media technology. Students participating in the 24 hours without media study found that they spent more time on their coursework, took better notes in class, felt more relaxed, and had more face-to-face interactions with their peers during the day. You can read more about the study's conclusions at <http://withoutmedia.wordpress.com/study-conclusions/benefits/>. Then, log off and see how much work you can get done with just one hour away from your screen!