

HOW TO SUCCEED IN COLLEGE

- ❖ Find and get to know one individual on campus who knows you and who cares about your survival. One person, that's all it takes. It might be an instructor, an academic advisor, an administrator, someone in the Learning Commons, or a counselor at the counseling center.
- ❖ Learn what helping resources are available and where they are located. Our campus has a Career Center, Counseling Center, Learning Commons (tutoring), and other resources.
- ❖ Understand why you are in college. Your college experience will be much more productive if you can identify specific long and short-range goals you wish to accomplish.
- ❖ Set up a daily schedule and stick to it. If you can't do it yourself, find someone who can help – perhaps someone in the Learning Commons or the Counseling Center. Assign sufficient time for study, work, rest, and recreation. If you have family or work obligations, find ways to balance them with time for study. A serious talk with family member and/or your employer may be in order.
- ❖ If you are attending classes full time (12 hours or more), try not to work more than 15-20 hours a week. Most people begin a downhill slide in the quality of learning if employed more than fifteen to twenty hours per week. If you are concerned about money and finances, talk to a financial aid officer about your options.
- ❖ Assess and improve your study habits. An integral part of your college success involves assessing your own learning style, taking good class notes, reading efficiently, and doing well on tests. (Assistance is available through the Learning Commons or by taking the class, Learning Strategies).
- ❖ Get involved with the teachers in the learning process. Each of your instructors believes that his/her course is the most important course you are taking. Get to know your instructors and let them know that you are interested in their courses too. Make a point of visiting them during their office hours.
- ❖ Know how to use your Hege Library. The library isn't as formidable as it might seem, and it offers a wealth of information and resources.
- ❖ Improve your writing skills. Write something every day. The more you write, the better you write. Remember: Writing is for life, not just for English 102. If needed, visit the

Learning Commons and make appointments with writing tutors who can review and assist in editing your papers.

- ❖ Develop strategic thinking skills. Challenge yourself and others. Always ask “why?” Brainstorm by looking for unusual solutions to ordinary problems and ordinary solutions to unusual problems.
- ❖ Get to know your academic advisor. The right advisor can be an invaluable source of support, guidance, and insight throughout your college years. Each student is assigned a faculty advisor in his or her chosen major.
- ❖ Make one or two close friend among your peers. College represents a chance to form new and lasting ties. Choose your friends for their own self-worth, not for what they can do for you.
- ❖ Get involved with campus activities. Work for the campus newspaper or radio station. Join a club or group. Remember: Involvement is important, but academics must be your first priority.
- ❖ Take your health seriously. How much sleep you get, what you eat, whether you exercise, and the kinds of decisions you make about drugs, alcohol, and sex all contribute to how well you feel. Be good to yourself.
- ❖ If you can’t avoid stress, learn how to live with it. Although stress is an inevitable part of modern life, there are ways of dealing with it. The Counseling Center can be used to introduce you to techniques that will help you worry less and study more.
- ❖ Show up to class. And participate! Instructors tend to test on what they discuss in class. Some instructors grade in part on the basis of class attendance and class participation. Being in class is your responsibility. Don’t abuse your freedom.
- ❖ Remember that you are not alone. Other students face the same uncertainties you face. Find strength in numbers.
- ❖ Learn to appreciate yourself more.
- ❖ Try to have realistic expectations. At first you may not make the grades that you expected. Keep trying and use resources that will help you in your efforts.