

21 WAYS TO SUCCEED IN COLLEGE

1. Find and get to know one individual on campus who knows you are there and who cares about your survival. One person, that's all it takes. It might be one of your instructors or someone at the career or counseling center.
2. Learn what helping resources your campus offers and where they are located. Check out the University Web Pages for lots of information.
3. Understand why you are in college. Your college experience will be much more productive if you can identify specific goals you wish to accomplish.
4. Set up a daily schedule and stick to it. If you can't do it alone, find someone on campus or at home who can help - perhaps someone in your academic skills or personal counseling center.
5. If you're attending classes full-time, try not to work more than 20 hours a week. Most people begin a downhill slide in the quality of learning they receive when they work more than 20 hours per week. Don't be one of them. If you need more money, borrow it from a reliable source or talk to a financial aid officer. Try to work on campus. Students who work on campus tend to do better in classes and are more likely to stay enrolled than those working off campus.
6. Assess and improve your study habits. An integral part of your success in college involves assessing your own learning style, taking better notes in class, reading more efficiently, and doing better on tests.
7. Choose teachers who involve you in the learning process. Attend classes in which you can actively participate. You'll probably learn more, more easily and more enjoyably.
8. Know how to use your campus library. The library isn't as formidable as it might seem, and it offers a wealth of information and resources.
9. Improve your writing. Your writing skills will serve you well throughout life if you take some pains now to improve and secure them. Write something every day - the more you write, the better your write. Remember, writing is for life, not just for English 1310 and 1320.
10. Develop critical thinking skills. Challenge. Ask why. Look for unusual solutions to ordinary problems and ordinary solutions to unusual problems. There are few absolutely right and wrong answers in life, but some answers come closer to being "truthful" than others.
11. Find a great academic advisor or counselor and fight to keep him or her. The right advisor can be an invaluable source of support, guidance, and insight throughout your college years.
12. Visit the career center. Even if you think you have chosen your academic major, the career center may offer valuable information about careers and about yourself.

13. Make one or two close friends among your peers. College represents a chance to form new and lasting ties. It also offers great diversity in terms of the people on your campus. Choose your friends for their own self-worth, not for what they can do for you. Remember that in college, as in life, you become like those with whom you associate.

14. If you're not assertive enough, take assertiveness training. It's never too late to learn how to stand up for your rights in a way that respects the rights of others.

15. Get involved in campus activities. Work for the campus newspaper or radio station. Join a club or support group. Play intramural sports. Yes, most campus organizations do welcome newcomers - you're their lifeblood.

16. 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 or unwell you feel. Get into the habit of being good to yourself and you'll be both a happier person and a more successful student.

17. 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. Your counseling center can introduce you to techniques that will help you worry less and study more.

18. Show up at class. Better yet, participate. Instructors tend to test on what they discuss in class, as well as grade in part on the basis of class attendance and participation. Don't abuse your new freedom. Being there is your responsibility. Simply being in class every day (unless you are sick) will go a long way toward helping you graduate.

19. Remember that you are not alone. Thousands of other students are facing the same uncertainties you now face. Find strength in numbers.

20. Learn to appreciate yourself more. Hey, you got this far!

21. Try to have realistic expectations. At first you may not make the grades you should be making or made in high school. Even if you were a star athlete in high school, you might not be anything special in college.

Jewler, A. J., & Gardner, J. N. (1993). *Your college experience*. Belmont, California: Wadsworth Publishing Co.

Compiled and edited by: James C. Mathews - Learning Lab Coordinator - Student Learning Assistance Center - Southwest Texas State University. 9-30-94.