

KEYS TO COLLEGE SUCCESS

DIRECTIONS: Check off the items that you want to incorporate in your daily life.

ACADEMIC KEYS

- Understand why you are in college.** Identify your goals and determine what strategies and resources you need to accomplish them.

- Show up for class.** If you know you are going to miss class because of an appointment, sickness, or an emergency, contact your instructor as soon as possible.

- Have your work done on time.** Submitting work late won't lead to success in college or in your career after college.

- Set up a daily schedule and stick to it.** Learning how to manage your time can make the difference between success and frustration.

- Assess and improve your study habits.** Find out about your preferred learning style. Visit your campus learning assistance center (SLAC) when having problems with your studies.

- Study with a group.** Research shows that students who collaborate in study groups often earn the highest grades and survive college with fewer problems. If your class offers SI sessions, attend as many of the sessions as possible.

- See your instructors outside class.** Your instructors have office hours because they expect you to visit them.

- Learn from criticism.** If you get a low grade, ask to meet with your instructor to discuss what you should do to improve your work.

- Improve your critical thinking skills.** Ask why. Never accept something as fact simply because someone tells you it's true.
- Learn about student resources on campus.** Successful students use the confidential academic and personal support services on campus.

PERSONAL KEYS

- Get to know at least one person on campus who cares about your survival.** Find one of your teachers, another instructor, your academic advisor, someone at the counseling or career center, an advisor to a student organization, or another student who cares about your being successful in college.
- If you are a full-time student, try not to work more than 20 hours a week.** If you must work, look for a job on campus if possible. Research indicates you'll enjoy greater success in college when you work on campus.
- Get involved in campus activities.** Visit the student activities office. Joining a group will raise your odds for success in college.
- Take your health seriously.** Be sure to get enough sleep, watch what you eat, exercise regularly, and make wise decisions about drugs, alcohol, and sex. Find healthy ways to deal with stress, too. The college counseling center can help.
- Have realistic expectations.** At first you may be disappointed in the grades you make, but remember that college is a new experience and things can improve. Hang on to that positive attitude.