

Becoming a Successful College Student
Everything you need to know

Think Long Term

- Why am I in school?
 - Ex. To get a good job
- What are my future goals?
 - Ex. I'm going to be a doctor
- What do I need to do to get there?
 - Ex. Take Bio classes and get good grades overall

Work Towards Those Goals

- Take classes related to your major and your future goals
- Find out what the demand is in your future field
- Try to work or volunteer in areas related to your goals (to build your resume)
- Find friends and mentors who already have experience in that field

What To Do Academically

- Attend the first day of class
- Try to buy the texts and materials ASAP
- Make friends in your class
- Try to go to every class
- Get to know your professor
- Work hard and be patient

- Use your time to the fullest
- Create a calendar or visual schedule to help track your time
- Don't be afraid to take time for yourself
- Don't double-book yourself
- Try to leave some extra time in between when you leave work/school and when you need to arrive at work/school

- Listen and/or take notes
- Keep an open mind
- Make yourself comfortable in the classroom
- Ask questions
- Stay focused
- Remember you're working towards a goal

When Preparing for Exams: things to do

- Study at a time and place that is comfortable for you
- Work with a partner or group
- Review your notes
- Review old tests and quizzes (if avail.)
- Look over handouts and reread the texts
- RELAX!!!!

When Preparing for Exams: things to avoid

- Cramming
- Too much caffeine
- Stressing
- Distractions
- Environments that aren't conducive to your learning style
- Drinking alcoholic beverages or eating large meals

Test Day

- Arrive early to your classroom
- Wear comfortable clothing
- Practice relaxation techniques
- Skim your notes
- Read the directions CAREFULLY!
- Don't stress

Things to Avoid (in general)

- Procrastination
- Over-working yourself
- Stressors (that you can control)
- Negative eating habits
- Excessive drinking/smoking
- Losing your social life
