

# Success in College

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- **Manage your time wisely** - Be organized, keep a planner, and attend classes regularly. Don't over commit yourself too early.
- **Develop good study habits** - Participate in study groups whenever possible. One hour of studying in the morning is worth two hours in the evening. Plan to study three hours for every one hour that you are in class. Do not cram the night before a test.
- **Complete work assignments** - Turn in assignments that are neat and legible. Get to know your professors. Remember...these are the people that give you your grades!
- **Get involved on campus** - People who get involved in campus activities are more likely to be successful and are happier with their college experience. It also helps to establish friendships and contacts for the future. Most campuses have a wide variety of activities. Try to experience many different types of activities.
- **Know your resources** - Become familiar with your campus and its facilities. Take a campus tour, get to know your professors, advisors, resident assistants (RA's), and administrators. Don't be afraid to try something new. Everyone was new on campus at some point.
- **Take care of yourself** - On the average, freshmen gain fifteen pounds their first year--be sure to eat right and exercise. Being well-rested helps your concentration and increases memory retention--be sure to get a good night's sleep every night.
- **Take safety precautions** - Do not walk alone at night. Always walk in well-lit, well-populated areas, and be aware of your surroundings. Do not wear headphones if walking alone. Avoid shortcuts and use security escorts whenever possible. Know your colleges safety measures. Each campus is different, but many offer safety escorts, van transportation, emergency phones, etc.
- **Set goals for yourself** - Set short-term and long-term goals. This will help you accomplish tasks in an organized and timely manner. Write things down. You are more likely to accomplish something this way.
- **Learn to say "NO"** - Do not take on more responsibilities than you can handle. Avoid too heavy a course load, too many extracurricular activities, too many social events, and too many hours at work. Balance is the key!



- **Work on campus** - Students employed on campus tend to have higher GPA's and manage their time more efficiently. They also develop important contacts for future job references. Don't work more than 20 hours per week wherever you decide to work.