

Succeeding in College

Your success in college requires high motivation and effort, strong study skills, effective time management, and good test-taking strategies. Once you move from high school to college, you will generally find that students are more motivated and competent than in high school; teachers are more demanding; the work is more difficult; and students are expected to be independent. Further, if you are living away from home for the first time, you will have many new experiences. Here are some ideas that will help you succeed in college:

Have Clear Goals

College success requires commitment and a lot of hard work. You must be very certain about the importance of a college education.

- Establish specific goals you wish to accomplish and know what it takes to reach them.
- Be certain your goals are consistent with your interests and abilities.
- Be flexible - change your goals if needed as you progress through college.

Stay Physically and Emotionally Healthy

You will need to be at your best to succeed in college. This means taking care of your body and maintaining a good frame of mind.

- Get enough sleep.
- Eat healthy.
- Use the services of the student health office. These services typically include emergency treatment, low cost examinations, and low cost or free medication.
- Use the services of the counseling office. The professionals there can help you overcome feelings of loneliness, depression, and anxiety.

Work With Your Advisor

An Advisor can help you with both academic and career issues. It is up to you to get the most out of this guidance.

- Know your advisor's office location, schedule of office hours, and contact information.
- Schedule an appointment with your advisor at any time you have problems that affect your academic performance.
- Have specific questions in mind whenever meeting with your advisor.

Make Good Use of the Library

You are going to spend a lot of your time in college at the library. Take full advantage of this major resource.

- Get to know the resources of the library as soon as you get to college.
- Learn to use its computer resources and card catalogs.

Get Involved in Campus Life

There is a lot more to college than just classes. A college campus is an exciting, dynamic environment that can provide you with many opportunities for enhancing your college experience.

- Join a student organization that is consistent with your interests.
- Join an intramural team. It's a great way to stay in good shape and make new friends.
- Attend social events. Your college experience should not be all work and no play.

Yes - **success in college takes effort**. But this effort will provide benefits to you throughout your life. The ideas presented above can help you to make your college experience a successful one.