How to Be a Successful College Student

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WHAT DOES IT MEAN TO YOU TO BE SUCCESSFUL?

Success has different meaning to different people. It could be:

- getting all A’s and B’s while working a full-time job.
- having a great social life.
- parenting and still making the dean’s list.
- being the first person in your family to earn a college degree.
WHAT IS SUCCESS?

Success is staying on course to your desired outcomes and experiences, creating wisdom, happiness, and unconditional self-worth.

Hit the books!
HOW TO BECOME A SUCCESSFUL STUDENT

- Schedule your classes at a time best for you.
- Regularly attend ALL of your classes.
- Form a strong relationship with your instructors.
- Plan Ahead
- Following your syllabus as a road map in all your classes.
- Study for your tests and exams.
- Submit all assignments on time.
- Do not procrastinate.
- Set goals.
GOALS

In order to succeed in college and in life, you need to set goals. Goals should have the following characteristics:

- **Specific**
  - Set clear goals for each class.
  - Break study commitments down into achievable steps.

- **Individual**
  - Decide how much time to devote to college and to studying. Make sure it will fit in with YOUR current commitments.

- **Measurable**
  - How many hours should be spent on each class, per week? Remember to account for time spent in the classroom, reading time for each subject and any individual assignments or papers that may be due.

Reach for the Stars!
HOW TO READ YOUR SYLLABUS

› A syllabus is a contract between you and your professor.
› Note your instructors contact information, contact times and office hours.
› Note the dates of assignments.
› Note the instructor's policies regarding absences, tardiness and participation.
› Refer to the syllabus often during the semester.
› Double check the syllabus before submitting any major paper or project to make sure you have met the deadline, style, length and other requirements. If any are unclear, speak to the instructor early.
STUDY SKILLS NEEDED TO BE SUCCESSFUL

- Time Management
- Note Taking
- Reading your Textbook
- Test Taking Strategies
- Stress Management

Workshops will be offered in these areas.
TIME MANAGEMENT

- Create a calendar of dates
- Make a “To do” list
- Make sure to schedule relaxation, exercise and recreation time.
- Allow time to review before class.
- DO NOT over commit.
- Avoid Procrastination

Sample Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8am</td>
<td>Jog for daily exercise</td>
</tr>
<tr>
<td>10am</td>
<td>Intro to computers</td>
</tr>
<tr>
<td>12pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1pm</td>
<td>Psychology class</td>
</tr>
<tr>
<td>3pm</td>
<td>Break Time</td>
</tr>
<tr>
<td>3:30pm</td>
<td>Watch Simpsons (cartoon)</td>
</tr>
<tr>
<td>4pm</td>
<td>Go to the Library to do homework</td>
</tr>
<tr>
<td>6pm</td>
<td>Dinner</td>
</tr>
<tr>
<td>6:30pm</td>
<td>More homework</td>
</tr>
<tr>
<td>8pm</td>
<td>Lab for Intro to computers homework</td>
</tr>
</tbody>
</table>
NOTE TAKING STRATEGIES

Sentence Method
Writing every new thought on a separate line. May define new sentences with bullet or number. Best used in lectures.

Outline
Assessing a topic based on the importance of points discussed.

Mapping
Allows you to visually track lecture and see how relationships are created. Best used during structured lecture and breaking down ideas.
READING YOUR TEXTBOOK

- Skim through the assigned chapters. This should help you find the basic idea.
- Try reading the chapter out loud.
- Highlight key points.
- Take advantage of the practice problems, reviews and tests in your textbook.
TEST TAKING STRATEGIES

- Preparation should start on the first day of class.
- Ask the instructor to specify the areas emphasized on the test.
- Form study groups with students in your class
- Avoid studying in noisy places.
- Avoid Procrastinating.
TEST TAKING STRATEGIES CONTINUED

- Break up your study session into manageable 45 minute segments.
- Arrive at least 5 minutes before the test will start.
- Read the directions carefully.
- Answer the questions in a strategic order.
  - Answer easy questions first to build confidence and score points.
  - Answer difficult questions and those with the most point values.
  - With essay questions, outline your answer and sequence the order of your points.
STRESS MANAGEMENT

- Take Care of Yourself: Your ability to succeed in the classroom is dependent on how you treat your body.

- Don't Make a Mountain Out of a Mole Hill: Evaluate the situation. Is it really as bad as it seems? Imagine yourself in the best and worst case scenario.

- Be Prepared: If you are taking an exam make sure you have studied the materials including your text, supplemental material, and lecture notes.

- Breathe: During your exam take some deep breaths. Deep breathing causes your nervous system to calm down.

- Power of Positive Thinking: Before you go into your exam, silently repeat a positive self statement.

- Allow yourself time to enjoy life.
QUESTIONS

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