

# Student Success Guide

## Academic To-Do's

- ✓ **Financial & Administrative Requirements**  
*Check with Student Accounting & Financial Aid to remove any registration barriers.*
- ✓ **Meet with Academic Advisor and/or Academic Coach**  
*Review academic degree curriculum and discuss student success strategies listed below.*

## Classroom Success Tips

- ✓ **Attend ALL classes**  
Attendance is crucial. Missing class can mean missing important material and risking zeros on pop quizzes that affect your grade.
- ✓ **Sit near the front of the classroom**  
Your seat can impact your focus and productivity. If you struggle to concentrate, try sitting closer to the front to stay engaged during lectures.
- ✓ **Dedicate the time to studying and doing homework**  
To maintain a high GPA, prioritize completing assignments on time and studying regularly. This dedication will better prepare you for exams.
- ✓ **Stay organized**  
Keep track of your class schedules, notes, study time, reading assignments, and handouts.
- ✓ **Study regularly: Attend study sessions and tutoring**  
Professors hold study sessions for personalized help, while study groups allow students to prepare and share notes. Tutoring offers targeted assistance, making these resources valuable for boosting academic performance.
- ✓ **Work ahead**  
Try to read ahead of time, especially in the first week of a course.
- ✓ **Ask for help: Professor(s) & Advisor**  
If you're confused about something, visit office hours to ask your professor for help. Also, keep your academic advisor informed and seek their support.
- ✓ **Set goals**  
Set realistic goals for each semester and reward yourself when you reach them.

## Self Care Tips

- ✓ **Balance**  
Balancing the seven dimensions of well-being—physical, emotional, environmental, spiritual, social, intellectual, and financial—creates a holistic approach to self-care.
- ✓ **Engage with your friends & classmates**  
Connect with a friend to support your social well-being. Friends can make you feel included and that you belong where you are.
- ✓ **Get Enough Sleep**  
Getting at least 7–8 hours of sleep per night can improve your mood, memory, and immune system.
- ✓ **Create a routine**  
*Set aside time in your daily routine for self-care.*
- ✓ **Eat Healthy**  
A balanced diet can help you manage stress and maintain your overall health.
- ✓ **Avoid burnout**  
Don't exhaust yourself, lose out on sleep, or miss opportunities to build other important skills through extracurricular activities.
- ✓ **Find an activity that relaxes you**  
Try a relaxing activity for an hour.
- ✓ **Seek support**  
Reach out to friends or seek support when needed.