

## Ten Ways to Succeed in College

1. Understand why you are in college.

The college experience will be more rewarding if you name your goals and plan ways to achieve them. See the Tutoring Center's online InfoRack for many handouts developed to help you with the stresses and challenges you may face on your road to success.

2. Attend and participate in class.

Attending all classes helps you build on your knowledge base and provides a chance to interact with the instructor and classmates. You can form study groups from being an active participant in class discussions or message boards.

3. Ask questions.

If you don't ask, you won't know. All questions are valuable, and the instructor is the first one to ask. Tutors can help, but they are not in the classroom to hear the material and can only offer suggestions.

4. Get involved in student activities.

Join a club or play sports. Check the weekly list of activities to see where you want to participate. This will build a base of contacts for support and friendship.

5. Get to know instructors.

Instructors teach over 100+ students each semester, and often have online classes as well. Introduce yourself; this makes it easier to ask for help when needed. Speak up. Schedule an appointment to meet personally with your instructor to discuss your needs. Peer tutors often have had the same instructors and can offer tips on how to succeed in that class.

6. If you are a full-time student, try not to work more than 10-15 hours a week.

Most students find it difficult to balance a full semester and work more than part-time. If you need to work more hours, then time management will be the key to balancing work and school. Check out the information on the InfoRack for help in this area.

7. Use and improve study habits.

A huge part of college success involves knowing your learning style, taking good class notes, reading effectively, and being a good test taker. The Tutoring Center has resources both in the Centers and online to improve these skills.

8. If you cannot avoid stress, then learn how to control it.

It seems that stress is an unavoidable part of college life. However, there are techniques for dealing with it. Tutors can offer handouts and suggestions for this. If stress becomes overwhelming, see an advisor for ways to overcome or change the situation.

9. Remember that you are not alone.

Other students experience the same challenges and uncertainties. Tutors are trained to offer assistance and find help for you.

10. Learn to appreciate yourself.

You are in college now, a huge accomplishment. You are a part of the VC family and have many resources to guide you. The Tutoring Center can be a big part of your success.