Tips on How to be Successful in College

1) The most important key factor is always having a **POSITIVE ATTITUDE** about your education.

2) Students must always work their hardest.

3) Stick with a clear mind.

4) Make sure you eat healthy meals to keep you going.

5) Stay away from **PROCRASTINATION**.

6) Get ample amounts of physical and mental rest.

7) Always keep a daily planner to stay organized.

8) One must do some type of physical fitness program in order to keep his or her body and mind functioning.

9) Never **CRAM** the night before taking a test.

10) Attend class on a regular basis.

11) Stay physically and mentally alert at all times.

12) Always ask questions in class if you are uncertain.

13) One must always **STUDY** in order to do well in a class.

14) Always use the proper resources in order for one to be successful with their studies.

15) When taking notes in class, one should always make sure they are short, plain, simple, and to the point.
A Recipe for College Success

Step 1. Fill the bowl with going to class.

Step 2. Fold in 5-6 hours per day studying (ingredients: homework, re-writing lecture notes, taking notes from textbooks, quizzing yourself over testable material, writing papers, working on projects, participating in study groups, attending tutoring and supplemental instruction).

Step 3. Mix in 1-3 hours per week for clubs and organizations.

Step 4. Add at least 3 hours per week for exercise and physical recreation.

Step 5. Blend in a healthy diet that assists learning.

Step 6. Stir in a calendar book to record times for class, study, meals, jobs, appointments, social activities, tests, due dates, and any ingredients for individual taste.

Step 7. Mix well with 7 to 9 hours of nighttime sleep.

Step 8. Sprinkle with energy, motivation interest, and a desire to always keep improving at whatever you do.

Step 9. Bake well with routine (a college student’s friend) until you can do this recipe by habit.