Transitions:
How New College Students Become Successful College Students
Characteristics of Successful College Students
Successful College Students …

Go to their classes, and:

- purchase the necessary books and supplies,
- attend all classes,
- participate in classes,
- develop relationships with their professors.
Successful College Students ...

Develop and implement good study habits, including:

- creating a weekly schedule for study time,
- finding appropriate locations that match their learning style,
- avoiding procrastination and cramming.
Successful College Students …

Build campus connections – students may:
• get an on-campus job,
• join a student organization,
• play intramural sports or take a fitness class,
• choose social activities that build healthy connections and support their academic success.
Successful College Students …

Make time to engage in health related activities, like:
- working out at the fitness center,
- taking a wellness class or playing a sport,
- engaging in other enjoyed recreational activities (e.g., walking, swimming, biking, etc.).
Successful College Students ... 

Make healthy food choices, including:

- finding good foods that can be eaten “on the go”,
- taking advantage of balanced dining service options,
- avoiding regular reliance on fast food options.
Successful College Students …
Use campus resources to help keep their lives in balance, like:
• Student Health Services,
• Recreation and Wellness Center,
• Counseling and Wellness Services,
• Student Activities, and
• Student Support Services.
Successful College Students …

Know the importance of managing their sleep patterns by:

• keeping a consistent sleep schedule,
• avoiding large, late evening meals,
• establish a relaxing bedtime ritual,
• avoiding alcohol, caffeine, or other fluids at bedtime
Successful College Students …

Develop an understanding of their competencies and interests in relation to potential career options: through:

• an openness to career options/exploration,
• visiting the Career Center in the first semester,
• planning for their career from “Day 1”. 
Successful PARENTS of College Students …

• understand their relationship with their student WILL change and evolve,
• encourage their student to attempt initial resolution of concerns and conflicts on their own,
• value the balance between challenge and support,
• know that 63% of students will still turn to you first for help.

(Jed Foundation/mtvU Study)
Successful College Students …

ARE RESILIENT ADULTS!!