

Tips for Succeeding in College

You're beginning C.W. Post in the fall. You're ready to go, but may be a little apprehensive about what is to come. Don't worry – there are plenty of people who are feeling exactly as you are right now. Below are some tips to help you get started and assist your transition to C.W. Post. Set your priorities, and remember that college is about succeeding and growing both personally and academically.

1. ATTEND NEW STUDENT ORIENTATION

Attending Orientation is your first step into C.W. Post. You will have the opportunity to meet other students, familiarize yourself with the campus, and learn what you should expect from your first year of college. Most likely, this will help ease your transition and make you feel more comfortable about beginning your year.

2. DOWNLOAD A CALENDAR OR SCHEDULING APP

Having a calendar/planner will no doubt assist you throughout your college career. You should enter in your class and work schedules, exams, reports, appointments, meetings, and any other commitments. Having a calendar/planner will help you become more organized and get more things done.

3. ESTABLISH A STUDY SCHEDULE

Once you have your calendar in place take the time to work out a study schedule. Do your best to stick to this schedule so that you have time slots pre-arranged to get your homework and studying done. Even if you can't always stick to your plan, having a strategy will help you accomplish your goals more consistently.

4. GO TO CLASS

It is absolutely essential that you attend every class. When you miss classes, you tend to fall behind your classmates and may have trouble picking up where you left off. Some professors have specific attendance policies as well – if you neglect to meet these requirements you may be in danger of failing. Remember to keep communicating with your professors, and have classmates you can rely on for good notes if an illness prevents you from attending classes.

5. CAREFULLY READ YOUR COURSE SYLLABUS

Each professor will give you a syllabus within the first week of classes. A syllabus is a projected schedule for the semester, which may include topics covered, quiz/test dates, homework assignments and due dates, term paper assignments, and the final examination dates. Many professors stick to their syllabus throughout the year, and even if you're not told each week what to do, they will hold you responsible for all assignments, quizzes, tests and papers that were assigned on the syllabus. This piece of paper could be the key to your success in college!

6. DON'T BE AFRAID TO ASK FOR HELP

Realize that although you attend every class, you might not always understand the course material. Don't be afraid to ask the professor for help, meet the professor during office hours, or get a tutor to assist you. The longer you wait, the farther you'll get behind, and the worse off you'll be. Remember, your teacher won't come to you if they think you're struggling – that's your responsibility. (C.W. Post offers tutoring services free of charge to its students. Go to www.liu.edu/cwpost/tutors for contact info, hours and locations.)

7. KEEP UP

It is essential for you to keep up with your work. First, you should find a good note-taking strategy. Implement this every day to improve your skills in the classroom. Next, study your notes every day. If you study your notes from each class every day, you will be more likely to understand the material and do better on the exams. Also, get to know the students in your class, and study as a group. While studying independently will help you learn the material, there are some classes that you might need the help of your peers. You want to make sure that these study sessions are productive and it isn't only social time.

8. MEET WITH YOUR ACADEMIC ADVISOR

Get to know your academic advisor. Academic & Career Planning, located in Kumble Hall, is the central place for students to receive expert assistance with choosing a major and career path, applying transfer credits to a plan of study, understanding degree requirements, preparing a resume and learning job search techniques. Advisors will work with you to plan your class schedule, explore study abroad and internship opportunities, and act as a referral agent to other campus services and resources.

9. REALIZE THAT BEING A STUDENT IS A FULL-TIME JOB

Once you begin your classes, you may begin to feel overwhelmed. You may realize that taking classes, finishing all your assignments and studying takes up a great deal of time, and that you don't have as much freedom as you had imagined. Once you come to terms that being a student is a full-time responsibility, you'll find that you won't be as stressed and overwhelmed. Carefully budgeting your time will help you balance your responsibilities and still allow enough time to socialize and have fun!

10. BALANCE WORK AND PLAY

While there will be enough for you to do to fill each day, learn to manage your time so that you allow some free time for yourself. Take the time to get to know people around you, in your residence hall, in your classes, and in the dining halls. Be sure you get your homework and studying done, but allow yourself time to get involved with campus activities. The key to a successful first year is learning how to balance your responsibilities and still getting the most out of your life. Have fun – the next four years could very well be the best years of your life. Soak it up and enjoy yourself.