

Whether this is your first year in college, or you are somewhere in the middle of your college career, there are things you can do to improve your chances of academic success and maximize your university experience.

Live on campus. Studies show that students who live on campus are more likely to persist in their studies and graduate in a timely manner. Residents are more satisfied with their college experience, and tend to undergo greater personal growth. Often residents have higher grades, too.

Organize your time. Make time for both studying and fun. A full-time student should plan to do at least 26 hours a week of studying/homework out of the classroom. That still leaves plenty of time for fun, but don't get behind in your assignments.

Be careful how many hours you work. Most students must take a job to help pay their expenses, but don't work so many hours that you wind up falling behind and dropping out. If at all possible, find a job where you can study at work. Don't work for extras or luxury items; there is time enough for that later.

Don't be afraid to ask for help. The University has a wide variety of programs available to assist you with your academic work, personal issues, social concerns, health/wellness problems and individual growth and development. Make use of the resources available to you. If you don't know where to go, ask your RA or Area Coordinator; they are there to help.

Get involved and participate. Studies show that much learning, growth and development takes place outside the classroom. Take part in discussions, lectures, academic, social, special interest/hobby and service activities. The more engaged a student is, the more likely he/she is to graduate and be satisfied with their college experience.

Be careful of distractions. It is all too easy to become immersed in surfing the net, texting, answering emails, using the cell phone, playing video games, etc., and find that your time has been frittered away. Particularly, don't do these things in class – you really do need to pay attention.

Don't skimp on sleep. You really do function better and are less likely to become overwhelmed. Also, research indicates that if you read or study something, then go to sleep, you are likely to retain more of the information than before you went to sleep or if you study and then do something else. Keep that in mind for your most difficult subjects or when studying for a test.

Get to know your professors. Introduce yourself; participate in class; ask questions; take advantage of office hours; and ask for help/clarification if you need it.

Attend class. Studies show that the more classes a student attends, the better he/she will do. This is even if the professor posts lecture notes, PowerPoints, and other materials covered in class online. There is no substitute for actually hearing the material and the questions and discussions.

Finally, take advantage of the many opportunities and offerings you have on campus.