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10 Habits of Successful College Students

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10 Habits of Successful College Students

Time Management

- Tools!**
- Term Calendar
 - Weekly Schedule
 - Daily To-Do List



- Tips!**
- Exercise
 - Sleep
 - Eat Breakfast
 - Time for Yourself



READING AND STUDYING

TIPS FOR READING

- Don't micro-focus
- Reading is a staple in everyday life
- Know your purpose for reading
- Scan before you read
- Don't just memorize
- Keep reading even if the reading is difficult
- Set a time for reading
- Review your reading before class
- Reading is an adventure!
- Take notes: Understand what you are reading

EFFECTIVE STUDYING

- Don't procrastinate
- Create an effective study environment
- Don't multitask
- Take short breaks often (every 40 Minutes)
- Use a note taking strategy that works for you
- Prioritize
- Use your term calendar
- Group work only count studying as studying

Don't Panic!

10 signs that you're in trouble if your grade is below a C

- If you're getting constant extensions
- Can't follow the lecture
- Drowning in homework
- Living off credit cards
- You can't get through basic requirements
- Dependent on parents
- You can't get through the day without self medication
- Feeling overwhelmed all the time
- Spend every waking moment on electronic medium

What happens when you fail a test?

- Ignore your friends grades
- Go over the questions you got wrong
- Make an appointment with your professor to get help
- Feed on feedback
- Don't let one test stop you

7 Steps to help with these problems

- Pinpoint the problem
- Figure out if it is solvable
- Utilize campus resources
- Talk to a confidant
- Enlist a professional for help
- Accept the realities
- Decide what to do— its your future!

Learning > Grades

When Picking a Major

<p>Think:</p> <ul style="list-style-type: none"> • What kinds of problems did you enjoy solving as a child • What did you spend time doing as a child • Tell yourself a story about how unique you are 	<p>Keep In Mind:</p> <ul style="list-style-type: none"> • Be yourself and create your own identity and academic interests • Don't just live with your choices, love them • Know the true value of your education
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FOCUS ON LEARNING

Health and Wellness

Try new foods

Eat a diet rich in fruit, veggies, whole grain, and lean protein

Drink lots of water

Limit salt and sugar

Get 8 hours of sleep

Naps can be helpful, but not a replacement for sleep

Sleep deprivation affects your performance and mood

Don't just exercise for the body.

Exercise has positive effect on brain, improves memory, and reduces stress

Workout 3 times a week

\$\$ Money Management \$\$

Build a Savings Habit

- Pay yourself first—money into savings before spending it
- Don't keep money in your wallet
- Use student discounts
- Keep track of your accounts
- Protect your personal information

SIGNS OF DEBT

- You don't know how much you owe
- You use credit to pay the bills
- You got a job just to pay off your credit

Best way to take charge of your money is to have a plan

- 1) Define financial goals — separate needs from wants
- 2) Make plans to reach your goals
- 3) Take actions until your goals become reality

Don't throw away money on things you don't need

Friendships

Friendships Tips

- Developing friendships takes time
- Take time tend to both old and new friendships
- Keep reassessing friendships
- Remain open to new friendships
- Get to know lots of new people, but develop trust slowly
- Don't lose yourself

Ways To Meet People

- Sit by someone different in the dining hall
- Live in residence hall
- Keep an open door
- Take classes with strangers
- Get involved in clubs, organizations, and campus events

<p>Liability</p>	<p>Constant Crisis</p>	<p>Joker</p>
<p>Furious Friend</p>	<p>"NO" Friend</p>	<p>Arm Twister</p>

Sexy Time

Date for \$ 5.00

Have a Safe Night Out

- Go with friends
- Have a plan—know how far you are willing to go sexually
- Have a designated sober friend

BEWARE

**GUILT TRIPPER
GROPER
LURKER
SCARY GIRL
BOOTY CALL
SUPER CREEPER**

Sex is not universal—To avoid being hurt or hurting somebody don't make the mistake and think sex means the same thing to the other person

Give yourself permission to not have sex

Facts about College Students and Drinking

More than 50% college students binge drink

Binge drinking = 5 drinks for men and 4 drinks for women within 2 hours

Alcohol causes 40% of academic problems and 20% of dropouts

1/3 students admit missing classes due to alcohol

1/4 students report failing a test after night of drinking

Understand the signs of alcohol poisoning

- Skin and lips turn blue
- Breathing patterns change
- Nausea
- Confusion
- Blackout

If you see someone with signs of alcohol poisoning, get help immediately. Don't worry about getting in trouble. Your friend's life is more important.

10 ways to control alcohol abuse

- Drinking Journal—write down how many drinks you had, how you felt when you drank, and how it effected you
- Avoid places you will get bored without drinking
- Avoid people who make your feel uncomfortable
- Set a liquor limit
- Eat before you drink and during
- Don't play drinking games
- Space alcohol with water or juice
- Don't keep alcohol in your dorm
- Stay sober for a while
- Save the money that you would spend on booze

Choosing a Career

Compensation — it isn't only income

Combine skills, values, and interests to come up with ideas for possible careers

What features of a job besides salary will make you want to go to work?

If you write down what you want, you are more likely to get it.

Be a "You" Detective