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11-28-2012

10 Habits of Successful College Students

Adam Johnson

Western Oregon University, adjohnson12@wou.edu

Melodee Andrada

Western Oregon University, mandrada12@mail.wou.edu

Dominique Aubrey

Western Oregon University, daubrey11@wou.edu

Kalen Iwai

Western Oregon University, kiwai11@wou.edu

Koryn Murphy

Western Oregon University, kmurphy11@wou.edu

See next page for additional authors

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Recommended Citation

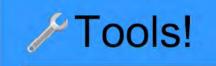
Andrada, Melodee, Aubrey, Dominique, Bradt, Alex, Iwai, Kalen, Johnson, Adam, Kelly, Rita, McAdams, Adam, Morgan, Connor, Murphy, Koryn, Schenfeld, Petra, and Storedahl, Jacob. "10 Habits of Successful College Students" Poster presented at the First Year Experience Symposium, Western Oregon University, November 28, 2012.

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Authors Adam Johnson, Melodee Andrada, Dominique Aubrey, Kalen Iwai, Koryn Murphy, Petra Schenfeld, Connor Morgan, Rita Kelly, Jacob Storedahl, Alex Bradt, and Adam McAdams

10 Habits of Successful College Students

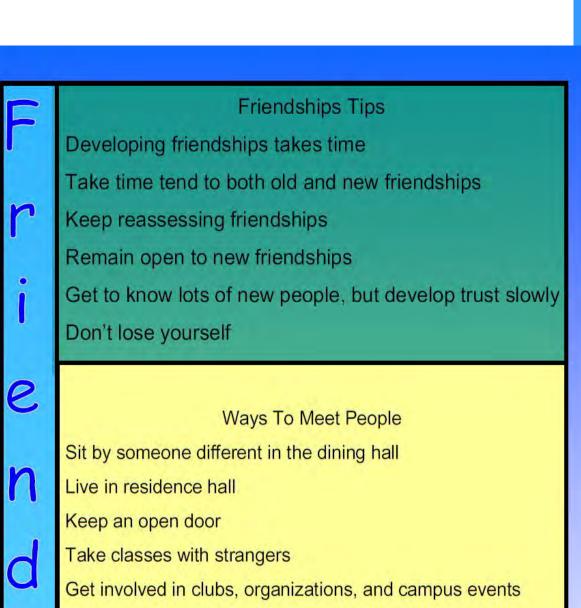




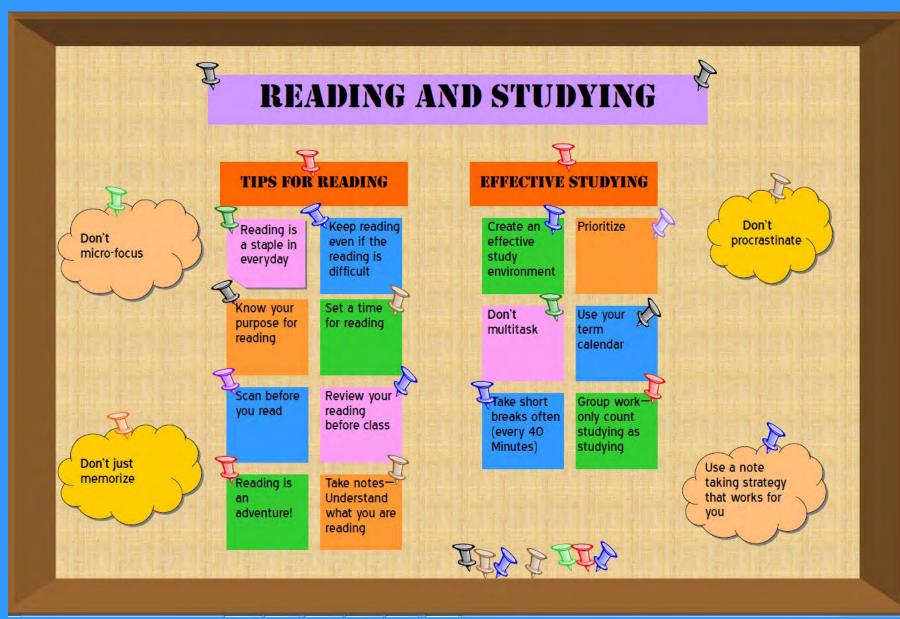
- Term Calendar
- Weekly Schedule
- Daily To-Do List



- Exercise
- Sleep
- Eat Breakfast
- Time for Yourself













Eat a diet rich in fruit, veggies, whole grain,

Drink lots of water

and lean protein

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

body.

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

Workout 3 times a week

\$\$ Money Management \$\$



SIGNS OF DEBT

You got a job just to pay off your credit

1) Define financial goals — separate needs from wants



You don't know how much you owe You use credit to pay the bills

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

2) Make plans to reach your goals

3)Take actions until your goals become reality



Sexy Time

Date for \$ 5.00



Go together campus event Show off your skill/talent

Study date Use Local sites



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

Build a Savings Habit

savings before spending it

Don't keep money in your

Use student discounts

Keep track of your accounts

Protect your

personal information

Binge drinking = 5 drinks for men and 4 drinks for women

Alcohol causes 40% of academic problems and 20% of

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

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

Learning > Grades

When Picking a Major

oblems did you enjoy olving as a child

What did you spend ime doing as a child

Tell yourself a story

Keep In Mind:

Be yourself and create your own identity and academi

Don't just live with your choices, love them

Know the true value of your



Compensation it isn't only income

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

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

If you write down what you want, you are more likely to

