

A CHECKLIST FOR STUDENT SUCCESS: PRINCIPLES & PRACTICES

1. Active Involvement (Engagement)

Inside the classroom, I will:

- Get to class.** I'll treat it like a job and be there on all days I'm expected to.
- Get involved in class.** I'll come prepared, listen actively, take notes, and participate.

Outside the classroom, I will:

- Read actively.** I'll take notes while I read to increase attention and retention.
- Double up.** I'll spend twice as much time on academic work outside of class as I spend in class. If I'm a full-time student, I'll make it a full-time job and put in a 40-hour workweek (with occasional "overtime" as need). Some students and majors require triple time. Each student is unique, you must adjust accordingly.

2. Capitalizing on Campus Resources

I will capitalize on academic and student support services available to me, such as the:

- Learning Commons, and other free on-campus tutoring
- Writing Center
- Library
- Academic Advisor
- Office of Student Affairs
- Financial Aid Office
- Counseling Center
- Center for Service and Social Action
- Health Center
- Center for Career Development

3. Interpersonal Interaction & Collaboration (Social Integration)

I will interact and collaborate with the following members of my college community:

- Peers.** I'll join student clubs and participate in campus organizations.
- Faculty members.** I'll connect with my course instructors and other faculty members after class, in their offices, or via e-mail.
- Academic advisors.** I'll see an advisor for more than course registration, and I'll find an advisor whom I can relate to and develop an ongoing relationship.
- Mentors.** I'll try to find someone on campus who can serve as an experienced guide and role model for me. These can be faculty, advisor, supervisors, coaches or successful students graduating before me.

4. Reflection & Self-Awareness (Mindfulness)

I will engage in:

- Reflection.** I'll step back from what I'm learning, review it, and connect it to what I already know.
- Self-Monitoring.** I'll maintain self-awareness of how I'm learning in college and if I'm using effective strategies.
- Self-Assessment.** I'll reflect on and evaluate my personal interests, talents, learning styles, and learning habits.

In short, successful students are:

- **Involved.** They *get into* it by investing time and effort in the college experience;
- **Interactive.** They *team up* for it by interacting and collaborating with others;
- **Resourceful.** They *get help* with it by capitalizing on their surrounding resources; and
- **Reflective.** They *step back* from it to think about their performance and themselves.