

Success in College

GETTING TO THE GOAL

DID YOU KNOW...? For every hour spent in class, college students should spend 1-2 hours studying outside of class. For example: 15 credit hours = 15 hour/week spent in class + 15 – 30 hours/week spent studying outside of class = **up to 45 hours/week!**

Most students spend additional time on academic clubs, honor societies, campus organizations, athletics/intramurals, part-time jobs, internships, and more. Being a college student is more than a full-time job!

STUDENTS: TIPS FOR ACADEMIC SUCCESS

- Enroll in a First Year Experience course offered at your college/university to help you learn all of the opportunities and services on your campus.
- Work closely with your professors. Utilize office hours to ask questions and discuss material.
- Take classes in a variety of disciplines, including those outside of your major or minor. Use degree requirements to explore new areas and expand your knowledge base. College is a time to expose your mind to new ideas and perspectives.
- Fine-tune your time management skills. Use a planner or calendar system that helps you keep track of meetings, assignments and tests, and schedule regular times for studying, exercise and relaxation. Use gaps between classes to review notes and/or readings.
- Utilize summer school when possible to go ahead. The Colorado Challenge offers a summer scholarship that participants can apply for each March. Ask your college counselor for more information!
- Sleep! Getting enough sleep is crucial to your health and ability to focus and learn. Also remember to drink plenty of water, eat nutritious meals and snacks, and find time for exercise every day!
- Be prepared for more independent studying and reading time and dedicating more time to your studies than in the past. Your study habits from high school will not likely translate to success in college.
- Ask for help! If you are struggling to understand material see your professor, find the campus tutoring/learning center, and talk with your academic advisor and college counselor.



Who you should get to know on campus:

Your Colorado Challenge College Counselor – Your college counselor is here to support you in all your pursuits! Take advantage of all he or she knows!

Your Academic Advisor – Meet with the advisor regularly and use the advisor as a resource for questions, advice, troubleshooting.

Tutoring Center/Learning Center/Writing Center - Ask your advisor or academic advising office to help you identify academic success resources on campus.

Career Service Office – Get assistance with choosing a major, planning for graduate or professional school, and identifying internships.

Study Abroad/International Programs – find out about academic opportunities across the U.S. and the world.

CHOOSING A MAJOR

Although choosing a major is often the biggest decision a college student has ever faced, it does not need to be a permanent one. There are two important points to remember about choosing majors:

- You can change your mind
- Your major does not have to indicate your career path

DECIDING ON A MAJOR: EXPLORATION

Pursue classes you enjoyed in high school. When planning to schedule, include classes in these disciplines.

Take career assessments. You are encouraged to make an appointment with career counselor for assistance.

Enroll in a career-planning course.

Read the Undergraduate Catalogue. Learn about majors and minors. The catalog includes course descriptions

Talk. There are lots of people you can speak with about majors who will be happy to give you advice: faculty, department heads, your advisor, upper-division students in the major, and graduates who may be using skills from their major in careers.

Don't panic. There are lots of classes that "count" towards completion. There is not an absolute "right" order to take the classes.

