

Finding Success in University

The decision to pursue post-secondary education involves important life transitions. The campus environment can be inspiring and rewarding when met with committed academic ambition. However, there may be times when adapting to new settings will be challenging. Here are some things to keep in mind as you make the transition to university life.

Ten Tips for Staying on Top of Your Studies¹

1. Focus on Success

Keep your energy positive, even through adversity. Feel good about doing well. If you struggle, be confident that you can overcome that struggle.

2. You Get Out What You Put In

Your university experience will be what you make it. If you are excited about learning, that attitude will carry through a rewarding experience.

3. Stay On Top of It All

Do work as it is assigned; set aside time to keep up. Don't let procrastination cram you with responsibilities!

4. Read Course Outlines

Course outlines are a helpful reminder to keep your academic responsibilities in perspectives while providing effective course summaries. They are often undervalued as study resources.

5. Listen Actively in Class

Class time is scheduled for your learning benefit. Take advantage of the time and money you've invested by paying attention as well

6. Don't Get Stressed Out

This is easier said than done but immensely important. Academic pressures can become distressing, especially when students feel as though their futures depend on their academic performance. Remember that your future will unfold with time, not textbooks, and if you approach life calmly and confidently, your academic performance will be just fine.

7. Ask for Help When You Need It

It is important to develop skills as an independent learner, but none of us can do everything on our own. Become aware of student support services on campus and don't be shy to utilize them.

8. Keep an Open Mind

As you adapt to an environment that thrives on intellectual exchange, it is important to be open to new ideas and methods of learning. Sometimes the hardest thing to learn is *how* to learn. By keeping open minds, our learning styles come naturally.

9. Keep Your Focus on Improvement

Knowledge is infinite; therefore there is always more to learn. If we see this as an opportunity rather than an inhibition, we open up our potentials into growth that is as infinite as knowledge is. No matter what level of academic achievement, there is always room for improvement.

10. Take Time for Yourself

With all the social and academic commitments that take time during the school year, it is important to do things for yourself. Practice a hobby, go to bed early, or simply reflect in a comfortable place. Whatever it is that you enjoy doing, make time to do it.

You Can Do It!

¹Adapted from York University's "Ten Secrets of Success Tips Brochure," available at <http://www.yorku.ca/cdc/lsp/skillbuilding.html> (accessed August 26, 2009)