

UW-Marathon County Library Restroom Reader

Succeeding in College



Just as in elementary school through high school, your success in college requires high motivation and effort, strong study skills, effective time management, and good test-taking strategies. But college success requires much more. Once you move from high school to college, you will generally find that students are more motivated and competent than in high school; teachers are more demanding; the work is more difficult; and students are expected to be independent.

Have Clear Goals

College success requires commitment and a lot of hard work. You must be confident about the importance of a college education.

- Be clear about why you are going to college.
- Establish specific goals you wish to accomplish.
- Know what it will take to reach these goals.
- Be certain your goals are consistent with your interests and abilities.
- Be flexible - change your goals if needed based on your experience as you progress through college.



Work With Your Advisor

As a student you will have access to an advisor to help you with both academic and career issues. It is up to you to get the most out of this guidance.

- Know your advisor's office location and contact info.
- Consider your advisor's ideas when selecting your major or at any time you are considering changing your major or career goals.
- Have questions in mind whenever meeting with your advisor
- Schedule an appointment with your advisor at any time you have problems that affect your academic performance.



Make Good Use of the Library

You are going to spend a lot of your time in college at the library. Take full advantage of this major resource.

- Get to know the resources of the library as soon as you get to college.
- Learn to use its computer resources like their databases and catalogs.
- Make good use of its equipment such as copy machines, viewing stations, printers, etc.
- Check out its quiet study areas.
- Consult the Writing/Learning Lab for help with papers and assignments.



Stay Physically and Emotionally Healthy

You will need to be at your best to succeed in college. This means taking care of your body and maintaining a good frame of mind.

- Get enough sleep.
- Don't rely on coffee and drinks that contain high doses of caffeine to provide you with energy. Foods such as pasta, peanut butter, non-sugar cereals, and fresh fruit are healthy alternatives to provide the energy you need.
- Avoid junk foods. Fast food is convenient but usually not good for you.
- Use the services of the counseling office (in Student Services). The professionals there can help you overcome feelings of loneliness, depression, and anxiety.

