

10 TIPS FOR COLLEGE SURVIVAL

Here are some insightful tips to help you stay on track to graduation.

1. **Expect a learning curve:** College is a life-changing experience and you may find the transition a bit bumpy. Be patient and recognize that mastering all the new experiences you encounter takes time.
2. **Be prepared for tougher academic demands:** 200-page reading assignments are not unusual in college. Carve out time each day for heavy reading and assignments, take advantage of campus resources such as tutoring, and develop strategies to manage your workload and keep your performance level high.
3. **Be proactive:** Being a self-starter is an important trait to cultivate for college and beyond. Taking the initiative to meet with professors, consult with advisors, or seek out activities and opportunities related to personal development and career goals can really pay off.
4. **Get organized:** Buying a planner, writing "to-do" lists, using Google Calendar, and e-mailing reminders to yourself - Do whatever it takes to keep up with deadlines and manage all of your commitments.
5. **Get involved-Get connected:** Joining student organizations and participating in social events connects you with other students and makes you feel part of the Luther community. Study groups are another way that you can connect with your peers, as well as enhance your learning experience.
6. **Get to know your professors:** Take the time to get to know your professors. They are here to help you do well in your courses. Make an effort to meet with them or email them outside of class and let them know if you encounter any problems in the class. Making this investment reaps additional benefits such as having future references for advanced degree programs, professional schools, and/or job opportunities. Also, many professors are well-connected with the line of work you may be pursuing and can inform you of potential job and internship opportunities.
7. **Become financially literate:** Financial literacy starts with understanding the requirements of scholarships and loans, and the steps needed to maintain them. It also means creating a budget and then sticking to it, knowing the terms-of-payment for credit cards and cell phone services, and focusing on "needs" rather than "wants."
8. **Stay healthy:** Maintaining both physical and mental health is crucial in order to perform effectively in school. Eating a well-balanced diet will help you succeed by improving energy and concentration. Be careful not to overextend yourself to the point of burn-out. Taking time out for regular exercise and relaxing activities is just as important as making time to study.
9. **Be persistent:** From working through challenging course assignments to developing direction for a future career, succeeding in college takes time and effort. Persistence will pay off as you achieve your goals.
10. **Ask for help when you need it:** Whether you're thinking about changing your major or are dealing with a difficult personal situation, help is always available. Seeking out information and assistance from advisors, counselors, faculty and friends can help you survive the tough times and keep you on the road to success.