

10 WAYS TO SUCCEED @ COLLEGE

Mohawk College Counselling Department - 2012

Success @ College

- ❑ Interested in being successful at college?
- ❑ Willing to work hard at building life skills and academic skills at the same time?
- ❑ Committed to “doing the hard work” to make your college experience memorable?



“Genius is **perseverance** in disguise”

10 Ways to Succeed @ College

The Secret to Success @ College



Survival

Succeeding @ College

Succeeding @ College: Survival

1. Take your health seriously!

- Eat a balanced diet. Get exercise!
- Find out what **Mohawk Health Services** has to offer. Take care of yourself when you're sick.
- Get plenty of rest.
- Wellness Balance.
 - If you're attending classes full-time, don't work more than 20 hours/week





Build Skills

Success @ College

Succeeding @ College: Build Skills

2. Assess & improve your study habits

- Learn to organize your time. Avoid time wasters.
- Attend a workshop to improve your writing, develop critical thinking skills, to write successful tests...
- Show up for class, do your homework, read assigned readings...Don't underestimate the amount of time your classmates spend studying "behind your back"!!
- Don't...or try not to...procrastinate.
- Know how to use the Mohawk Library
- Use a planner or your **"On Track"** to keep track of due dates. Leave reminders for yourself.



Succeeding @ College: Build Skills

3. Work on your “Student” self-image

- Think positively. Work on your confidence as a student.
- Learn how to manage your stress. Try to have realistic expectations.
- Set priorities and don't be afraid to cut back on a few things.
- Keep your balance of work, play and school.
- Practice being assertive. Take the initiative. Take charge of your education!
- Remember that you are not alone.
- Learn to appreciate yourself more!





Use Your Resources!

Succeeding @ College

Succeeding @ College: College Resources

3. Learn what helping resources your campus offers and where they are located

- Seek **Counselling** if you're lonely, depressed, in need of study skill assistance or career/academic path clarity
- Find a **Peer Tutor** if you need help with course work
- Take advantage of the **Library** services
- Learn more about the **MSA**
- When you are sick use campus **Health Services**
- Get to know your professors and their office hours





Get a Life!...on Campus

Succeeding @ College

Succeeding @ College: Campus Life

4. Get Involved in on-Campus Life!

- Join a student organization
- Join an intramural team
- Join a club in your academic focus area
- Start a club!

5. Get involved in off-Campus Life!

- **When living in the residence, take it all in stride.** Don't expect much in terms of privacy, personal space, quiet time, or even cleanliness. But enjoy some of its perks, namely the camaraderie with your dorm mates and the proximity to your classes.
- **Party, Mingle and Meet People.** Don't stay locked up in your room or your library all the time. Go out and enjoy yourself every once in a while.



Succeeding @ College: Get a Life!

6. Build New Friendships!

- Make one or two close friends among your classmates

7. Build a New Life

- Know that homesickness is natural.
- **Become familiar with Hamilton, Brantford and Stoney Creek.**
Know where the local grocery store, gas station, pharmacy, and hospital are. You may need them all at some point during your college career.



Seize the Day!

Success @ College

Succeeding @ College: Seize the Day!

8. Do all that you can to make the most of your college experience.

- Take responsibility for your own learning.
- Appreciate your time in college.
- **Expand your horizons.** Classes do not have to only focus on your program area or what is best for your future career. Try taking some elective classes in other subjects or attend workshops/presentations.

9. Do all that you can to make the most of your academic life.

- **Set goals.** Every term, reset your goals to keep you motivated and give you something to work toward.
- **Consider your personal interests when choosing your program.** Don't just choose a major because of what the current job market is like or because it's what your friends or family members are doing. Choose a program that interests you and that you will enjoy studying.



Succeeding @ College: Seize the Day!

10. Get Perspective!

- **Time is on your side.** There are **168** hours in each week. If you set aside **56** hours for sleep and **40** hours for academics, that leaves you with **72** hours for everything else.



The Secrets to Your Success @ Mohawk

“Unless a person undertakes more than he possibly can do, he will never do all that he can”



Student Success Survey

Researcher:

Heather
Drummond

Topic:

Emotional
Intelligence &
Academic
Perseverance

Start Date:

September 30th

The screenshot shows the eLearn@Mohawk website interface. The top navigation bar includes links for My Home, Email, Locker, Blog, Self Registration, and Calendar. The user is logged in as heather.drummond on 8/28/2012. The main content area is divided into several sections:

- System Support**: Includes My Settings.
- News**: Contains a job posting for Wesley Urban Ministries and a notice about workshops for Fall.
- Utilities**: Provides links to free third-party applications and Epson Easy Interactive Tools.
- My Courses**: A dropdown menu with tabs for Student, Instructor, Employee, and Guest. The Student tab is selected and circled in red.
- Calendar**: Shows a calendar for August 2012.

The 'Student' tab in the 'My Courses' dropdown menu is highlighted with a red circle and a red arrow pointing to it from the title 'Student Success Survey'.

Emotional Intelligence

A set of emotional and social skills that influence the way we perceive and express ourselves, develop and maintain social relationships, cope with challenges, and use emotional information in an effective and meaningful way.

EQ-i 2.0 MODEL



□ Good Luck this year!

...From the counselling department



Contact Information



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