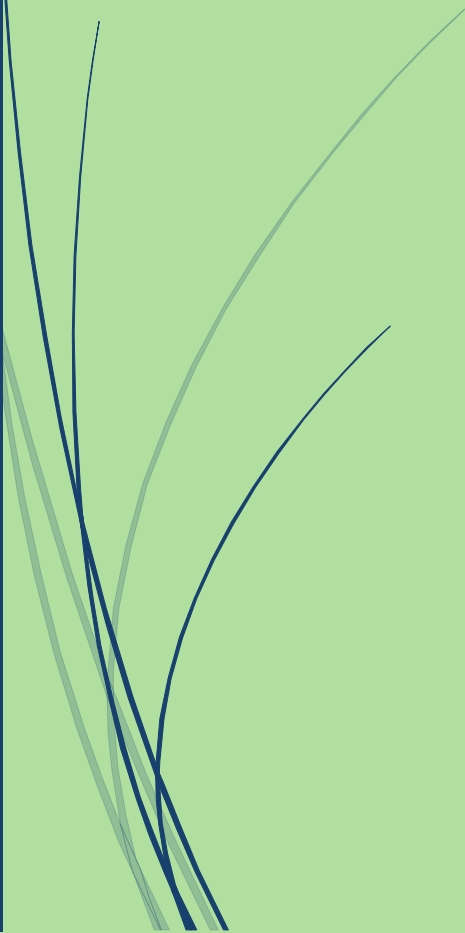




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Helpful Hints for College Students



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-Check your transcript yourself, regularly. Make sure nothing is added or removed that shouldn't be. If you have questions, ask them!
Computers and technology have glitches and humans make errors.

-Make room for your happy so you don't lose your passion.

-Don't be afraid to positively influence the campus climate and culture. You aren't obligated to go with the flow. If your moral compass is telling you that the 'norm' is not ok, you can challenge it. You'd be surprised how many other people are feeling the same way but are not courageous enough to stand apart from the crowd. Even if you stand alone, standing up for what's right is worth it.

-Learn the art of networking. Put yourself in spaces where you can have meaningful interactions with people who have access to the career path you have chosen or the things about which you are passionate.

-Your art can be your scholarly work, or can contribute to your scholarly work. Bring 100% of yourself to every place you are!

-Meals are a great way to have a sit down with someone whose schedule may be overwhelmingly busy. When doing so, be intentional about selecting foods that are not extremely 'messy' to enjoy. Your focus should be on your conversation so they know you value their time, not on cleaning up the excess sauce from your buffalo wings with ranch.

-When asking for recommendations, remember your recommender is doing you a favor and vouching for your preparedness for the task to which you endeavor.

a) Give sufficient time between your ask and your due date. This shows that you appreciate that this is IN ADDITION to the tasks they already have on their plate.

b) Give your recommender a due date that is before your application deadline. This gives you time to give gentle reminders if their already busy schedule overwhelms them in the process.

c) Provide your resume (you should have one) when you provide the info related to your ask so they have sufficient information to supplement what they know about you and the task to which you endeavor.

-Most schools will make allowances for students who have a family emergency/trauma they are living through. Please don't hesitate to contact your Dean to ask about special provisions, if needed.

-Some schools consider it to be plagiarism when you use YOUR OWN WORK (work presented in a previous paper) in a paper without citing it. Better safe than sorry!

-Taking courses that cross-list between subject areas can assist in meeting course requirements, particularly in the case of a double major.

-Auditing a class is a great way to determine a professor's teaching style and course content. When it comes to choosing classes, buying 'sight unseen' can sometimes wreak havoc on your GPA.

-There are a lot of influences in your space, daily. Check in with yourself regularly to make sure that you are measuring your progress based on your definition of success rather than a definition that may not take your reality into consideration.

-What you are here to do may have never been done before. Dream big and be yourself!

-Knowing your learning style can assist you in deciding how to design your study environment and what time of day will work best for you to be most effective in completing homework, studying and other tasks you may consider less desirable.

-If you find that you are not excelling in your grades on written papers/research papers, this does not necessarily mean you are not a good writer. Professors have a learning style too and sometimes they are expecting something from you that is different than what you are accustomed to producing. Read their comments, pay attention to how they share information, sit down with them and get to know how they process information. All of this can help you to better understand unspoken 'requirements'.

-Celebrate both academic and non-academic successes so that you are positively reinforcing all of who you are.

-Reviewing your coursework regularly can eliminate the need for an all-nighter before a big exam.

-If you join a study group, be unafraid to let them know your learning style so that the materials shared can be formatted in ways that work for you. Give examples that work for you as well.

-Study groups don't work for everyone! Some people's learning styles are better engaged when working alone.

-Being sedentary is not good for your health. While studying is important for your grades, staying physically active is important for your health.

-A rolling bag is better for your body alignment than carrying a backpack overloaded with books. You might not feel it right now, but

for those who are younger, your 30-year-old self will thank me for that one!

- In an internship, don't just focus on the work assigned to you. Ask about professional development opportunities to increase and improve your skill set.

- Determine your ability to function with your core values intact as a professional in your determined major. If there is compromise required, remember, your major can be negotiated but your core values (your authenticity) cannot.

- Some on-campus peer-tutoring centers are understaffed and will pay you to tutor your peers.

- Activism on campus (a controlled environment) can be very different from activism off-campus. Be well-informed about off-campus groups with whom you decide to join forces.

- In the event that mental health issues become a concern for you, you have the right to have them addressed in a manner that is respectful and without stigma. If needed, seek the guidance of a mental health professional off-campus who can then partner with you to advocate for you on-campus. View the most recent findings from the National Council on Disabilities at the below link:

https://diversity.ucsf.edu/sites/diversity.ucsf.edu/files/NCD_Mental_Health_Report_508.pdf