

LIFE SKILLS FOR COLLEGE – AND BEYOND!

Self-Regulation/Effort

- ✓ You attend all of your classes unless you have a documented excuse.
- ✓ You are on time to each class, you are attentive, and you participate actively.
- ✓ You submit course assignments on time.
- ✓ You follow through on commitments, study goals, and actions needed to be successful in college.
- ✓ You are open and responsive to grades and other feedback on your academic performance, making changes to your study habits as needed.
- ✓ You say “No” to distractions and social opportunities as needed to get your homework and class preparation completed.

Study Skills

- ✓ You do the assigned reading and homework in preparation for each class.
- ✓ You are an active reader, taking notes and writing down questions that you have about the material.
- ✓ You listen attentively, take effective notes, and review/clarify those notes immediately after class.
- ✓ You know your preferred learning styles and use them to your advantage.
- ✓ You prepare effectively and excel at all types of in-class tests, including objective questions (multiple choice or true/false) and essay.
- ✓ You review homework and in-class tests to learn from your mistakes.

Time Management

- ✓ You prioritize your academics and make time to study outside of class each day.
- ✓ You make time throughout the week for work, social activities, and other commitments.
- ✓ You avoid procrastination by planning ahead and starting assignments early.
- ✓ You make use of “hidden time” between classes and while attending to other tasks.
- ✓ You regularly use a calendar and/or planner to keep track of due dates, project timelines, and appointments.

Organization

- ✓ You have a method for organizing the materials for each course and taking them to class each day.
- ✓ You have a designated study area that is organized and free of distractions.
- ✓ You refer to the syllabus for each course while preparing for class.
- ✓ If you have to miss class, you follow the appropriate steps to communicate with the instructor, provide documentation, and complete missed work.
- ✓ You keep track of your grades in all of your courses, reviewing returned work and checking Blackboard and Secure Apps for accuracy of grades.

Motivation

- ✓ You are excited about attending college and committed to being academically successful.
- ✓ You have identified long-term goals for yourself that will be achieved, in some part, with your college degree.
- ✓ You identify short-term goals for your performance each semester and reward yourself for achieving them.
- ✓ You enjoy a variety of classes, take advantage of learning opportunities outside of class, and value learning as a lifelong process.
- ✓ You are aware of the academic standards of the university and any scholarships awarded to you.
- ✓ You have developed a sense of confidence that is gained from building upon your successes.

Career Decidedness

- ✓ You are actively working on identifying a major and a career that fits with your talents, values, and desired lifestyle; or
- ✓ You have selected a major and are confident that it will help you to achieve your career and personal goals.
- ✓ You are meeting all of the milestones identified for your major.
- ✓ You are actively seeking internships, study abroad, community service, or other opportunities to engage with and prepare for your chosen career.

Campus Involvement/Supportive Relationships

- ✓ You are pleased with your decision to attend Florida State University.
- ✓ You feel connected to the campus through clubs, activities, community service, or your association with other students.
- ✓ You regularly study and discuss ideas with friends and classmates.
- ✓ You have a core group of friends at Florida State University and you enjoy spending time with them.
- ✓ You get a sufficient level of positive emotional support from family and/or loved ones who want to see you achieve your educational goals.
- ✓ You spend time with individuals who want to see you succeed in college.

Asking for Help/Utilizing Campus Resources

- ✓ You introduce yourself to each of your instructors at the start of the semester.
- ✓ You visit your instructor during office hours to ask questions or get assistance as needed.
- ✓ You speak with your Dean if you are experiencing a personal or family crisis that is interfering with your academic success.
- ✓ You are familiar with the various offices on campus and the services they provide.
- ✓ You see your academic advisor every semester before registration to discuss course selection.
- ✓ You get tutoring or other academic support services as needed.
- ✓ You have a "go-to" person on campus when you need assistance (e.g., advisor or faculty member).

Health & Wellness

- ✓ You get an appropriate amount of sleep each night (7-8 hours) without the need for naps during the day.
- ✓ You maintain a regular schedule of exercise or take opportunities to be active (e.g., walk rather than drive).
- ✓ You eat balanced and nutritious meals.
- ✓ You experience minimal or manageable levels of stress about your course work and college life.
- ✓ You don't use alcohol or drugs illegally or in excess.
- ✓ You get assistance if you are overwhelmed by feelings of loneliness, depression, or other challenges related to the transition to college.

Critical Thinking and Problem-Solving

- ✓ You use critical thinking to make decisions in your personal life.
- ✓ You actively resolve problems that have the potential to interfere with your academic or personal success.
- ✓ You analyze course readings and materials to develop your own informed point of view that you can support with logic and examples.
- ✓ You evaluate the credibility of online and print resources before using them.
- ✓ You are familiar with university policies and values, using them to make good decisions (i.e., Academic Honor Policy, Student Conduct Code, Seminole Creed).