

# YOUR FIRST YEAR OF COLLEGE



# FIRST SEMESTER

**Much of your success is within your control.  
Practicing these habits throughout the year  
will help you stay on track during college:**

- Routinely check college portal and email
- Review student account
- Acknowledge and understand your financial responsibilities
- Read and review the college catalog
- Develop a degree plan
- Review course schedule
- Read all course syllabuses and understand deadlines and assignments
- Put key dates from the school's academic calendar into your personal calendar
- Use a planner or calendar to note all deadlines. If digital, set reminders.
- Explore purchasing textbooks online before buying them from the bookstore
- Buy used books or rent
- Visit professors during office hours
- Monitor your grades throughout the semester
- Visit and access student support systems (tutoring center, professor hours, health clinic, writing center)
- Apply for financial aid October 1
- Routinely meet with academic advisor and student support systems
- Stay disciplined, but have fun!!



## **STRIVE Prep Alumni Support is here for you**

- Financial aid
- Tutoring
- Mentoring and advice
- Switching degree programs
- Adjusting to your new life
- Time management
- Homework techniques
- Feeling overwhelmed and stressed
- Resources and support beyond the classroom
- Overcoming failing grades

Whether it's an item listed here, or you have something else on your mind, please reach out. Your happiness and success are important to us.

### **Contact Information:**

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Visit [striveprep.org/alumni](https://striveprep.org/alumni) for more information.



## **KEEP ON TOP OF YOUR SCHOLARSHIP RENEWALS**

You earned that money so make sure you take a few simple steps to keep it each semester. Put key deadlines in your calendar and give yourself enough time to meet them.

Denver Scholarship Foundation recipients can visit [denverscholarship.org](https://denverscholarship.org) for deadlines and renewals.

# BEGINNING COLLEGE

College transition is significant and extreme because you are leaving behind an established support system. But have no fear! There are plenty of offices, departments and resources tailored to meet your needs. Familiarize yourself with all these offices as they will help you in your moments of need and will be there for your entire time in college.

## Help Is Out There - Go Get It!

Beginning college is one of the bravest things you'll do during your life. You are now in charge of so many decisions and paths, and it's up to you to step up and make positive choices.

- No matter your academic ability, if you have more questions than answers, ask for help!
- You are your biggest advocate so it's up to you reach out and connect with college resources to get what you need.
- Sometimes we think we can do it all on our own and don't want to ask for help. That is a mistake! There are resources out there, go find them.
- What do you know about tutoring, counseling or study groups? Maybe what you know isn't true, so go find out for yourself!
- Homework, classes, grades, money, food, friends and relationships, health, schedules, deadlines, exams - it's all so much and can make you feel overwhelmed and nutty! There are resources and services to help you with all of these things. Go find them.

## Always remember:

You are not alone, other students are struggling too

There is help for whatever you need

Be brave, be brave, be brave.

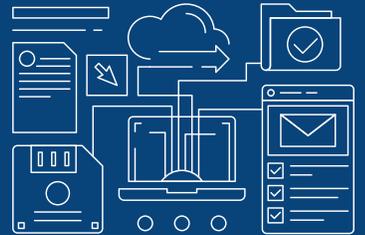
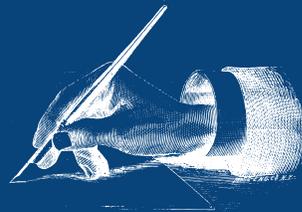
# YOU'VE GOT THIS.



## TIME MANAGEMENT TIPS

- Utilize a day planner or digital calendar
- Form study groups
- Break projects into smaller steps
- Set realistic goals with an action plan
- Reward your study time
- Study when you are at your best
- Keep your eyes on the prize
- Talk with an advisor

# 7 STEPS TO OWNING YOUR CLASSES LIKE A BOSS 🐱



## Step 1

Attend class

DUH.

## Step 2

Actively engage and pay attention.

Those internet memes aren't going anywhere.

## Step 3

Take notes

Yes, what the professor is saying is actually important.

## Step 4

Stay organized

Use a system that works for you. Just make sure it's better than how you organize your closet.



## Step 5

Study

Are you studying right now? No? Then go start studying right now! Don't wait until right before an exam.

## Step 6

Twerk

Or take whatever, healthy breaks you need outside of class. Your brain needs it.

## Step 7

Repeat Steps 1 - 5

You've got to be **BOSS** of your classes ALL of the time.

If you've practiced Steps 1-7 and are still struggling, don't worry. Ask your professor or student services about tutoring options and then follow through with their advice. Buddy up with a classmate, join a study group and take advantage of other resources your professor gives you. Just don't allow yourself to struggle for too long.



# YOUR GAME PLAN FOR GETTING A'S (AND SOMETIMES B'S)

## Pre-Game

Before you start an assignment, make sure you understand what you're supposed to do. Take a moment to write down the key items required. If you're still not sure, ask a classmate, professor or teacher's aide.

## Know Your W's

Before each assignment, think about...

What am I'm supposed to learn?

Why is this important for my class?

When is it due?

Who needs to be part of the assignment?

How am I going to get it done?

Where do I submit the completed assignment?

## Pull Out That Special Text

If the content is bolded, italicized, graphed, illustrated or somehow seems special, pay attention! And if you've "Pre-Gamed" then you should know what you're looking for. Put these specific points into your notes or highlight them for reference for studying.



## Recall and Reframe

Once you've completed an assignment: think about what you've learned; summarize the important ideas in a format that works for you; now pretend you have to explain these ideas to a complete stranger so they understand. Are you able to do that?

## Reflect and Revisit

Do you understand the materials and accomplish the work? What are the areas you're still struggling with? Go back to the difficult parts and give them more attention.

**You did it - your first semester is over! Make sure to take some time and celebrate in a healthy way. You should be proud of what you've done so far.**