THE STUDENT SUCCESS PACKET

The secrets to living well and doing well in college.
College Wellness Wheel

Physical:

________________________________________________________________________
________________________________________________________________________

Mental:

________________________________________________________________________
________________________________________________________________________

Social:

________________________________________________________________________
________________________________________________________________________

School/Work:

________________________________________________________________________
________________________________________________________________________

Financial:

________________________________________________________________________
________________________________________________________________________

Spiritual:

________________________________________________________________________
________________________________________________________________________

Family:

________________________________________________________________________
________________________________________________________________________
Not being organized is one of the main reasons why students have a hard time being successful. It is essential that students learn how to effectively manage their time. One of the best ways that you can do this is to actually schedule out your weeks. Make sure that you have enough time to study. It is also important to schedule in breaks and fun activities. Life should not be all work and no play. A balanced approach will keep you healthy and happy.

The following is a sample calendar. Notice that major assignment due dates and tests are listed at the bottom. This is a space for reminding yourself when certain things are due. It is a good idea to look ahead and plan ahead. If you would like a copy to print, then follow the link below.

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<th>Monday:</th>
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Assignment Due Dates:

Next Week Major Assignments:

There are obviously other calendars out there. Use one that works for you. Students are using technology more and more. Use it to your advantage.
Procrastination keeps you from being successful. Avoid it by making lists and sticking to them. Successful people do things that are not due soon today rather than tomorrow. Avoid the pain of constantly having something hanging over your head.

<table>
<thead>
<tr>
<th>Highly Effective Days</th>
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Realize that in choosing to put things off that you are actually choosing to be in a state of anxiousness longer. Work on getting things done sooner and you will avoid the stress of always needing to do something.
The STEPS program offers some excellent scholastic and professional values. However, there are more values that you will find useful in your life. What kind of friend do you want to be? What kind of spouse do you want to be? What is your metaphor for life? Consider how you want to live, and live according to your values. Get creative in developing your values. If you want to be friendly, think about what friendly means. You can add values, and examine values. Make sure that values do not contradict each other.

1.__________________________________________________

2.__________________________________________________

3.__________________________________________________

4.__________________________________________________

5.__________________________________________________

6.__________________________________________________

7.__________________________________________________

8.__________________________________________________

9.__________________________________________________

10.__________________________________________________
Always ask questions, and it is important to ask the right questions. Don’t take anything for granted. There is always something to learn from a situation. If you don’t know, then ask someone who might now. If you fail, do not despair but turn the situation into a learning opportunity. Successful people use their setbacks and learn from mistakes.

Proactive Questioning

Why am I such a failure? Why does this happen to me? Why do they do that to me? These are all examples of questions that take away power from you. Ask yourself questions that are seeking positive answers: How can I do better next time? What can I do to improve my relationships? What can I learn from this setback? Try some proactive questioning yourself:

1. _______________________________________________________
2. _______________________________________________________
3. _______________________________________________________ 
4. _______________________________________________________ 
5. _______________________________________________________ 
6. _______________________________________________________ 

The important thing is to never stop questioning. -Albert Einstein

Our greatest glory is not in never falling but in rising every time we fall. -Confucius
Students who have problems are often living lives that are out of balance. Schoolwork should not become everything nor should your relationships or gaming hobbies. It’s important to look at how you are spending your time and consider how you can better use it. Sometimes, you don’t have to quit something, you just have to put it in perspective.

**Take a 30 day challenge.** Try to quit something or add something new to your life for 30 days. See what happens when you step outside of your box.

**Rumination**

There are ways to control your thoughts. It takes discipline and something to substitute the thought with. Try to visualize a problem as a picture on a wall and slowly shrink that picture in your mind. If the problem is something that is something that you think about or hear, then turn the volume down.

Give yourself something else to think about. Be creative and think about making it an activity. Hobbies often act as effective disruptions to pervasive thought patterns.

What are a couple of things that you spend too much time thinking about in a negative way?

1. ____________________________________________________
2. ____________________________________________________
Physical

Taking care of yourself physically doesn’t have to be exercise. It can be fun. Lot’s of people enjoy structured physical activities and for those people regular workout programs work. For others, having fun and doing something that you enjoy should be the most important thing for you to consider. What are three physical activities that you enjoy doing:

1. __________________________________________
2. __________________________________________
3. __________________________________________

The journey of a thousand miles begins with a single step.
-Confucius

Eat Better

Part of taking care of yourself physically involves eating better. There is a wealth of information on dieting but the changes that have a sustained impact and last a lifetime are those that are more of a lifestyle change than a temporary diet change. Eat foods that are as close to their natural state as possible. Watch portion sizes. Avoid artificial sweeteners and other chemicals.

<table>
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<tr>
<th>Have alternatives</th>
<th>Eat This → Not That</th>
<th>Eat This → Not That</th>
<th>Eat This → Not That</th>
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<tbody>
<tr>
<td>Cinnamon Dolce Latte with sugar-free syrup (grande, 14 fl oz)</td>
<td>Starbucks Peppermint White Chocolate Mocha with Whipped Cream (venti, 20 fl oz)</td>
<td>Palermo’s Primo Tho Margherita (1/2 pizza)</td>
<td>Tombstone Original Pepperoni (1/4 pizza)</td>
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<tr>
<td>260 calories 6 g fat (1 g saturated) 38 g sugars</td>
<td>440 calories 22 g fat (11 g saturated) 27 g sugars</td>
<td>360 calories 12 g fat (5 g saturated fat) 1200 mg sodium</td>
<td>340 calories 25 g fat (11 g saturated fat) 680 mg sodium</td>
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Goals make life fuller and give us a reason for doing things. Without goals there is little reason to do things. Try to think about where you want to be five years from now. Get creative. List the goals that you’ve made below.

1. ____________________________________________
2. ____________________________________________
3. ____________________________________________
4. ____________________________________________
5. ____________________________________________

Think about one of the goals. Now make a list of the things that you are doing to help you accomplish that goal. You may need to make short term goals that help you get to your long term goal. If you want to graduate from college for example, then the first thing you need to do is register to go to school, then buy your books, then go to your classes, and then finally pass your classes. When your behaviors match what you want to accomplish, then you feel better about your actions.

1. ____________________________________________
2. ____________________________________________
3. ____________________________________________
4. ____________________________________________
5. ____________________________________________