

How to be Successful in College?

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Counselor
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Purpose and Motivation

What is my purpose and how do I stay motivated?

- Motivation from within vs. external rewards
- Achievement and affiliation motivation
- Persistence and commitment



POSITIVE ATTITUDE!



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Time & Money Management

How do I study when I have so many distractions?



- Don't overload yourself
- Be prepared to spend two hours outside of class for each hour in class
- Schedule activities and time for yourself
- Set a budget and keep expenses in control
- Follow your schedule

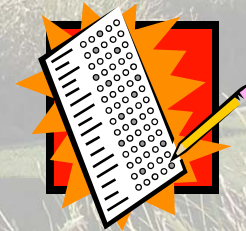


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Tests & Notes

How do I take notes and eliminate test anxiety?

- Learn preparation and relaxation techniques
- Learn effective strategies to take notes (turning headings into questions)
- Rest, eat well, stay HEALTHY, don't cram



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Reading & Memory

Why do I forget what I read and how do I memorize all the material from my classes?

- Stay "here and now"
- Sit "front and center"
- Get the "big picture"
- Read and prepare before class
- Recite, review, and repeat



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Critical & Creative Thinking

Why is this important in college?

- Create and think on your feet
- Don't believe everything you are told
- Search for truth, possibilities, and alternatives
- Seek answers to your questions



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Writing & Communicating

How do I write formal essays, convey what I mean and speak in class?

- Utilize your campus writing center
- Learn communication and writing in PDC
- Take English and communication classes
- Maintain healthy relationships through good communication skills



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Diversity, Health, Technology

Why are these topics in PDC?

- Learn to respect and appreciate diverse points of view and people to live and work in a peaceful and productive society
- Stay healthy to succeed in college
- We must be technological savvy in college and the workplace



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Deciding on a Major and Career

What if I don't know what I want to do?

- Explore your personality, interests, learning style and values
- Conduct career research on possible majors and careers that fit your personality
- Work with your college counselor



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Connect to Your Campus

Campus Support Programs for You!

- PDC courses
- Counseling
- EOPS
- Financial Aid
- Career Services
- Transfer Center
- DSPS
- Health & Wellness
- Student Employment
- Tutoring
- Associated Students
- Child Development Center
- CalWorks
- English Writing Center
- Math Writing Center
- Veterans Services

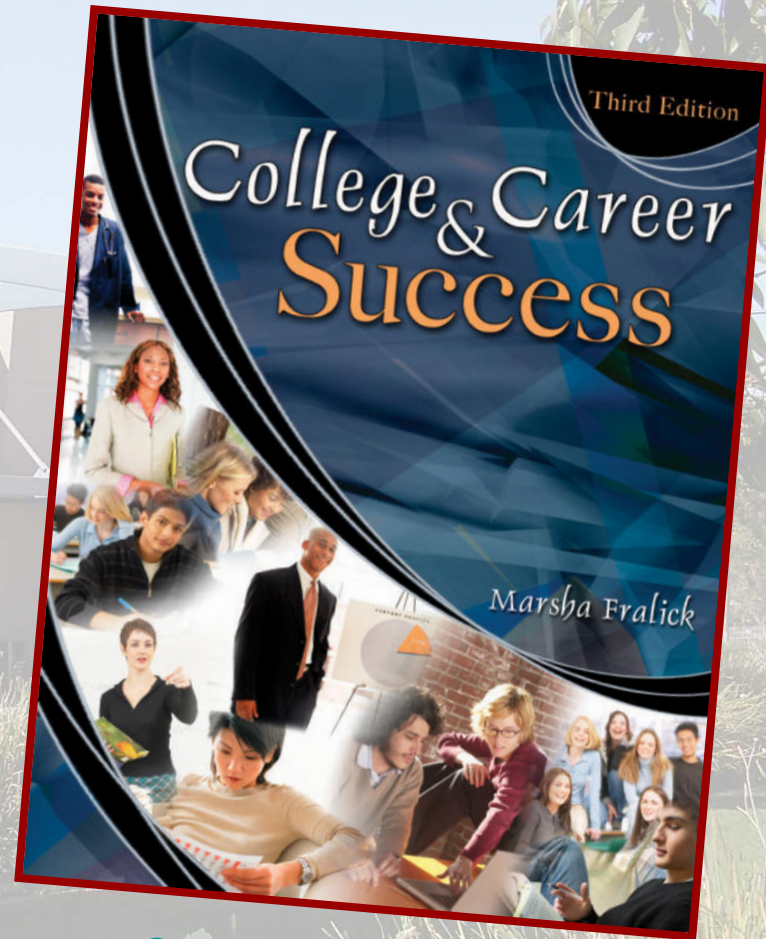


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From the Author...

"See your college counselor, ... register for classes, attend the first class, read the first chapter, do the first assignment, and you will be on the road to your success."

--Dr. Marsha Fralick

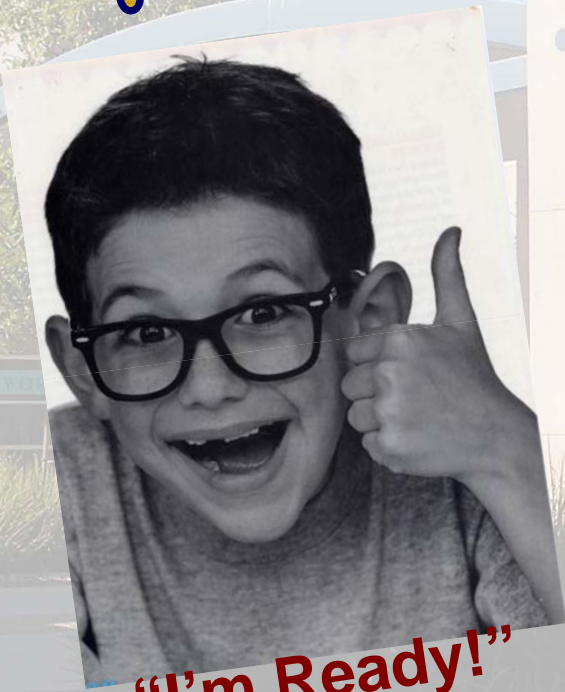


[College Success Website](#)

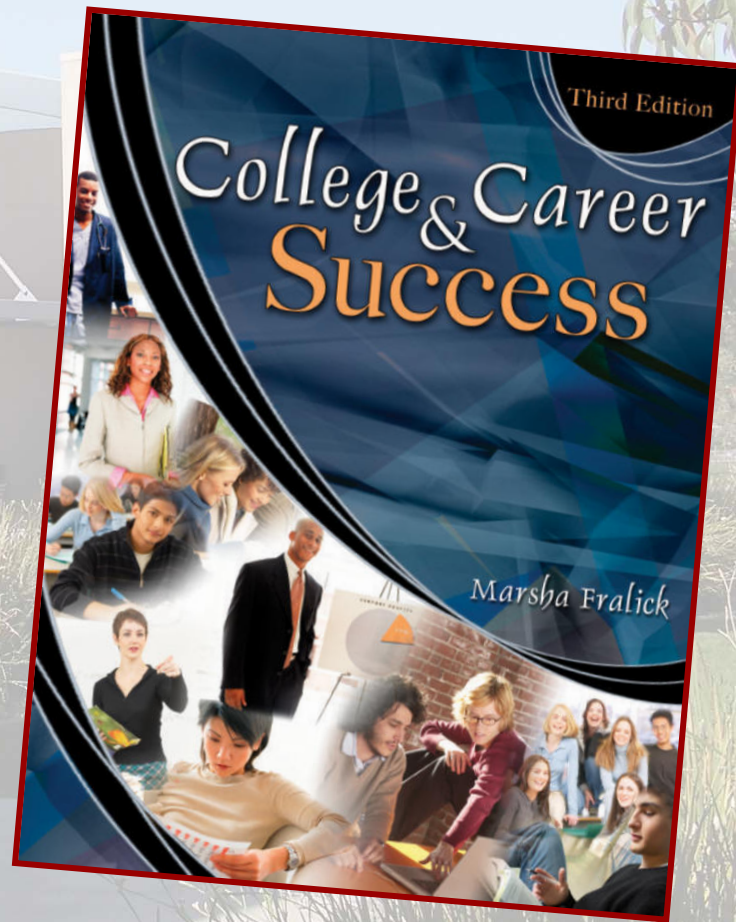


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Open Your Textbook!



"I'm Ready!"



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