

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The overall composition is clean and modern, with the text centered in the white space.

Strategies and Tips

To Thrive your Freshman Year

Get organized

- ▶ In college, professors post assignments, and expect you to be prepared. Buy an organizer, use an app. Or get a big wall calendar. Whatever it takes you to know when assignments are due.



Find the ideal place to study

Find an ideal place to study that is free of distractions and is accessible... For example: library, your room, Starbucks???



Go to class

- ▶ Obvious, right?? Maybe, you will be tempted to skip that 9am class at times and sleep in but avoid the temptation.
- ▶ You will receive important information during lecture as what to expect on tests, changes in due dates, and it reinforces on the chapters that you have read.
- ▶ If you don't understand ask the professor.

Become an expert on course requirements and due dates

- ▶ Professors spend hours preparing the syllabi so that you will know exactly what is expected of you and the course and when.
- ▶ What is a syllabi?
- ▶ Explains the course, due date for assignments, exams, grading scale, Professors contact information, etc...

Meet with your professors

- ▶ It is important that you meet with your professor. Professors have office hours that you may go to... before or after class... a quick hi.
- ▶ Don't be afraid to seek and ask questions if you don't understand the material.
- ▶ Seek tutoring!



Don't be afraid to meet with your academic advisor

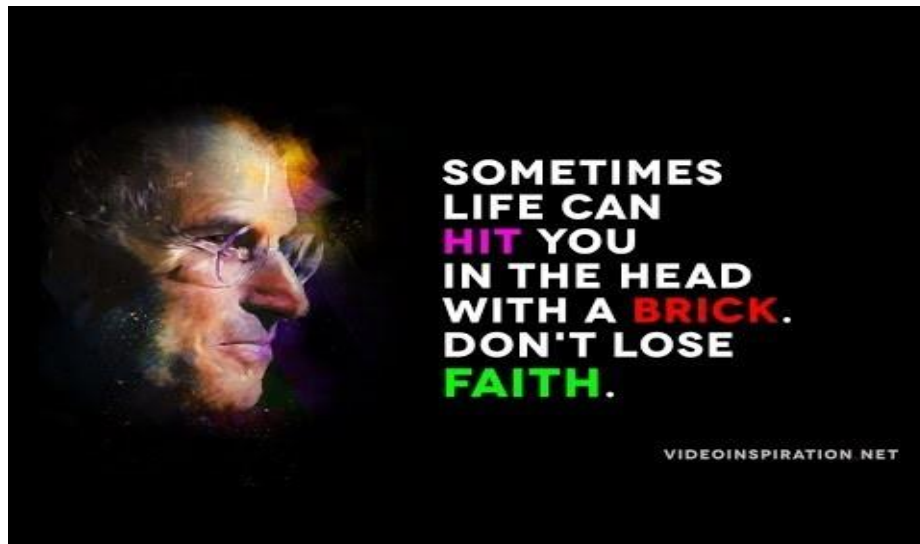
- ▶ Get to know your academic advisors. Don't be afraid to stop by the office if you have any schedule conflicts, deciding on majors, grades, etc.. Or want to say hi.
- ▶ Cary Noa, M.S Ext. 1055
- ▶ Carol Romero, M.S Ext. 1069
- ▶ Hazel Rivera, M.S Ext. 1013
- ▶ Claudia Lastre, M.S 305-226-9999 South Campus

Seek a balance



- ▶ Balance academics with social life.
- ▶ Get involved on campus, athletics department
- ▶ Strive for good grades
- ▶ Take advantages of the study resources on campus
- ▶ Make time for you: set some time and activities that help you relax and take the stress out of your day or week.

Not motivated? Motivated?



Know the Universities Resources

- ▶ Know the Student Services and what services they provide
- ▶ Know the Registrations office and what services they provide
- ▶ Know the Financial Aid office and what services they provide
- ▶ Know your Division/Department Head of your program
- ▶ When tutoring and for the subject is available

Academic Grading System and GPA



A = 4.00

B+ = 3.50

B = 3.00

C+ = 2.50

C = 2.00

D = 1.00

F = 0.00

Academic Grading System and GPA

- ▶ S = Passing grade with Remedial Classes
- ▶ U = Failure grade with Remedial Classes
- ▶ W (withdrawal) = Withdraws from course during the first week of add/drop period
- ▶ WP (Withdrawal w/ penalty)= withdrawal after the add/drop period
- ▶ WF (Withdrawal w/ failure)= Student did not complete the required class work

Division Head/ Department Head

- ▶ Business & Economics Division Head: Dr. James Bullen
Department Head: Ernesto Gonzalez
- ▶ Allied Health Division Head: Dr. Loreto Almonte
Department Head: Dr. Carlos Cuervo
- ▶ Criminal Justice/Paralegal-Legal Dept. Head:
Elizabeth Barcena
- ▶ BSN Program Director: Ruben Coll, R.N, BSN, M.S.N
- ▶ RN & PN Program Director: Maida Burgos, R.N, M.S.N
- ▶ Humanities & Fine arts Division: Barbara Rodriguez

Manage your time

- ▶ Reduce stress and frustration.
- ▶ Improves performance and school satisfaction
- ▶ More time to enjoy life.
- ▶ Have control over your life through planning.
- ▶ Get a sense of achievement.

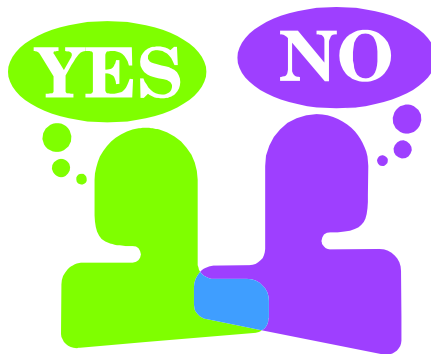


Overcome procrastination

- ▶ Recognize that you are procrastinating
- ▶ Work out why you are procrastinating
- ▶ Ways to overcome:
 - ▶ Find a small part of the task you can do right now
 - ▶ Identify the emotion associated with doing it
 - ▶ Finish an incomplete
 - ▶ Delete it and move on
 - ▶ Face your fears and the risk head-on

Learn to say NO

- ▶ Do not say yes when you don't have the time, motivation, interest or skills to do the task
- ▶ Say “no” to task that have little impact on your targets
- ▶ Prevent stress
- ▶ Avoid overworking



If you would miss class

- ▶ **Consider this:**
- ▶ Would you walk into a gas station, put a couple of \$20 bill down on the counter to prepay for a tank of gas, and then drive off?
- ▶ Would you buy a \$10 movie ticket and then sit in for 5 minutes and then get up and leave to do something else?
- ▶ Would you buy a lotto ticket for a dollar but throw it away? What if you win?!!