Who is the Community College Community?

- Full-time students employed full or part time 62%
- Part-time students employed full or part time 73%
- First generation to attend college 36%
- Single parents 17%
- All US undergraduates 45%
- First-time freshmen 41%
- Students taking zero-level courses 72%
- Students who *intend* to complete 73%
- Student who *do* complete (within 6 years) 45%

(nationwide statistics)

3:36 video clip
CAN I GET THERE FROM HERE?
Finding the Road to Success in College
Yes! With the GPS Coordinates!

GOALS
• Time management
• Life balance

PERSPECTIVE
• Become educated
• Expand options
• New world view

SKILLS
• Study skills
• Motivation
• Get help
GOALS – short term to reach long term

✓ Time management *lowers stress*!!
  • Know thyself! When are you most relaxed and focused?
  • Prioritize tasks - Overestimate time by 25%
  • Be realistic – you’re a human *being*, not a human *do-ing*
  • Daily – weekly – monthly schedule (not to-do lists)
  • Be flexible, but get it done

✓ Life balance
  • Enjoy life as it goes by
  • Make time for friends & fun
  • Schedule veg time
  • Help someone else every day
  • Laugh every day
  • Develop an attitude of gratitude
PERSPECTIVE – the BIG picture

✓ Become an educated person
  • well-rounded, intellectually interested, think independently
  • learning enriches your life

✓ Expand life’s options
  • knowledge in many areas
  • recognize and consider new opportunities
  • discover personal talents
  • develop new interests
  • enjoy diverse activities, hobbies, people, cultures

✓ Create individual world view
  • based on your unique personality and life experiences
  • develop a perspective that is adaptable and flexible
SKILLS – lets be practical

✓ Study skills
  • Reading is NOT studying
  • No marathons!
  • Talk it out

✓ Motivation
  • Accept the difficulty of staying motivated
  • Understand what motivates you personally
  • Learn self-discipline

✓ Get help
  • Get tutor
  • Use textbook website
  • Talk to professor
  • Talk to counselor
It’s not *all* about ATTITUDE!
(but some of it is)
Do You Talk Trash to Yourself? Why?

- Is it accurate?
- Is there another way of looking at the situation?
- What is the likelihood of the worst actually happening?
- Does negativity motivate you to move forward?
- Would you say that to a friend?
- What would you say to a friend who said to you?
SELF TALK MATTERS!

- Neuroscience reveals that self-talk influences mood and behavior
- Talk to yourself in the third person while looking in the mirror
  - Data shows it’s much more effective than using “I”
  - We’re kinder to others than to ourselves
  - Be prepared for a strong emotional response
- Identify negative talk and scenarios and analyze them
  - “What if that happens? Then what would happen?”
  - “What if that happens? Then what would happen?”
  - Etc., etc., etc. – usually ends with _________________.

Be careful how to you talk to yourself because you are listening.
Parting Thoughts

─ Talk to an advisor / professor
─ Go for your passion
─ Treat yourself like your best friend
─ Keep the door open (don’t burn bridges)
─ Remember your GPS!