

## Strategies to Succeed in College – Podcast Transcript

### Opening:

Hi, my name is Merinda Caston, from the Oregon Student Assistance Commission, also called OSAC for short. Today, I'd like to talk to you about some important strategies that will assist you in your college career.

### Body:

It is important to enjoy college, but it is equally as important to make decisions that will help you do well. These includes: creating achievable goals, attending your courses, taking notes, scheduling time to study, seeking assistance when you need it, maintaining your health, and finding balance between academics and your social life. If you take the time to plan these things out, you will be more likely to succeed.

Before you begin college, make sure to create achievable goals. There will be many things that may sidetrack you as a student, but it is very essential to stay focused on your goals each year and be sure that you are meeting them as required. A good strategy is to approach college on a year- by- year basis, setting new goals each year. Never lose sight of achieving goals and maintaining a good GPA is a good idea in case you later decide to attend grad school.

Make sure you attend your classes. Most professors do not include the core of their classroom presentations online and some courses include class participation as a part of the course grade, so it is important to show up for class regularly to ensure that you are learning the course content. If you need to miss a class, be sure to ask a friend who takes good notes if you can borrow his or her notes so that you won't fall behind in the course.

Take good notes. Whether you use a laptop or prefer using a notepad, I recommend always taking good notes on professors' presentations. There are times when professors may post their presentations online for students to review; however, these presentations often omit a large portion of the lecture, so it is important that you take thorough notes during class.

Organize your notes. Computers and old-fashioned paper are great tools for keeping track of a day's worth of classroom notes. It is important that you figure out a system of organizing your notes so that you can easily retrieve them as needed when you are writing papers or studying for tests. One way to organize your notes is to use a large binder and organize it with dividers separating each course for easy retrieval later. If you use a computer to take notes, create a folder for each class. This way you will have all of your reading and class material organized. Figure out a system that works for you and be sure to use it.

Take the time to study. Designating a study session with fellow students can be helpful, but if you don't know many students at first, schedule the time at home or in the library to focus on your classes. The important thing to remember is that you need to take the time to study. You need to designate a certain amount of time outside of class to study and do readings for your courses in order to meet the demands of academics at college because just attending class will not be sufficient for you to be successful.

Use the resources available to you. There are plenty of resources on campus to assist you to succeed and I recommend utilizing all of these resources whenever you need them. Your professors hold office hours each week and most large courses will have teaching assistants who also hold office hours – use these office hours as a way to get answers to specific questions that you may have about your class. In addition, most campuses provide help with writing or with math tutoring, so if you need help, seek these out. You should take advantage of one-on-one help any time you feel that you need help with your coursework. In addition to your coursework, be sure to make sure that you are taking the right classes and are on track to graduate. Your school's Academic Advisors offer individual consultation for students; helping them to review their credits and requirements for graduation.

Maintain your health. Eat well, sleep well, and schedule some sort of regular physical activity. There are recreational facilities on campus for students to stay active. Take advantage of weight rooms, treadmills, and court sports. There are also courses you can take for credit to keep your body healthy and relieve the stress of college. You may be tempted to stay up all night cramming for a test the next day, but make sure to get your rest and eat properly. Your brain will not perform at its best unless it is well rested.

Find a balance between academics and your social life. There will be plenty of opportunities to get involved in campus activities. These are a great way to meet new people and have fun. Take advantage of these opportunities, but be sure to always prioritize your personal goals and academic success.

### Conclusion:

College is an important part of life. If you take plan to succeed by creating achievable goals, attending your courses, taking notes, scheduling time to study, seeking assistance when you need it, maintaining your health, and finding balance between academics and your social life, you will do well.

### Closing:

Thank you for taking the time to learn about this important topic. For more podcast topics, please visit our website at [www. OregonStudentAid.gov](http://www.OregonStudentAid.gov). From all of us here at the Oregon Student Assistance Commission, this is Merinda Caston. We look forward to helping you again soon.