

# SUCCESS SKILLS

## TAKE CARE OF YOURSELF ON YOUR COLLEGE JOURNEY

### KEEP IN MIND

The idea of success is relative. Each of us has our own unique priorities, goals, and values. This means that your success can look quite different from your classmate's success, and still both of you can be equally successful, even if your paths and outcomes differ.



### TIPS

As you read through these tips, take what resonates, leave what doesn't, and come back to areas that you want to revisit in the future. There's no "right" path to success—only the right path for you, and you get to decide what that path looks like.

- Have a study plan
- Assess your learning style
- Go to class and attend office hours
- Manage your time with intention
- Know your goals and values
- Take care of your health - mental and physical
- Treat yourself to breaks
- Maintain a school - life balance
- Get involved - try something new
- Sleep, eat, and stay hydrated
- Practice breathing exercises
- Reach out to someone if you feel stressed or overwhelmed