

FIRST 4 WEEKS

First Year Students: use the **First 4 Weeks** success strategies as goals for your semesters. Choose the strategies that fit that fit your learning and personal comfort preferences.

Build and Encourage Relationships

Get to know people in your classes. Learn their names and how to pronounce them, find out what you have in common, and share something about yourself and or things you are interested in getting involved in on campus.

It helps to get to know other students in your class so you can study together, and keep each other on track with what is going on in class.

Stop by instructor office hours. Often times your instructor will want to connect with you informally to see how you are doing. They may ask you to bring in an assignment for you to review with them, or to have a few questions prepared to ask them.

Anticipate any struggles you may have and how you might address them. Do you have trouble waking up in the morning? Do you need to eat before classes? How much sleep do you need to be alert in class or to study? If you have a job, how do you balance your hours at work with the time you need to study?

Go to [50 First Days!](#) These are a series of events to help you get connected to CSU, other students, faculty, staff and important resources.

Get involved in a club or organization. You can still stay involved in the sports teams or hobby that you loved through [intramural sports](#) or a student organization. Check out over [475+ student organizations](#) at 2018 Fall Involvement Expo on Sept 5 & 6th.

Visit [Student Diversity Programs and Services](#), designed to support students in a variety of ways and provide opportunities to successfully participate in CSU's diverse campus environment.

Set Expectations for Yourself

Review the course objectives listed on your syllabus, and focus on these are you prepare and study for each class. Do you have a grasp of the "big picture" of what you are supposed to be learning in the course?

Put all your course assignments, papers, tests, projects, and even important personal commitments in your planner so you can know when things are due, prepare in advance for weeks when you have a lot going on, and plan your study strategy.

Review your syllabus and make sure you are aware of the content, deadlines, and expectations for assignments. If you are not sure about an assignment or expectation, ask in class or during office hours.

Attend [TILT Tutoring](#), as these FREE sessions are led by students who have taken the class and who were successful. You can also go to [TILT Study Groups](#), as they can give you tips and advice on how to navigate the class.

Ask the instructor how previously successful students have taken notes in your class. Put notes into your own words, summarize key points at the end of the session, and review regularly.

Actively participate in your classes. Talk to other students and the instructor about what you are learning in classes. It's easy to think you know something in your head; it is another to explain it aloud or to write about it.

Be prepared for and on time for each class and stay for the whole class.

Be an Active and Engaged Learner

Sit in a seat where you know you will be most engaged during class. Students who sit in the front rows or the middle aisles tend to get better grades!

Set some goals for yourself for each class. Examples: I will not look at my phone or any social media during class or I will talk to the instructor about a question I had about my homework. I will review my last class notes right before class to refresh my memory.

Get involved in classroom activities. If the instructor breaks into groups or asks you to reflect on a topic, fully participate in the activity. Resist the temptation to disengage from interacting with others or not completing the task with your full attention.

Complete all readings before class and be prepared to discuss and apply to activities facilitated in class.

Integrate Learning Experiences

Could you explain what the class is about to your best friend? Also, ask yourself why is this important to my academic plan, my career or personal goals? If it's not clear, ask your faculty member in class or during office hours.

Recognize all of the assets you bring to CSU stemming from your identities, culture, and support from family and friends; and talk with a staff or faculty member, or write reflectively for yourself, about all of the experiences you have had that are setting you up for success.

Know Where You Stand

Review the syllabus for each class and make sure you know each course's grading policy. Log in to online learning systems like [Canvas](#) which many courses use as part of the course experience. Ask for more details if anything is not clear to you.

The first two weeks of class are important. The instructor will be setting the standard for the rest of the semester. If you are struggling ask the instructor for advice for improvement.

Check in with your instructor early in the first few weeks to share your progress in the course. Ask for additional resources that they think would be helpful to you.

Make it a point to know your academic success coordinator. You can look them up on [RamWeb](#). They are an excellent resource information and can help you navigate academic policies.

Log into [You@CSU](#) to get great personalized tips about how to manage stress, social life, track your career goals and major.