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Being Successful without Losing Yourself

Alessandra Di Virgilio
adivirgilio@student.goodwin.edu

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Alessandra Di Virgilio

Becoming a college student is difficult and can be overwhelming; taking online classes can be even more stressful. If you understand the skills that will help in you succeed, however, you’ll do great while balancing work, school, and life.

Time Management
The key to success in college is time management. It is important to prepare a weekly schedule that includes time in class, studying, activities, work, meals, and time with friends. Being a college student is like having a full-time job, so essentially you are working two jobs at the same time. There are several hours of studying and preparation expected for each class and only 24 hours in each day.

Stress Management
Regular exercise, adequate rest, and good nutrition are all ways of engaging in self-care that reduces stress. Stress is normal, everyone gets stressed, but you need to be able to manage your stress. Students who find ways to increase coping resources decrease the stressors that life will throw their way.

Study Skills
Skills such as knowing how to read a text book, how to take notes in class, how to use the library, and how to ask questions when you don’t understand something will help you succeed in your classes. If you ask your teacher a question in or outside of class, you may remember that answer and it’ll stay with you. While doing your homework, always write down questions you have so that when you get the answer, you can write it down and go back to it when needed.

Self-Care Skills
Students need to learn to develop bedtimes based on physical need and health. Adequate sleep and a healthy diet can improve mood, athletic performance, classroom aptitude, and your ability to cope with stress. Exercise, relaxation, and good hygiene are also important aspects of self-care. If you do not take care of yourself, you are more likely to burn out. You definitely want to balance everything you are doing while taking care of yourself.

Attentiveness:
A big part of all online classes is the discussion board. Most classes require you to post on various topics that are important to the class and respond to your classmates throughout the week. You do not need to respond every day to everyone who has posted, but it is a good idea to check in frequently. It is also good to know what everyone else is discussing and the questions they may have, since you might have similar questions that get answered. It is also a way of keeping yourself up to date with the posts, so that when you take the time to respond to your classmates, you already know what you want to say. It will save you some time in the long run.

Team Work
It is imperative for college students to function efficiently and appropriately in groups, collaborate on projects, and accept constructive criticism when working with others. People who succeed only when working alone will struggle in college and beyond, as the majority of careers require collaboration.

**Problem Solving**
Students will be faced with a number of unexpected challenges in life and receive little or no aid in overcoming them. They must be able to solve problems in creative ways and to determine solutions to issues with no prescribed formula. Problems do not always have to be enormous, but when you start to figure out how to handle each problematic situation you find yourself in, you can manage unexpected events more effectively. Once you start to deal with the small stuff, it will make your decisions easier when you are faced with bigger problems, in school and in life.

While it can be hard working and taking classes, you need to balance everything out. Once you are able to find a balance between everything you have going on in your life, you will be able to get through everything smoothly. Balance is key. Once you find a system that works for you, you’ll be able to handle everything that is thrown your way!