





- in class...
- in this presentation...
- when you're talking to your professors
- when you're having an interview
 - when you're studying





Work on Writing Peer Editing = USEFUL

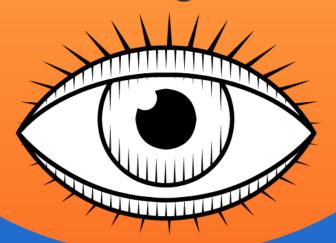
Makes it easier on the person who grades your paper...



We are amazing mentors who can occasionally make our mentees laugh (Nikki & Jesus, 2013)

Be Mindful in Class..

- Pay attention and participate
- Discuss class material in & out of class
 - Contribute *thoughtful* responses
 - Discussion guidelines
 - Talking & Listening.....Practice both



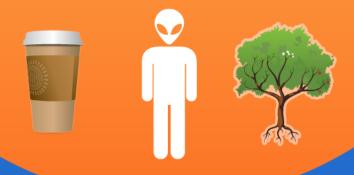
Get Connected on Campus

- · Join a club OR start a club!
- Get an on-campus job
- Attend events & workshops
- Volunteer @ events/workshops
- Be a T.A.
- Be a mentor
- Study abroad
- Or just go out & mingle with people!

Stay Healthy

Practice healthy relationships with yourself and others!

Visit Health Center,
Rec & Wellness Center & CAPS



Remind yourself of why you came to college in the first place.

You have made it so far- don't give up.

