

Achieving Success in College and Beyond



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www.OfftoCollege.com
www.SayCampusLife.com
www.SayCollegeMove.com

What is “College” Success?



1. advancing yourself academically
2. graduating in your field of choice with honors
3. moving into your career or other academic pursuits following graduation
4. becoming a stronger and better person

*What is Going to be Required
to be Successful ...*

A NEW KIND OF DISCIPLINE



Why???
3 Main Reasons

first: College is a Whole New Experience ...

Heavily Induced Academics



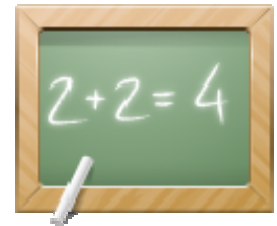
Many Distractions

It's Not Like High School

first: College Will Be a Different Experience ...

Heavily Induced Academics

- a lot of reading and assignments
- fast-paced environment



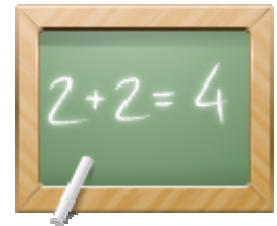
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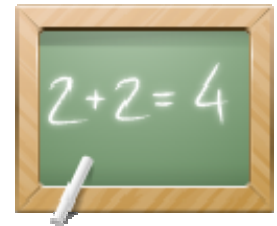
- sports – events – parties – new friends
- temptation to skip class and have fun

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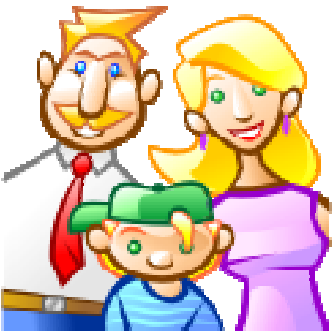
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It's Not Like High School

- colleges maintain an arms-length relationship
- less involvement in your progress
- you have to become the adult

second: There is No Mom or Dad ...

No One to Wake You Each Morning



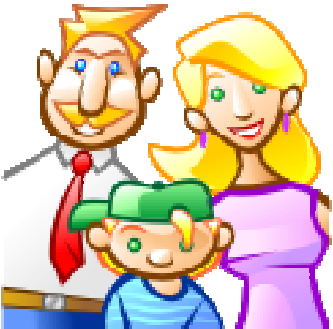
No One to Do the Laundry and Other

No One to Say 'NO'

second: There is No Mom or Dad ...

No One to Wake You Each Morning

- no Mom or Dad to wake you and “dress you”
- no Mom or Dad to get you out the door



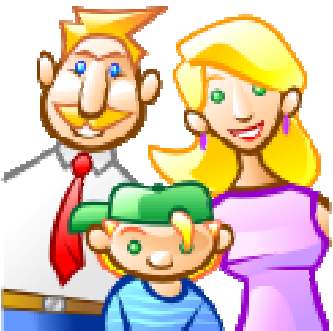
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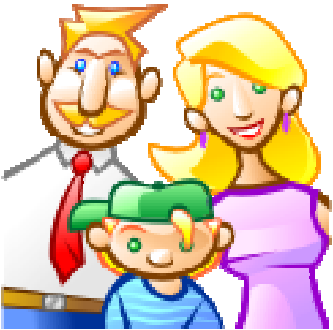


No One to Do the Laundry and Other

- you will now need to do the laundry – cleaning – shopping – cooking – the management of money

No One to Say 'NO'

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No One to Wake You Each Morning

- no Mom or Dad to wake you and get you going
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No One to Do the Laundry and Other

- who will now need to do the laundry – cleaning – shopping - cooking

No One to Say 'NO'

- you have total freedom – could be a detriment

third: College is Where You Launch ...

You Need to Take Flight



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You Need to Take Flight

- start your career or advanced degree
- start your own home
- start your own family



So What is it Going to Take to Be
Successful at College ...

A NEW KIND OF DISCIPLINE



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And what is discipline ...?

*behavior in accordance with rules of conduct;
behavior and order maintained by
training and control*

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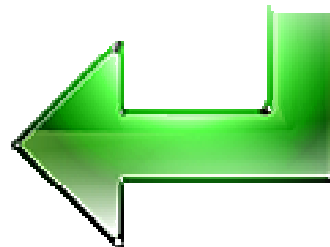


And what is discipline ...?

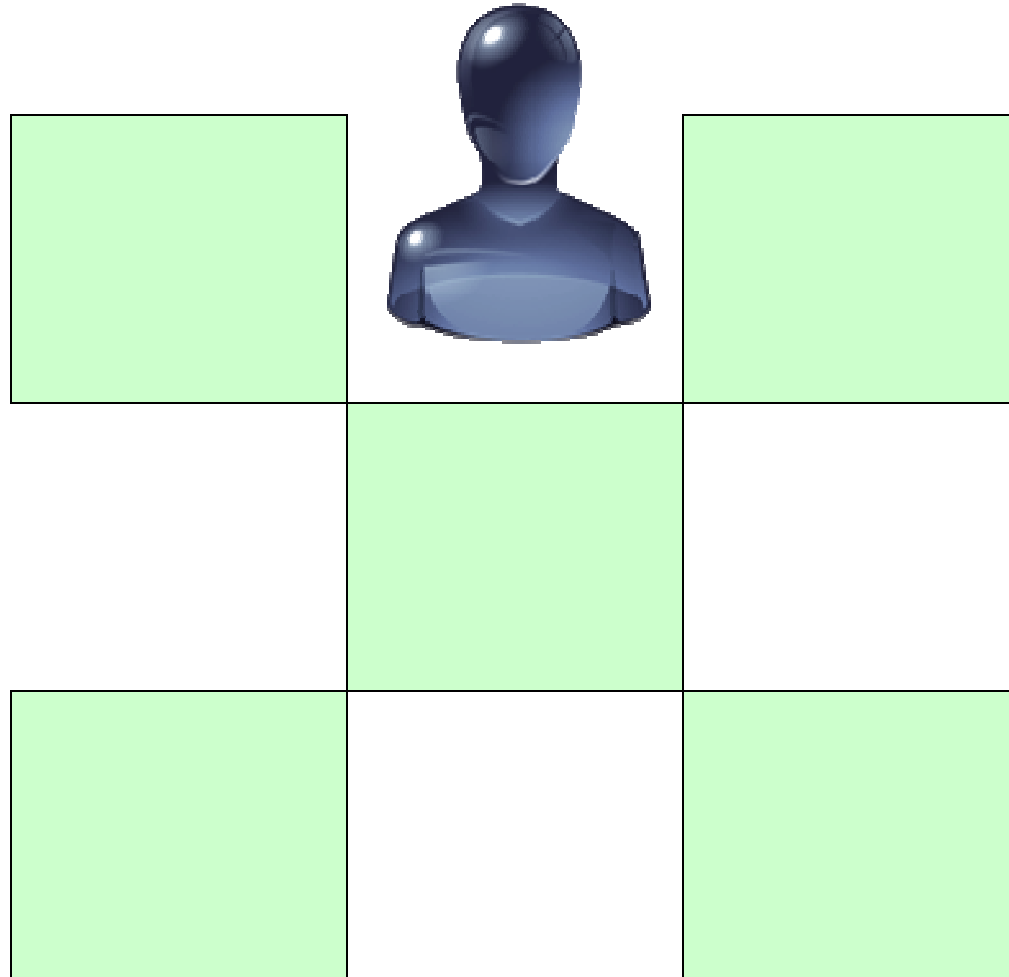
*behavior in accordance with rules of conduct;
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Two Key Words:

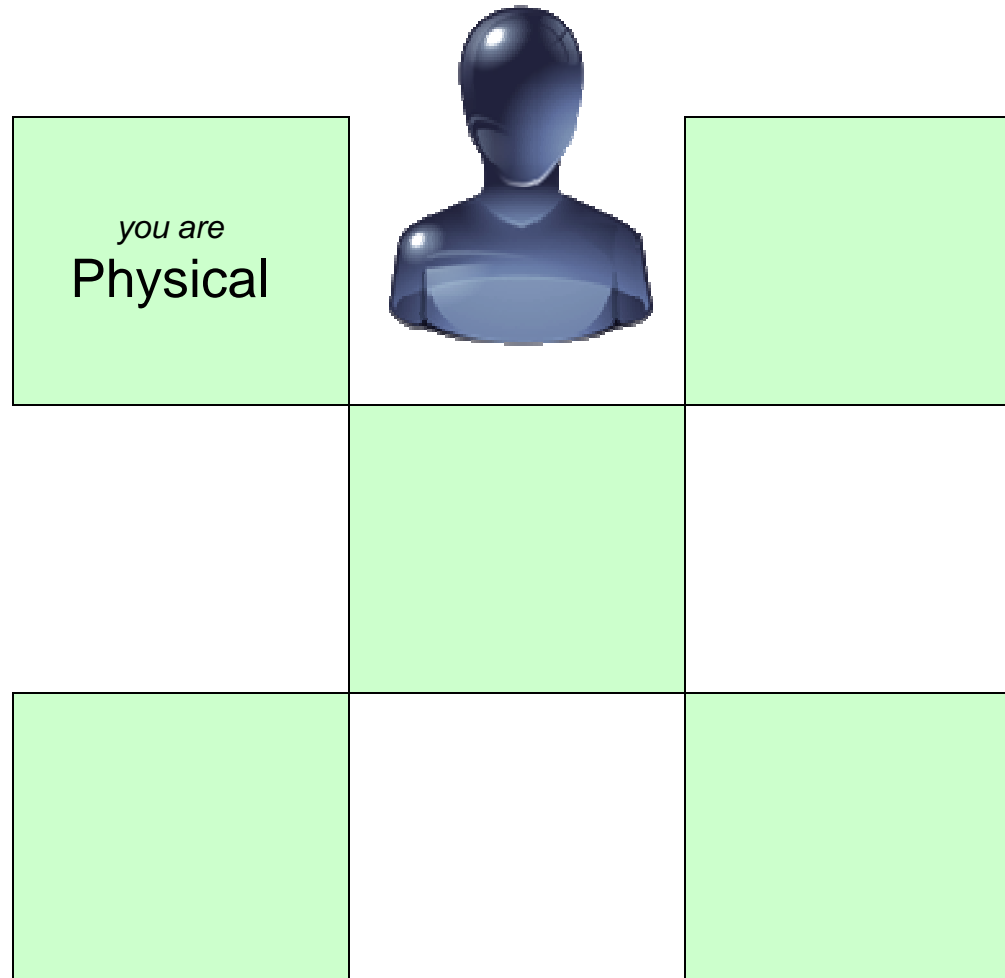
1. *Behavior*
2. *Training and control*



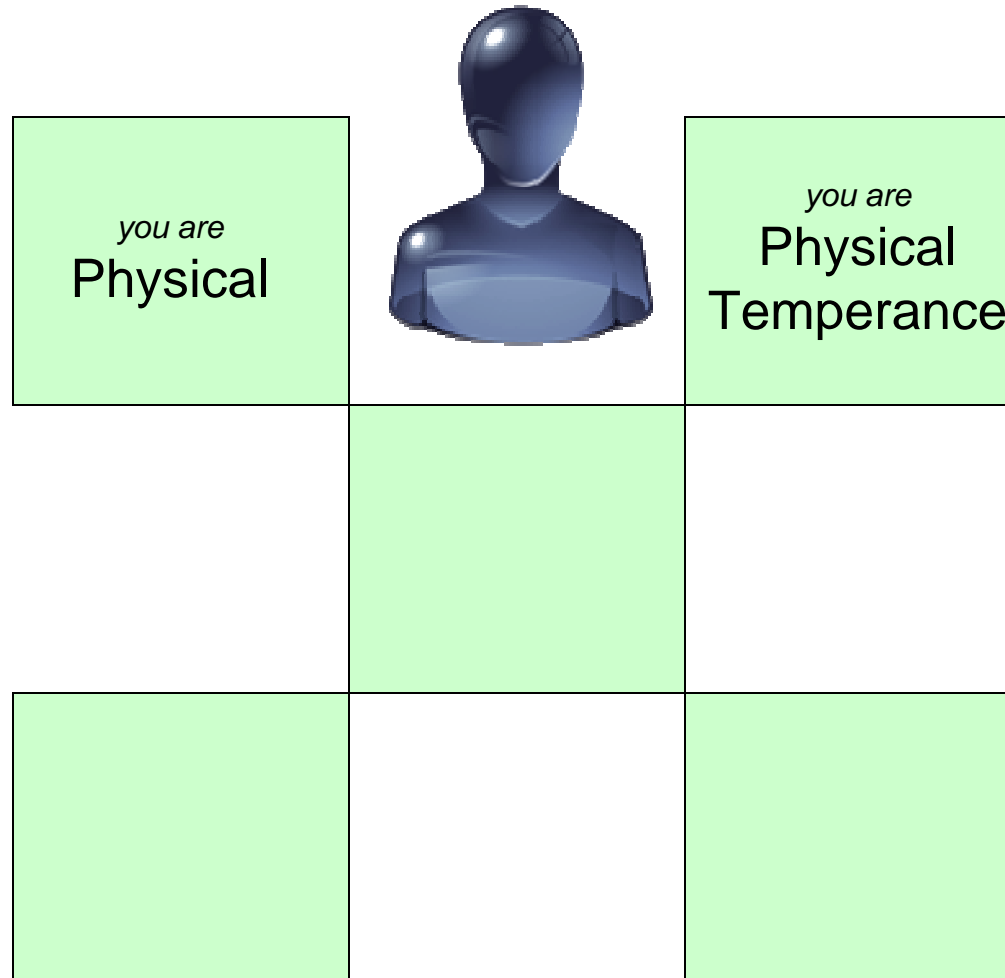
Let's Look at BEHAVIOR ... Who Are You?



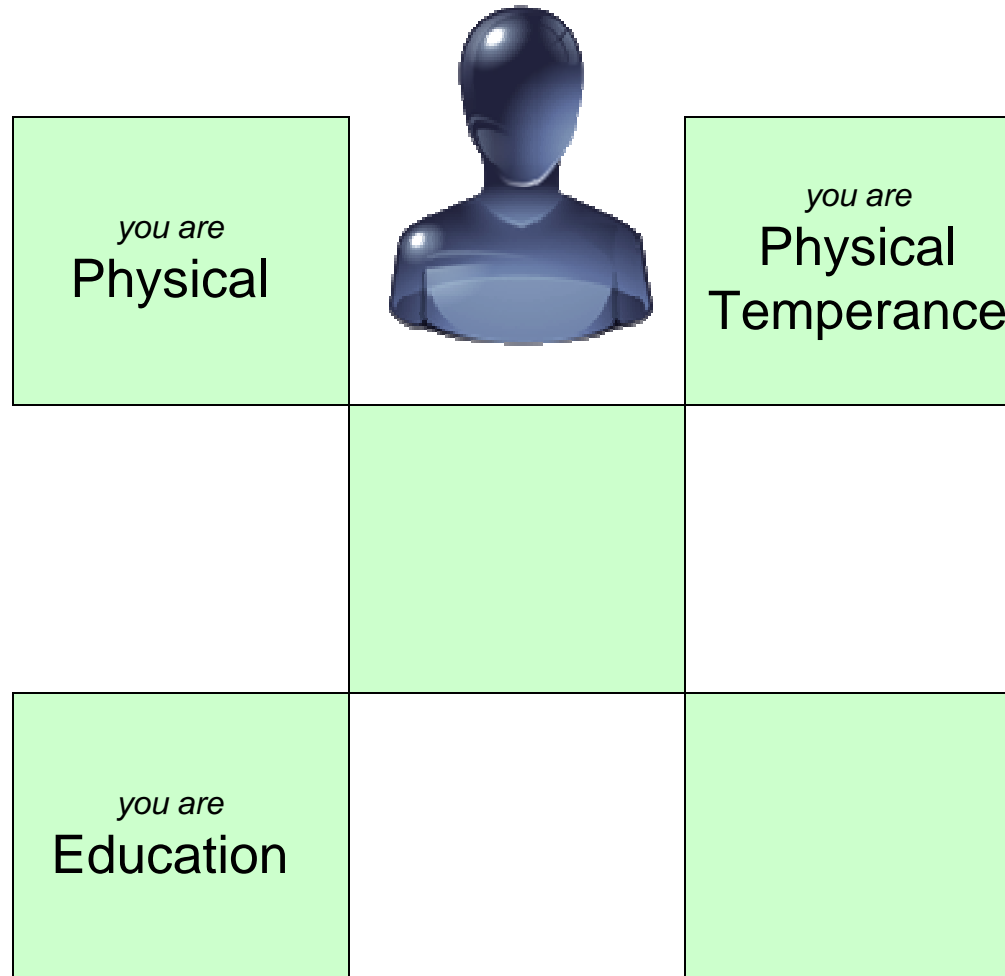
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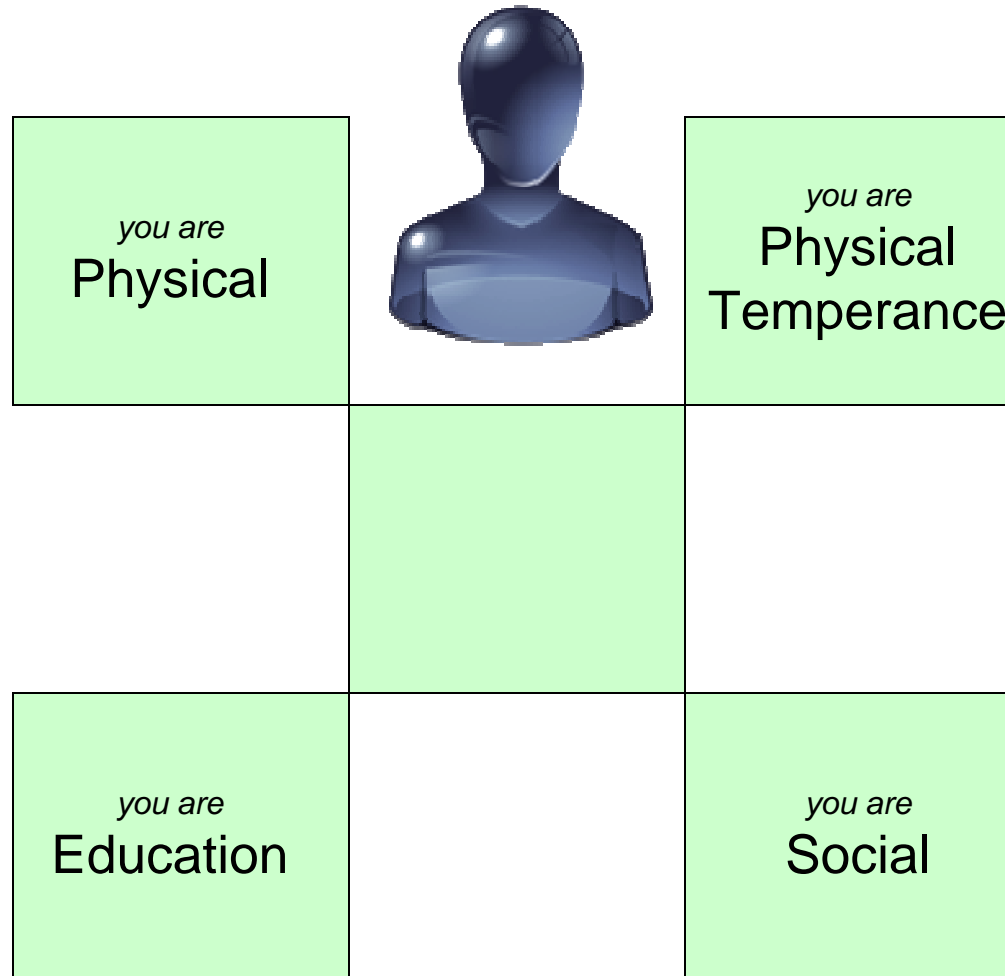
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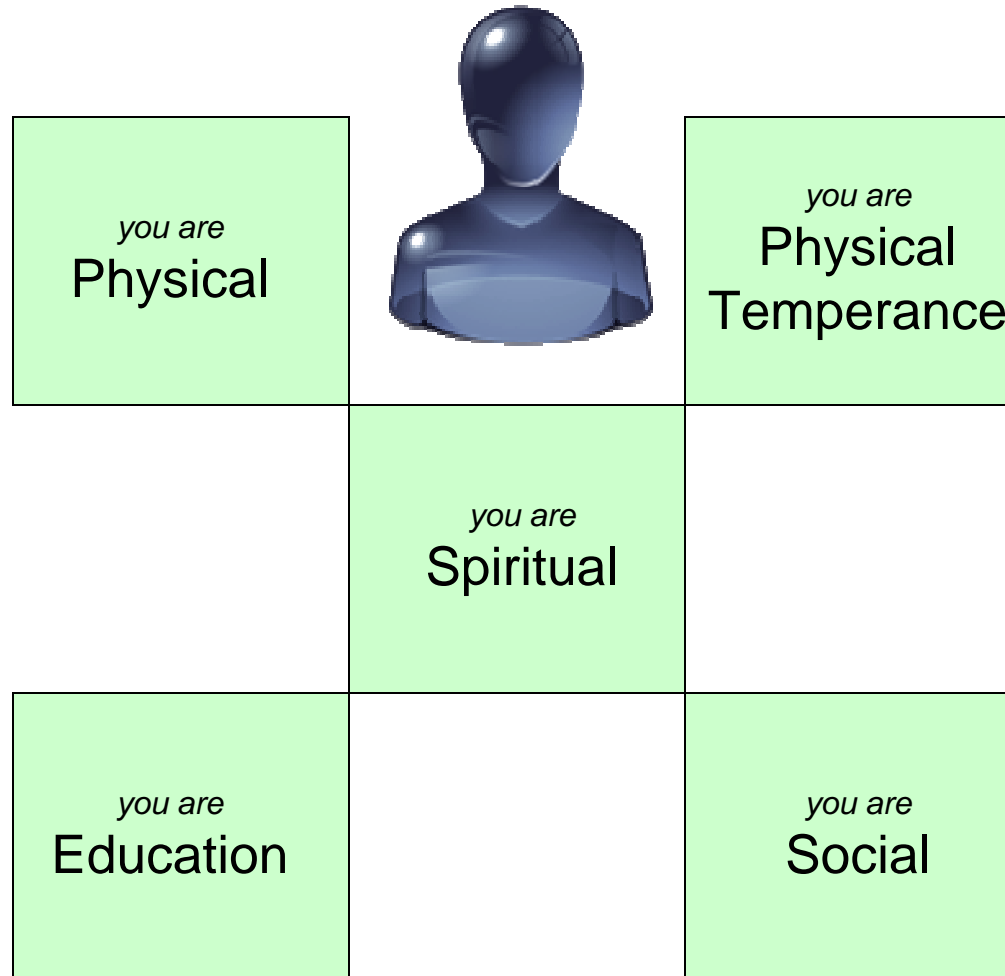
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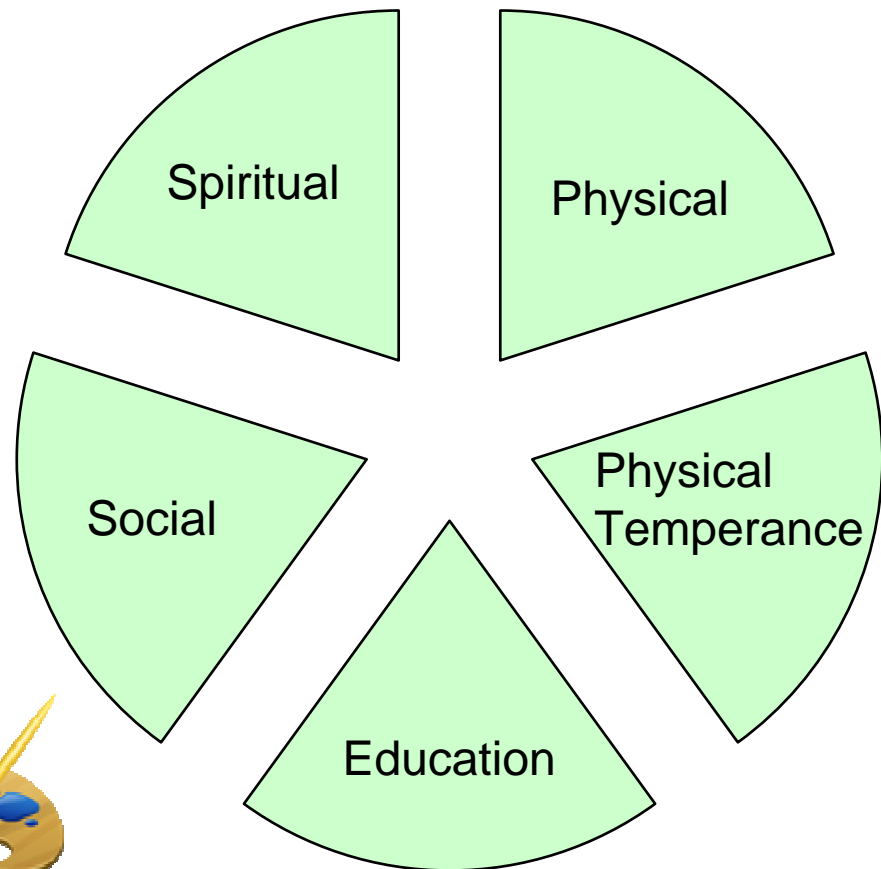
Now Let's Talk About Behavior Control and Training

Now Let's Talk About Behavior Control and Training

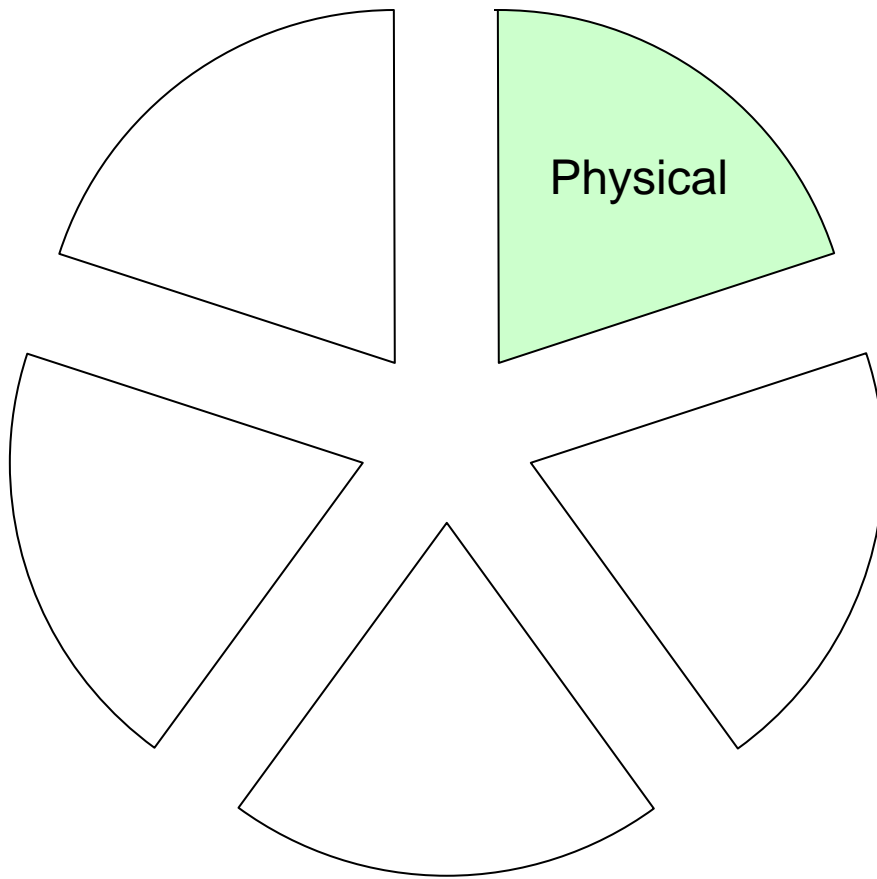
The goal is to shape and train the behavioral components to achieve college success

... in other words, become a more rounded personality ...

The New Kind of Discipline



Shaping and Training your Physical Behavior

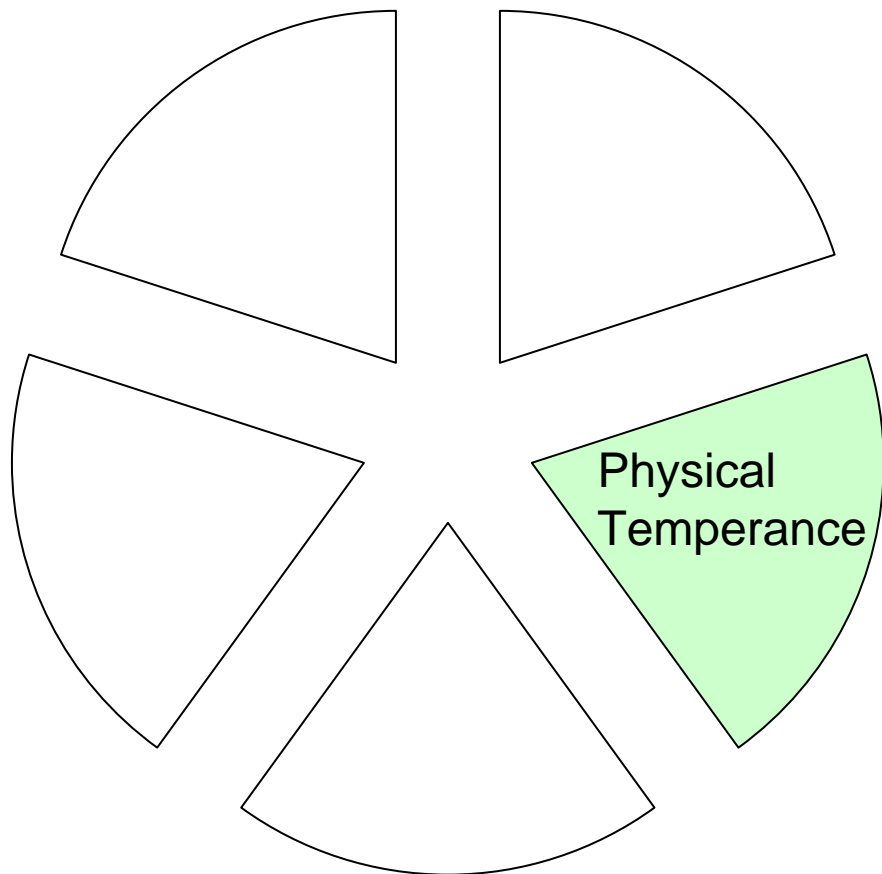


Training Guide

- ☐ wake up the same hour each morning
- ☐ do something physical each morning to start your day; i.e., jog, workout, etc.
- ☐ having a proper diet; eating well
- ☐ setup some physical excursions on a monthly basis; e.g., rock climbing; cycling, skiing, etc.
- ☐ other



Shaping and Training your Physical Temperance Behavior

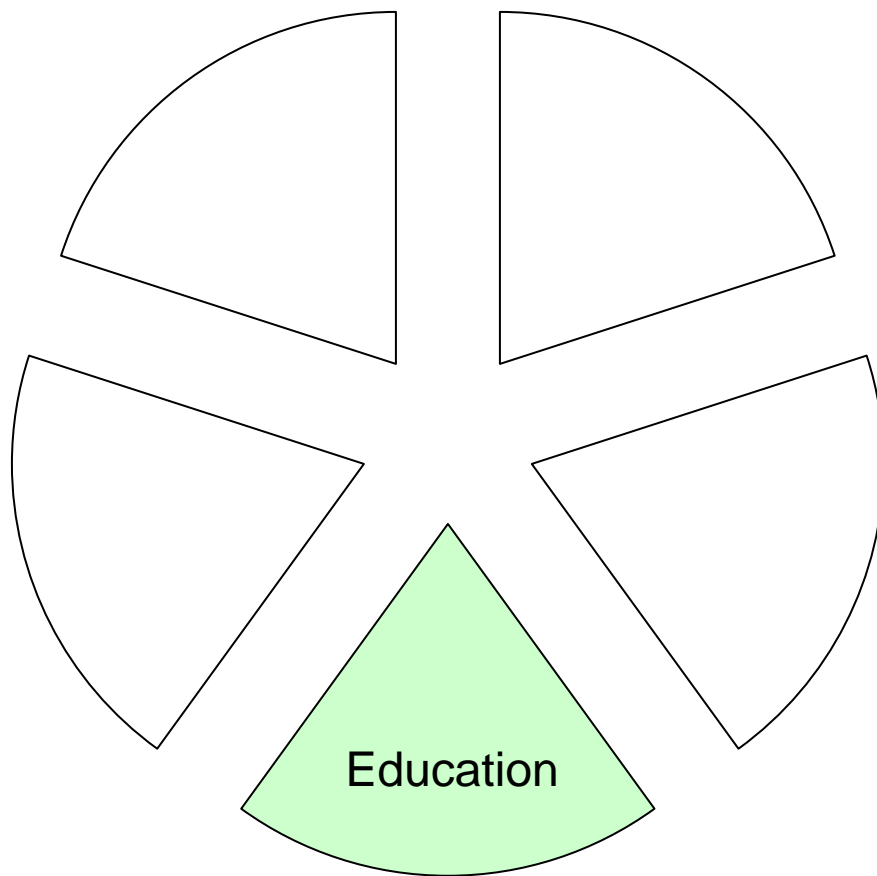


Training Guide

- ☐ controlling the appetites
- ☐ watching consumption – getting enough sleep – moderation in action
- ☐ overcoming bad habits
- ☐ other



Shaping and Training your Education (Mind) Behavior

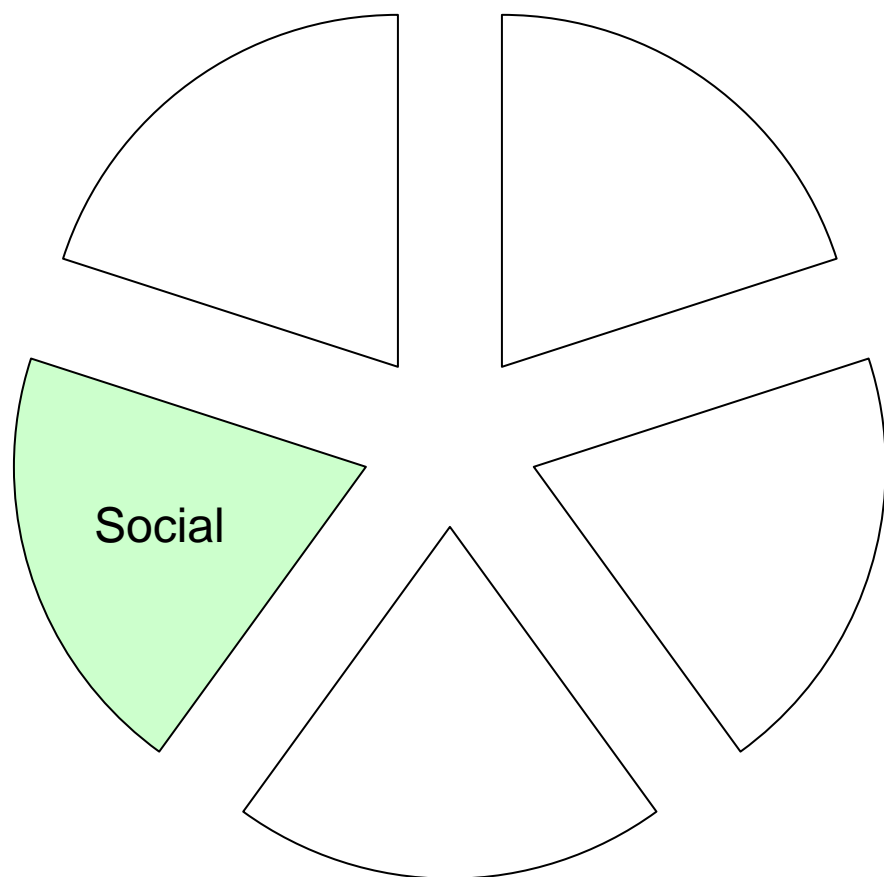


Training Guide

- ☐ establish your academic study schedule
- ☐ pace yourself – learn to prioritize and stick to schedule
- ☐ work ahead on academic projects
- ☐ get help if needed – don't bog down
- ☐ reward yourself with academic breaks
- ☐ stay informed
- ☐ other



Shaping and Training your Social Behavior

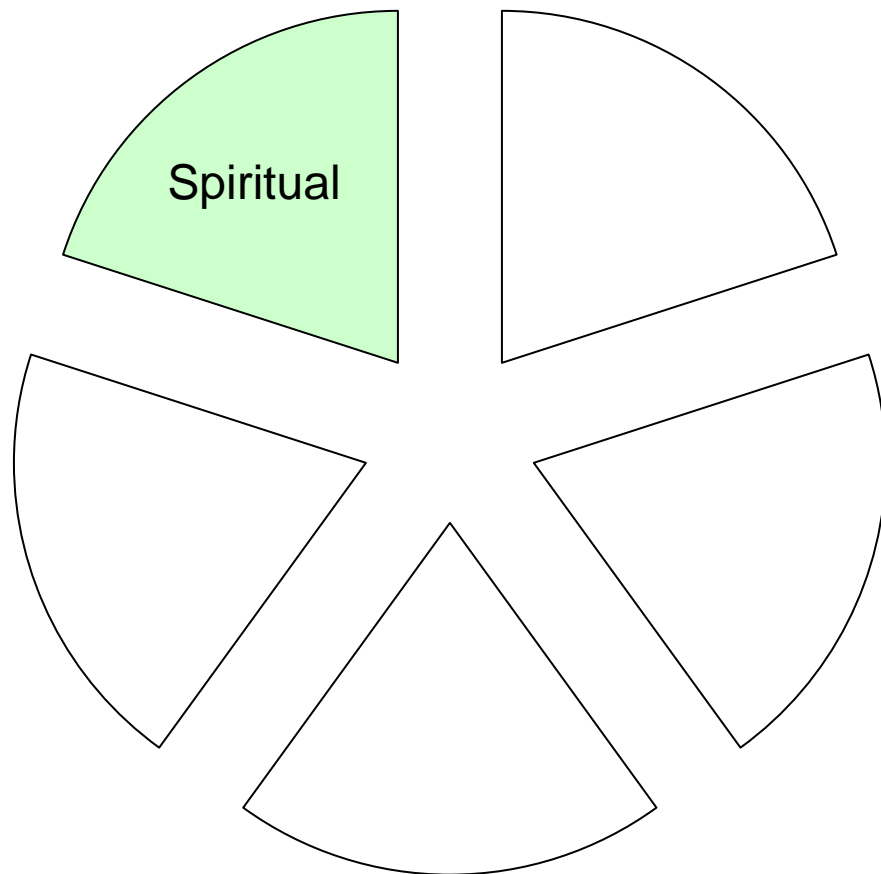


Training Guide

- ☐ make a new friends
- ☐ force others upon you – get to know them
- ☐ plan or attend scheduled events
- ☐ smile and be friendly with new contacts
- ☐ develop an open and friendly personality
- ☐ other



Shaping and Training your Spiritual Behavior



Training Guide

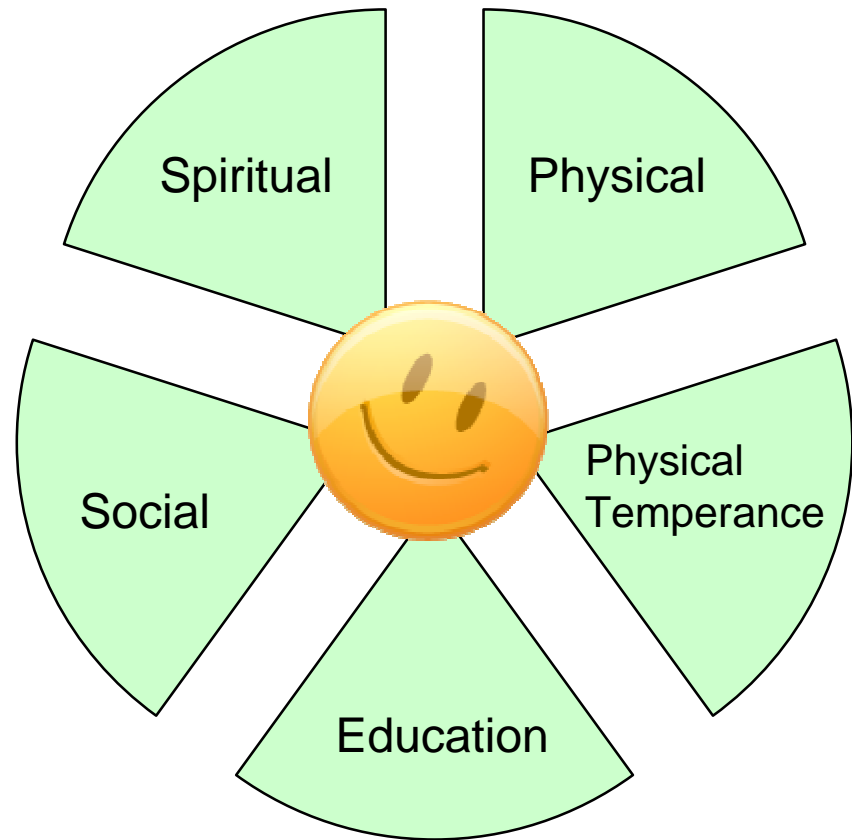
- ☐ allocate day/time for self-reflection
- ☐ make an evaluation on your progress
- ☐ attend weekly “spiritual” services
- ☐ develop the “virtues” of life
- ☐ other



Training All 5 Behavioral Components

will build the
discipline you need
for college and ...

(more importantly)



Training All 5 Behavior Components

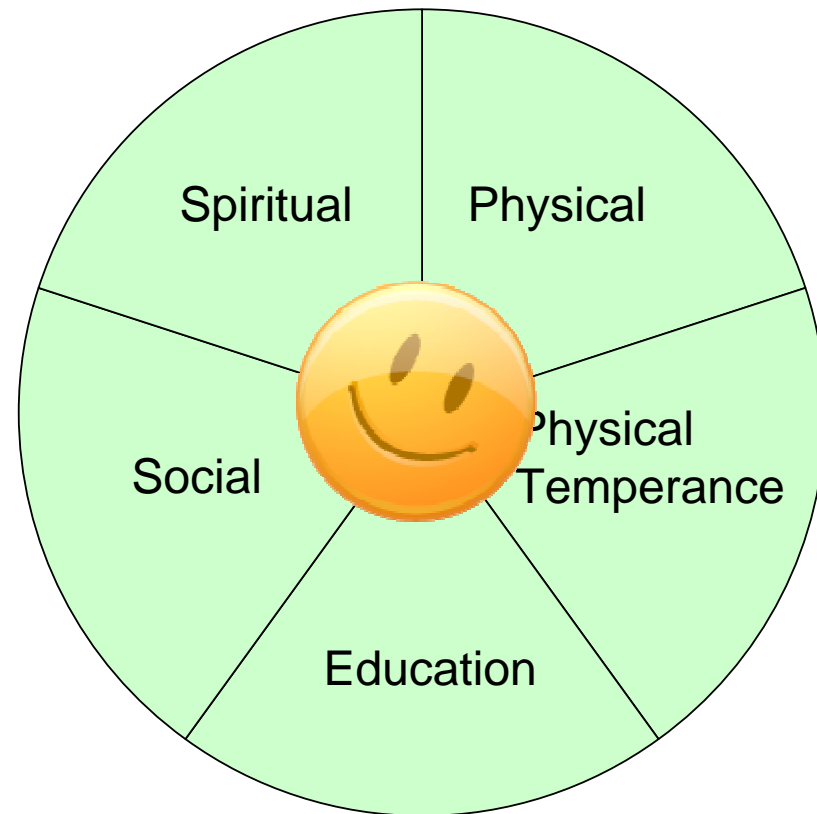
will build the
discipline you need
for college and ...

It will transform you
into a rounded
person for success
in college and
beyond

More information:

www.SayCampusLife.com/success

(free downloads)



Other “Getting Ready for College” Tips

- housing / dorm stuff
- supplies and textbooks
- transportation
- study skills
- living at college



www.SayCollegeMove.com

Includes a FREE moving-to-college checklist

Now for HS Students Preparing for College

Now for HS Students Preparing for College

First Step:

Meet with your guidance counsel

- why go to college
- make an personal career assessment
- understand job trends
- analyze your personality for particular careers



Now for HS Students Preparing for College

Second Step: *Know your dates*



- in **September**: list your colleges or schools
- in **October**: prepare your applications
- in **Nov-Jan**: submit your applications
- in **January**: prepare the FAFSA form
- in **Feb-Jul**: search for financial aid

Now for HS Students Preparing for College

Third Step: *Getting Yourself Ready*



- in **April-May**: select your colleges of choice
- in **May**: finalize your housing requirements
- in **June-July**: arrange your class schedule
- in **June-August**: settle your financial requirements
- in **Aug-Sept**: make the move to college and begin

Now for HS Students Preparing for College

You can use our complete college planning calendar for assistance on completing your “off-to-college” tasks

www.OfftoCollege.com

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Questions and Answers



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Thank you!



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