

Stressed? Many things come into play during college life that increase stress. Trying to balance everything is tough. First, remember why you are here and keep reminding yourself of that. Second, you are here for yourself and not anyone else. Watch out for number one!

Why am I here? Your goal may be something like this: To earn a nationally accredited electrical engineering or computer engineering degree at one of the nation's top engineering universities. To obtain a position with one of the large, successful companies that hires MTU grads or go on to earn your graduate degree. Awesome.

- Establish personal priorities that will allow you to perform well academically and meet your goal.
If your friends want you to hang out, but you've got homework or a test, hang out another day instead.
If you are working too many hours, evaluate your need to work and/or consider reduced courseloads.
If you are involved in too many organizations or a position that takes away time and hurts your grades,
 - cut back, limit your hours, or postpone. You have your entire future to pursue your interests.It's O.K. to graduate in 4.5 or 5 years.
- Attend all your classes.
Research at University of Michigan states that the most important factor for success in college is class attendance. Don't skip a class to catch up on sleep or to catch up in another class. This is where you learn what you need to be successful on quizzes, homework and tests. If you rely on just reading the textbook, you will miss out on important information.
- Get help when you need it.
If you are falling behind in any of your classes, see your instructor, a learning center coach and your academic advisor.
If you are feeling pressures from all corners of your life, see the academic advisor and the Counseling Center. Nip it in the bud. Watch out for number one.
If your grades are continuously low, see your academic advisor early on.

Get your homework done, study for quizzes and exams *first*. There will be plenty of time for fun after that. If you reverse this priority – the grades suffer.

A bit about grades, probation, and suspension:

If you are getting low grades, see your academic advisor early on. Once you get on probation, it can be a very long and difficult process to get yourself back to Good Academic Standing. If your grades do not improve after two semesters, consider whether or not you are in the right major. Continuing on probation leads to academic suspension.

Our Career Center offers a detailed career exploration guide called MyPlan. Visit their website or go to the Career Center in the Harold Meese Building.

Our Counseling Services Center offers Academic Counseling. Call (48)7-2538. If you are overwhelmed, unable to focus on homework and studying for exams, experience test anxiety, are depressed, or have high anxiety, call (48) 7-2538. Learn new study skills and how to focus on what's important to you, in order to reach your personal goals.

When you are in a tough class, and you just "give up", do you really want to take the class again? Seek help as soon as you know you need it. See the instructor and the academic advisor. Go to the learning center.

Homework: Prepares you to be successful on quizzes and exams.

If you don't understand how to do a problem, don't let it slide. See your instructor and/or the learning center coach. Do the problem over and over until you can do it yourself without error. Helps you tremendously on exams. Take interest in your subject. One class is a building block for another, so it is important to do well in each.

Instructors: Your instructor wants you to succeed. He/she is not trying to trick you. Ask questions; learn how to learn. Explore the subject. Master the material. You *earn* grades, you don't 'get' them. Our curriculum is challenging. Get help as soon as you need it. Know your instructor's office hours. Your instructors are experts in their fields and enjoy teaching those who want to learn.