Strategies for Ensuring Your Academic Success
Transitioning into college life!

How is college different from high school?
*see the College Readiness brochure for details

- Independence and student responsibility
- Academic environment
  - Higher expectations
  - Relationship with professors
- Resources and support
- Living arrangements
Finding a balance

CHALLENGES

SUPPORT
Ensuring your success: Your role

- Be aware of your learning needs for all courses
- Adopt a growth mindset
- Get to know your professors
- Be mindful of course deadlines and expectations
- Connect with a classmate(s)
- Utilize campus resources
- Learn how to navigate the demands on your time for your academics, social life, need for self-care and your various other roles
Academic honesty and integrity

Clear guidelines for standards of conduct regarding:

• Plagiarism
• Cheating on exams or other assignments
• Academic fraud such as :
  • Submitting false data
  • Submitting work for multiple purposes
  • Falsifying academic documentation

 » Be sure to complete the tutorial online
Case Study

Morgan is a student who finds that they are spending almost all of their time studying. In the first few weeks of the quarter, they took detailed notes from each book, but they soon got too far behind in the reading, so they gave that up. They noticed that they read substantially slower than most of their classmates and peers. They are now several chapters behind the class and are losing interest in lectures even though they usually learn well from listening. They suspect they may have a learning disability. They sometimes wonder if they should change their major from pre-med because of a D on their first Chemistry exam, but they don’t know who to talk to about this.

What would be some steps that Morgan could take to help their situation?
Support Resources

• Advisors/Professors – Redhawk SOAR
• Academic Support Offices e.g.:
  • Library Research Services
  • Math Lab
  • Media Production Center
  • Writing Center
• Learning Assistance Programs
  • Tutoring & facilitated study groups
  • Individual Consultation Appointments & workshops
  • Online resources to support in person and remote learning
Reflection and synthesis

Now that you have completed the College Student Inventory (CSI), here are some questions for you to deliberate over the summer...

• What areas do you plan to focus on building your skills in preparation for college?
• What are some resources you can access to support you in building these skills?
• What would be your next steps to start this work?

List 3 specific action items:
Learning Assistance Programs

Lemieux Library & McGoldrick Learning Commons
2nd Floor 206-398-4450
www.seattleu.edu/learning-assistance

Angie Jenkins
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Learning Specialist
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Learning Specialist
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Disabilities Services,
Loyola 100
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