

TEN STEPS TO SUCCESS AS AN ADULT STUDENT

Students returning to school have a high success rate, because they bring more life experiences to the education. They are usually more self-motivated and tend to value the privilege of attending college more. Here are a few guidelines to follow on your way to success!

HAVE A GOAL

Having a goal is important. Are you furthering your career? Changing careers? Broadening your education? Having a goal in mind eases the stress you experience as you attend classes. With a goal and a reason for enrolling college, you can justify your decision with less pain and complaints.

KNOW THE IOWA STATE UNIVERSITY CAMPUS

Make use of the student services available at ISU. Some of these include counselors, advisors, instructors, student organizations, tutoring, childcare, psychological and medical help, career planning programs, study groups, part-time campus employment, financial counseling and personal advancement through lectures, committees and conferences.

EVALUATE YOUR WORK HABITS

Take a serious look at how you use your time. This will be important when you are trying to work, study for an exam, and spend quality time with your family or friends. The Academic Success Center (28 Student Services Building, 294-1020) can assist you with time management.

MEET YOUR NEEDS

As an adult learner you will find that you will enjoy school and learn more if you make sure you find out about the course and instructor before the first day of class. Instructors teach very differently and students have different learning styles. What is a stimulating and exciting class to one student may be overwhelming and frightening to another. Talk to students who have had the course if possible, find out from the instructor what the course and classroom are like.

DEAL WITH PROBLEMS

Clear up problems as soon as you recognize them at school as well as in your personal life. We encounter enough challenges and problems in our lives without creating more by ignoring or denying the current ones.

BE PREPARED FOR ADJUSTMENT

Ask yourself, "What do I want out of life?" Don't get lost in an avalanche of papers, tests, deadlines, commitments and your daily routine. Take a step back and keep track of your goals. You may need to adjust your pre-college lifestyle to accommodate your new schedule. Ask for help from classmates, counselors, family, and friends. These people understand that you are changing your life and may need some understanding and support.

GRADES

As an adult learner the material you learn in the classroom should be more important than the grade you receive. Information that leads you to your new career goal is more important than whether you receive an A or a B. Do not get frustrated by constantly

putting yourself into competition with other students or yourself. Grades are important, but don't let them make your life miserable.

CONFIDENCE

Overconfidence as well as lack of confidence can be a detriment in your approach to your peers and instructors. You do have an advantage as an adult student with life experiences. Never assume that you cannot learn from those younger than yourself or that you have nothing to offer them. Never assume that you can't relate to people who are not your age. Keep an open mind to new experiences and people and you may be surprised.

PATIENCE

Be patient with yourself and your progress. You will be eager to have your efforts rewarded. You have spent money, time, and energy and you expect results. The time and energy will be rewarded when the goal has been achieved. The wait is worth the reward.

RELAX

You are working toward a goal. Remember that anything worth having takes time. Enjoy the process as you prepare to achieve your goal.