

TOP 10 WAYS TO MAKE THE MOST OF BEING AN ADULT STUDENT AT IOWA STATE UNIVERSITY

10. Embrace technology. Jump right into the world of computers by signing up for short-courses through the Computation Center (Durham Center). These courses are free for students. They cover everything from using email and the Internet to word processing. You will be amazed by the amount of information you can access through ISU's homepage (www.iastate.edu). Hop on one of the AccessPlus Kiosks and explore what you can learn about accessing your personal information and general campus information. Open and use your personal email account.
9. Use your campus resources. Asking for help is a sign of strength! Successful people know when to ask for help. Try to discover your learning style (Student Counseling Services, 3rd Floor Student Services Building, 294-5056) and use it to your advantage. Seek information to brush up on your study skills. Sign up for the adult student section of Psychology 131, Academic Skills Development to quickly gain academic skills and information to help you succeed.
8. Brush up on your writing skills. Keep a journal to help sort out your feelings and thoughts. Do not consider a first draft a final draft. Good writers give themselves adequate time to rewrite and rework a project before it is finished. The Writing Center (418 Ross Hall, 294-5411) is an excellent resource for improving your writing skills.
7. Visit the Career Planning & Placement Office for your college. Start thinking about the job that you want to get when you finish your degree. Join student groups focusing on your major, strive to be admitted to the departmental honor societies, think about an internship or an externship during spring break, and begin networking with professionals in your field.
6. Learn how to use Parks Library. Sign-up for Library 160 early. Call 294-4527 for more information. The time you spend familiarizing yourself with the library's services will be time saved when it comes to writing term papers. Do not hesitate to ask for help when you are experiencing a challenge in navigating the Library's resources. The librarians and student employees are knowledgeable, friendly and want to be of service.
5. Get to know your professors. Take advantage of a professor's office hours. Stop by to introduce yourself. Try to ask questions in class. If you feel you need further explanation, drop by your professor's office during office hours or schedule an appointment. Use the time to also explain your personal life situation (commuter, parents, and full-time employee) and ask how your professor would like you to handle disruptions in attending class lectures, labs, etc.

4. Make the most of every class. Take legible and complete class notes. Contribute to class discussions and allow others the same privilege. Come to class with assigned reading complete and review previous lecture notes.

3. Enlist support from family and friends. In your effort to earn a college degree, your family might have to assume more responsibilities or learn to live with a messy home. Let them know you love them as much as ever and your going to college is an attempt to help the family out more. Involve them in the process. Bring them to campus and show them where you spend your time. Remember that in your effort to earn a degree, you are presenting a positive role model for your family and friends. As you add the role of student to your life, it is possible that every relationship in your life will change. Sometimes these changes are positive. Sometimes these changes can be sad and evoke a sense of loss. Stay focused on your goal while doing what you are capable of to nurture relationships. Be prepared for the people who do not understand your decision and who resent your decision.

2. Become an informed student. Collect as many facts as possible when you have a problem and speak to as many people who can help you resolve the situation.

1. Be realistic in your goals. Collect as many facts as possible when you have a problem and speak to as many people who can help you resolve the situation.