Counseling and Psychological Services

Your place for positive change

**Seven Secrets of Highly Successful College Students**

1. Ensure that you have adequate support. If you don’t have support from parents or family members, find a mentor, connect with more senior students, successful college grads or students from your church, neighborhood, family, workplace, etc…
2. USE your support system. Don’t be afraid to ask for help.
3. Know as much about yourself and your habits as possible to know what you specifically need to be successful. Take on-line mental health assessments from CAPS’ website to understand any issues that need to be addressed, take CAS’s free learning style and study skills assessments, etc…
4. Develop meaningful friendships among college students who can assist you in your own academic progress and professional development. Depending upon your major, join a college association or organization for like- minded students. Once you pinpoint your passion and know which direction you are moving academically and professionally, it will be far easier to identify the appropriate and ideal student association with which to align yourself. Greek life is also useful to make friends for fun and feel a part of something larger than yourself. The greatest thing you can do however is look for organizations that are wholeheartedly pursuing your interests and objectives. Once aligned with them, you can jump right in and become a part of a meaningful group on track to where you want to go.
5. Take a walk around the campus and become familiar with all of the nuances and peculiarities. Each campus has its own protocol, policies, and procedures. When you attend a college as a student, the campus becomes your home away from home. Therefore make sure you feel comfortable with your college and university before you proceed. If for any reason you feel uneasy, troubled, or disturbed about something on campus, quickly address and get these issues resolved before proceeding academically.
6. Always stay focused and healthy throughout your college experience. Live strong and be strong. Eat well, exercise regularly, and learn how to manage stress. Don't abuse your body partying. You can celebrate after you finish college and land a good paying job. Stay focused, have fun, but don't forget why you have come to college.
7. Don’t overlook your resources. Clayton State has many resources to support you in your pursuit of academic and personal success. However, it is your choice as to whether you use them.

***Student Center Room 245 Phone: 678-466-5406***

Or visit us on the web at clayton.edu/counseling