

Grossmont College

Success Tips

Success Tips from Grossmont Students:

- **Find a counselor you like** and meet with that person each semester. A counselor can help you stay on track- saving time and money, and provide emotional support when times get tough.
- **Remember, you are not alone.** A Counselor and or professor can be your strongest allies. They can help you with letters of recommendation, networking, and provide emotional support and share their expertise.
- **This is not a race or competition,** so set your own pace and **feel good about it.** Everyone who crosses the finish line is a winner even if it takes four years or ten years.
- **Everyone feels overwhelmed and frightened** in the beginning. But, after time, you will find it's not as scary as you imagined it to be.
- **Don't be afraid to ask for help** from mental health services, your counselor, professor, peers, **tutors,** or even your friends and family.
- **Get involved, meet new people-** You can have fun in college.
- **Make the most of your time here-** This time can be memories and experiences you will carry for the rest of your life.
- **Get to know your instructors** sometimes, the difference between an A or B is simply whether or not your instructor knows your name. Utilize online services to learn from other student's experiences with professors.
- **Show up-** attendance is a big one even if you don't finish the assignment due that day.

Success Tips from Grossmont Faculty:

- **DON'T GIVE UP!** The road to earning your degree will be filled with ups-and-downs, but you can and will make it as long as you DON'T GIVE UP!
- **Follow your passion-** When you love what your learning, it makes the journey that much more fulfilling and enjoyable.
- **A good night's sleep** is critical to your academic success as your body and mind need this time to recover, replenish, and refuel.
- **Ask for help-** We know it's not easy to admit, but we all need help and have received support along our academic journey. **Mental Health Services** are available for emotional help; **Tutoring Services:** Math and Writing Lab- for academic help; **Accessibility Resource Center** serves students with disabilities, and the **Career Center** to help explore career goals.
- **Get Involved, Get Engaged-** From student organizations to student government you can find a safe space to make friends, discover and share your voice, and make a difference
- **Build a support system** of friends, family, faculty, and professors.
- **Attendance** can be the difference between succeeding and not succeeding in a class and school. It's a reflection of your commitment to achieving your goal.
- **See a counselor** every semester. Counselors are invested in your success.
- **Try different study habits until you find a system that works for you**