



Thriving at Antioch University

- Choose the right program for you and your future.
 - Research and understand if the program you are selecting is the right fit for your and your desired outcome.
 - Know what the expectations are and how long your program will last. If you have questions about these expectations, reach out to your academic advisor.
- Prepare for the time commitment in advance.
 - Be realistic about your time and time management. Establish a schedule, Try to break down large assignments into smaller more manageable tasks. Use a planner, set your priorities and try to plan your week,
 - Set realistic expectations for yourself and remember to take breaks.
 - Consult your Syllabus regularly.
 - Create a calendar to manage your schedule and due dates.
 - Try a To Do List tool like, Google Tasks or Google Keep (both free)
- Talk to your family and friends.
 - Make friends: There are many opportunities to connect with others. Clubs, organizations, classrooms, and events are all ways that you can meet new and interesting people.
 - Unless they have been through school themselves, family and friends may not have a total understanding of the demands. Talk to them about what you're thinking and feeling and keep an open line of communication throughout the program so that you can have support from all sides.
 - Prioritize your mental health and well-being.
- Remember why you're in school.
 - Attend classes: No one forces you to go, you have to make a conscious effort. Attending, whether online or in-person is the best way to stay on top of material and in touch with your faculty.
 - Find your ideal study spot: this can help with focus and keep away distractions and where you can concentrate.
 - Keep your eyes on the prize! Remind yourself why you are doing this and how hard you have worked. Celebrate the small things, at the end of each term, remind yourself that there is an

end in sight.

- **Accept that you can't do everything and ask for help when you need it.**
 - Ask for help if you need it! You are not alone.
 - Connect with other working students, reach out to faculty and staff who are there to help guide you through this process.
 - Remember that we have support through:
 - Military and Veterans Affairs
 - International Student Services
 - Disability Support Services
 - Writing Centers
 - Helpdesk
 - Library
 - Academic Advisors and Program Staff

Most importantly!

Master *how* to study. College isn't like high school, where you can sometimes get by with minimal to no studying. The course content is much denser and requires a higher level of thinking, so dedicate sufficient time to master each topic. This looks different for everyone; maybe you like to take notes, review class slides, visit a tutor, or even ask your professor for permission to record lectures.

● Some Helpful Resources:

Along with your campus resources, Writing Center, DSS, Student Services, Library etc, here are some additional resources.

- [10 Tips on How to Navigate College](#)
- [100 Tips for How to be Successful in College](#)
- [12 Tips for Surviving and Thriving in Grad School](#)
- [Time management strategies for graduate students](#)