

# Student Development Get Started



Name \_\_\_\_\_

While doing well in your classes is important, college is about more than getting good grades. To get started thinking about your college experience, answer these questions.

1.  I very rarely miss class.  I miss too many classes.
  
2.  I am not involved in any activities or organizations.  
 I am involved in the following activities and organizations.  
\_\_\_\_\_
  
3.  I'm happy with my grades.  My grades are OK.  I'd like to get better grades.
  
4.  I have too much homework/studying to do.  My homework/studying is OK.
  
5.  I have a plan for after I graduate.  I am not sure what I will do after I graduate.
  
6.  I get enough sleep.  I need to get more sleep.  
 I eat a healthy diet.  I should improve my diet.  
 I get regular exercise.  I need to get more exercise.  
 I have healthy ways to deal with stress.  I have too much stress.
  
7.  I am responsible with my finances.  
 I need to be more financially responsible.
  
8.  I have friends I enjoy and a healthy social life.  
 I would like to have more of a social life.  
 I spend too much time with friends, and too much time partying.

*Do your answers to the above questions suggest areas that you might want to focus on? Regardless of your answers, the resources on the Student Development shelf will give you information that will help you have a rewarding college experience.*