WHAT AM I DOING IN COLLEGE?
EXERCISE

- list reasons why you have decided to come to college...
UNDERSTANDING CAMPUS CULTURE

- what is the university’s philosophy of education, mission, politics, diversity, etc..
- understand the historical climate
- where do you fit in?
- what is your agenda?
  - goals and objectives
WHAT YOU DO FRESHMEN YEAR DETERMINES YOUR FUTURE...
WHY ARE GOALS SO IMPORTANT IN LIFE?
GOAL MODEL

PLAN

EVALUATE ← IMPLEMENT
SET SHORT AND LONG TERM GOALS

Short Term:

- adjust to campus environment (classes, campus, residence hall, food, etc...)
- buy books and supplies
- attend classes
- meet new people
- join a club or organization
- find employment
- organize your master calendar and daily appointment/schedule

(USE EOP SUMMER DAILY SCHEDULE AS A TEMPLATE)
SET SHORT AND LONG TERM GOALS

Long Term:
- establish a support network
- meet your professors and advisors
- locate campus resources (have on file contact person, telephone number, office hours, etc...)
- learn as much as you can about your major/minor
- find a mentor
- visit career services
- attend job fairs
ESTABLISH A SUPPORT NETWORK

PSYCHOLOGICAL

EMOTIONAL

PHYSICAL

ACADEMIC
# How Will College Differ From High School?

## High School
- required to attend
- free to attend
- dependent on family
- guidance counselor select your courses
- guidance counselor/teacher calls on you...
- class time is the same for everyone
- learning is rote/short term memory

**SOME PERSONAL RESPONSIBILITY**

## College
- you choose to attend
- cost factor
- semi-independent on family
- you create your own schedule
- you make the appointment to meet with your advisor/professor
- class time is what you make it, day or evening
- learning requires higher order thinking skills (i.e., procedure, application, analysis, evaluation, etc...)

**TOTAL PERSONAL RESPONSIBILITY**
TECHNIQUES FOR SUCCESSFUL GOAL SETTING

- Look at goals in various aspects of your life.
- Be specific about your goals.
- Be positive in setting goals.
- Be realistic in setting your goals.
- Gather information to clarify your goals.
- Be willing to change or adjust goals, if necessary.
- Be objective about obstacles that arise.
- Talk about your goals as you make decisions.
- Listen to other people’s goals.
- Make goal setting a high priority.
CONCLUSION

“you get out of college what you put into it”

Future Discussion:

- review and define career goals.
- talk to people about your career goals.
- consider volunteership and internships.