

## Tips for Students:

How to transition from parent-led education to student-led education so that you may become an effective self-advocate.

### EDUCATION IS MORE THAN JUST TAKING CLASSES

You are now a young adult who is embarking on a new journey as a college student. Not only will you gain a wealth of knowledge through a broad spectrum of courses, but an education in critical adult life skills as well. Self-advocacy is an important step for you to acquire as you navigate through college and life. Here are some tips that can help you become an effective self-advocate and be successful in college.

#### UNDERSTAND FERPA

The Family Educational Rights & Privacy Act (FERPA) applies to all college students regardless of age. You are the sole owner of your academic records, and information can only be released to you. Your parents can be with you, but they can't get information without you present.

#### CHECK YOUR EMAIL & SYLLABUS ON A REGULAR BASIS

You are responsible for information sent to you via email and within your syllabus. Check these sources daily so that you may stay on top of updates and deadlines.

#### KNOW YOUR RESOURCES AND ASK FOR HELP WHEN NEEDED

If you want to be successful in college, you have to put in the work. If you need help, seek out the instructor, tutoring labs, learning strategist, OAS counselor, or your advisor. Don't wait too long to ask for help.

#### MAINTAIN BALANCE

Plan your course schedule so that it is manageable with your other responsibilities. Be careful not to overextend yourself. You need to budget enough time for effective homework and study time to maintain grades. Success is up to you.

#### DEVELOP TIME MANAGEMENT SKILLS

You are now in charge of your own education. It is up to you to take the initiative to attend class and complete homework. Set reminders and make a schedule to stay on task. Go to class prepared and read assignments in advance.

#### COMMUNICATE & PROBLEM SOLVE

Learning how to speak and relate to instructors, advisors, and others is a vital skill. Seek clarification regarding any information that you're unsure of. Analyze situations and formulate practical solutions to problems that may arise.