

# #STUDENT SUCCESS TWEET

140 Bite-Sized Ideas  
to Help You Succeed in College

MARIE B. HIGHBY and JULIA C. SCHMITT

BOOK 01

A THiNKaha® BOOK

# #STUDENT SUCCESS **tweet** Book01

140 Bite-Sized Ideas to Help You Succeed in College

## Book Excerpt

**By Marie B. Highby and Julia C. Schmitt**



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Section I: Welcome to College!

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## Section I

Welcome to College!

This is the moment you've been planning for. You're finally starting college.

They may call you a frosh, freshman, or "freshperson" if they're politically correct.

You may live in a dorm, an apartment, a house with friends, or at home. But in any event you're at the beginning of an adventure, starting a new chapter in your life.



1

College is a fresh start where you can become someone different. But remember, your habits or core values won't change overnight.

2

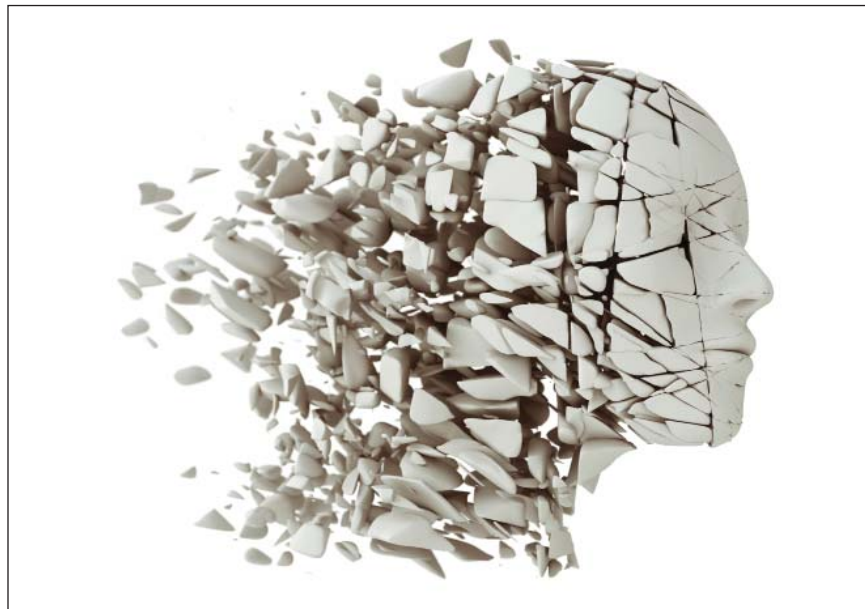
When you first get to college, don't be overwhelmed. Set the tone that you, not your parents, want. This is your life, not theirs.

# 3

You may be separating yourself from your parents, but you also need to prove yourself as a responsible adult. Play the diplomat.

## Section II: What Do You Want?

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## Section II

### What Do You Want?

After the first or second week, when the “honeymoon phase” of entering college starts to wear off, you may begin to realize there’s actual work to do. Not just the work your teachers are assigning you in your classes, but the work that is necessary to plan your life. How do your actions in school tie in with the overall life plan that you need to develop?

8

Think of your pre-college career plans as a tentative hypothesis. You'll be exposed to new ideas that give you new insights about yourself.

9

Get to know yourself. Reflect on what you enjoy doing and what you don't. Base your career plans, at least partially, on these reflections.

10

Try writing a five-year plan and see what you imagine as you envision your future. Look at it five years later. You'll be surprised.

11

Pick *your* career path. Don't be the doctor your mom wants you to be, if you faint when you see blood. Hate numbers? Don't be an accountant!

### Section III: Success Habits

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## Section III

### Success Habits

Success in college depends more on your habits and routines than on your intellectual acumen or brilliance. IQ isn't everything: you need timely decision-making skills and focus to fulfill your potential. Emotional IQ, ethics, and meeting deadlines matter too.



23

Don't forget about the library!  
Find one that's convenient  
and comfortable for you.

24

There are some things that aren't online yet. Get to know the library stacks.

25

If you use Wikipedia as a source, use it only as a starting point to find academically acceptable references and use them instead.

## Section IV: Developing Your Network

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## Section IV

### Developing Your Network

Your strong relationships with the people in your network—your friends, study buddies, TAs, even professors—are key to your success, both in college, and afterwards. Make time for these relationships. Don't get stuck in "study tunnel vision."

44

Staying up really late with a group of people to discuss the big issues is a great way to bond and make lifelong friends.

45

The golden rule actually works.  
To have a friend, be a friend.

46

People like being  
remembered and thanked.

Find new ways to say  
thank you.

Section XI: You're Graduating—Stay in Touch



## Section XI

### You're Graduating—Stay in Touch

What? You're done already? Your years in college will disappear all too soon, but graduating doesn't mean ending your relationship with your college, classmates, or professors. Making at least a small contribution to the alumni fund—even if your money is tight—is a great way to support your ongoing connection with your college and the resources it continues to make available to you.



131

Get to know your school's alumni website and investigate the resources it offers. Alumni networks can be invaluable in looking for jobs.

132

Volunteer to interview future students or to provide them with information about your school. They'll become part of your network.

139

Reunions are fun! Take the time to go to yours. It's interesting to see what happened to everyone. You never know who the successes will be.

140

*Alma Mater* means nourishing mother. That's how schools like to think of themselves. Keep Mother happy by letting her know how you're doing.

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## About the Authors



Marie B. Highby is a leadership coach, college instructor, and communications guru. *#STUDENT SUCCESS tweet Book01* draws on her career as a university instructor at San Jose State University, where she taught writing courses for many years. Knowledgeable about the issues that students face, she is currently active in the open textbook movement and involved with new technologies for teaching and learning. Marie's degrees include both an MBA from the Darden School of the University of Virginia and an MA in English from Duke University.

## 140 Bite-Sized Ideas to Help You Succeed in College

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Julia C. Schmitt graduated from Stanford University with two degrees and a lot of seemingly useless knowledge about the ins and outs of college life gleaned from personal experience, keen observation, mentor advice, and stories from her peers. After having the small epiphany that mentoring current college students is highly rewarding, she decided to tweet her tidbits of advice as a way to give back. Julia currently works as an Environment & Sustainability Consultant, dance teacher, and entrepreneur in the San Francisco Bay Area.

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# #STUDENT SUCCESS TWEET BOOK 01

## You're in College! ...Now What?

### Sample Ahas from the Book

**Aha #10:** Try writing a five-year plan and see what you imagine as you envision your future. Look at it five years later. You'll be surprised.

**Aha #39:** Sometimes extracurricular activities can provide more job experience than your studies. Seek out clubs that feed your passions.

**Aha #60:** Back up your computer. This bears repeating many times. Back up your computer. Back up your computer. Back up your computer. Enough said?

**Aha #119:** Education is about change, possibly even transformation. Change is stressful. Don't be surprised if you feel anxious at times.



**Marie B. Highby** is a leadership coach, college instructor, and communications guru with an MBA from the Darden School of the University of Virginia and an MA in English from Duke University. Knowledgeable about the issues that students face, she is currently active in the open textbook movement and involved with new technologies for teaching and learning.



**Julia C. Schmitt** graduated from Stanford University with two degrees and a lot of seemingly useless knowledge about the ins and outs of college life gleaned from personal experience, keen observation, mentor advice, and stories from her peers. She currently works as an Environment & Sustainability Consultant, dance teacher, and entrepreneur in the San Francisco Bay Area.

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