

Recipe for College Success

1. Fill the bowl with going to class.
2. Fold in 5-6 hour per day for studying (ingredients: homework, rewriting lecture notes, taking notes from textbooks, quizzing yourself over testable material, writing papers, working on projects, participating in study groups, attending tutoring and supplemental instruction sessions).
3. Mix in 1-3 hours per week for clubs and organizations.
4. Add at least 3 hours per week for exercise and physical recreation.
5. Blend in a healthy diet that promotes learning.
6. Stir in a calendar book to record times for class, study, meals, jobs, appointments, social activities, tests, due dates and any ingredients for individual taste.
7. Mix well with 7-9 hours of nighttime sleep.
8. Sprinkle with energy, motivation and desire to keep improving at whatever you do.
9. Bake well with routine (A college student's friend) until you can do this recipe by habit.