

ALUMNI VITAL BEHAVIORS

1. Know Where You Stand

- Know the facts related to your financial aid package – know the deadlines and GPA minimums.
- Know the facts related to your grades – know which assignments and tests will factor into your final grade, when they are due and include in a master calendar.
- Monitor your vitals consistently:
 - Every day, check your calendar and see what assignments and tests are approaching and when you will dedicate time to work on them.
 - Every week, check your spending and your budget. Know when you are spending too much.
 - Every week, do a mental and emotional check-in. How are you feeling? Are you feeling on top of things? Do you feel like you know what is expected and what you have to do?
 - Every 2 weeks, get a sense of what your current grade is for each of your classes (and how that would impact your overall GPA).
- Be able to anticipate problems before they become too big and make adjustments as needed. There should be no surprises.

2. Keep Calm and Climb On

- Go to classes every day. If you miss a class, find out what you missed from a classmate and be sure to go the next day.
- Make daily progress on assignments. Even if you fall behind, continue to do work every day.
- Don't stress about the small things. If you have a setback (and we ALL experience setbacks), don't let it get you off track. Remember the big picture of why you're in college, what motivates you...and keep pushing on. Stay positive.
- Pace yourself. Take mental and physical breaks. Break big problems and tasks into smaller steps that you can take on day by day.

3. Seek Out Help – Early and Often

- Put your pride to the side. Everyone needs help. Being self-sufficient doesn't mean you do everything on your own.
- Don't let challenges—academic, financial or social/emotional – grow bigger and bigger. If you're stuck, take action right away. The first person you go to may not know how to help but they may be able to point you in the right direction.
- Seek support and advice beyond your immediate circles. Don't just ask your friends for help – they may not know how to help. Know the resources that exist at your college so you have go-to lifelines.
- Be politely persistent – especially when it comes to your financial and academic situation. The more questions you ask, the more information you get.
- Make a habit of meeting with your professor/dean/counselor on a regular basis (and before you even have a challenge or problem). It's never too early to seek out help but it can sometimes be too late.

4. Be Healthy. Stay Healthy.

- Seek a balance between “work and play.” College is fun and you need to make time to meet people, make friends and get active on campus. But no one succeeds without also making sure they also set aside time for academic work.
- Do the basics. Make time to sleep (as close to 7 hours as possible). Eat right. Get exercise regularly. Take care of your body. See a doctor regularly.
- Seek out the mental health services on your campus if you need them – they’re an invaluable resource if you’re stressed, depressed or just need someone to talk to.
- Be responsible with your body — sex, drugs, alcohol, etc.