



**TRIO**  
**PLANNER**  
**2024-2025**

Name \_\_\_\_\_

Phone \_\_\_\_\_

# 2024-2025

AUGUST 2024							SEPTEMBER 2024							OCTOBER 2024							NOVEMBER 2024						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7				1	2	3	4	5					1	2
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
25	26	27	28	29	30	31	29	30						27	28	29	30	31			24	25	26	27	28	29	30

DECEMBER 2024							JANUARY 2025							FEBRUARY 2025							MARCH 2025						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7		1	2	3	4								1								1
8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8
15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15
22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22
29	30	31					26	27	28	29	30	31		23	24	25	26	27	28		23	24	25	26	27	28	29
																					30	31					

APRIL 2025							MAY 2025							JUNE 2025							JULY 2025								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
				1	2	3					1	2	3	1	2	3	4	5	6	7					1	2	3	4	5
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12		
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19		
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26		
27	28	29	30				25	26	27	28	29	30	31	29	30						27	28	29	30	31				

# TRIO AND YOU



Since 1964, TRIO programs have made it possible for more students to attend, succeed in, and graduate from college. Funded by the federal government, TRIO programs provide support, services, and resources to nearly one million students nationwide—students like you!

For more on TRIO, watch this quick video.

## What can TRIO do for you?

- ▶ **Academic support**  
TRIO can offer academic assistance and support, as well as help you develop the study skills you need to succeed in college.
- ▶ **Career planning**  
As you plan for your future, TRIO can provide you with personalized guidance and support every step of the way.
- ▶ **Financial and economic literacy**  
Your TRIO program can help you improve your economic and financial literacy skills, and plan for your financial future.
- ▶ **Life skills and personal growth**  
TRIO can help you set and achieve your goals, and get the most out of your college experience.

## Why is college important?

Here are just a few reasons why a college education is important.

- ▶ **More career opportunities**  
A college education can open doors and prepare you for careers that are personally satisfying and financially rewarding. With a college degree, the sky is the limit!
- ▶ **Greater income**  
Statistics show that two-year college graduates earn over \$10,000 more per year than high school graduates—and four-year college graduates earn almost twice as much!
- ▶ **Opportunities to develop and grow**  
Going to college gives you the opportunity to study a variety of subjects, expand your skills and knowledge, and become more independent. Most importantly, college gives you the opportunity to become the person you aspire to be.

# MANAGE TASKS & TIME

Keeping track of what you need to do and having good time-management skills will not only make you a better student, it will help you succeed in your career and in life. Here are some tips to help you stay on top of all that you need to do.

**Take this planner to every class and record the following:**

- ▶ daily assignments
- ▶ tests and quizzes
- ▶ large assignments
- ▶ important dates
- ▶ social activities
- ▶ appointments
- ▶ to-do lists

Monday, September 16
✓ Work on English essay - Due Fri.
✓ Calculus problems p. 25 - Due Wed.
★ Economics - Quiz on Chapter 3
✓ Biology review questions - Due Wed.
✓ Spanish - Vocabulary quiz Wed.
Dentist appt. 4:00
Jalen's birthday

## Manage Your Time

### Create a daily and weekly to-do list.

Write down the things you need to accomplish and rank them in order of importance. Focus on one task at a time. When that task is completed, cross it off and move on to the next.

### Identify chunks of time that are wasted.

If you have time between classes, meet with a professor, run an errand, study, or just relax. The important thing is that you think about how you can best use the time you have.

### Control time-wasters.

Social media, TV, and video games can take up a huge amount of time. Schedule small chunks of time for these activities, and stick to your schedule.

### Don't overextend yourself.

If you never seem to have enough time, identify activities you can eliminate, shorten, or postpone. Don't sacrifice sleep or exercise to get everything done.

### Schedule 90-minute study sessions.

Have a specific time to start studying, and silence your phone. During your study sessions, don't do anything else. Focus completely on your work.

# SET GOALS

Goals help you determine where you want to go and what you want to accomplish. They give you focus, direction, and purpose. While goals can be short-term (get a B on your history test) or long-term (graduate with a 3.0 GPA), every goal should be SMART: Specific, Measurable, Achievable, Relevant, and Time-bound.

## Set Goals that are SMART

**Specific** – Specific goals are well-defined and clear-cut.

**Measurable** – Measurable goals make it easier to know how successful you are.

**Achievable** – Achievable goals are goals you can realistically accomplish.

**Relevant** – Setting relevant goals ensures you're working toward goals that are worthwhile.

**Time-bound** – Time-bound goals have a date when they are to be accomplished.

*Set some academic and non-academic goals for first semester. At the end of the semester, set some new goals for the second semester. Regularly check back here to remind yourself of your goals.*

## First Semester Goals

Academic goals:

Non-academic goals:

## Second Semester Goals

Academic goals:

Non-academic goals:



# AUGUST

August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Goals \_\_\_\_\_

Notes / To Do

Raise Your Grades

Get organized for the new school year. Use folders or binders to organize handouts and notes. Have a home file for anything you want to keep, and throw out whatever you don't need.

Monday, August 5

Tuesday, August 6

Monday, August 12

Tuesday, August 13

Wednesday, August 7

Thursday, August 8

Wednesday, August 14

Thursday, August 15

Friday, August 9

Sat/Sun, August 10-11

Friday, August 16

Sat/Sun, August 17-18



# AUG. - SEPT.

Goals \_\_\_\_\_

August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Notes / To Do

TRIO Trivia

Upward Bound was the first of the three original TRIO programs. It was established in 1964, followed by Talent Search in 1965 and Student Support Services in 1968.

Monday, August 26

Tuesday, August 27

Wednesday, August 28

Thursday, August 29

Friday, August 30

Sat/Sun, August 31 - September 1

Monday, September 2

Labor Day

Wednesday, September 4

Friday, September 6

Tuesday, September 3

Thursday, September 5

Sat/Sun, September 7-8



# SEPTEMBER

Goals \_\_\_\_\_

September

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Notes / To Do

Write & Reflect

What is most challenging about being a college student? What is most rewarding?

Monday, September 9

Tuesday, September 10

Monday, September 16

Tuesday, September 17

Wednesday, September 11

Thursday, September 12

Wednesday, September 18

Thursday, September 19

Friday, September 13

Sat/Sun, September 14-15

Friday, September 20

Sat/Sun, September 21-22



# SEPT. - OCT.

Goals \_\_\_\_\_

October

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November

S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Notes / To Do

Raise Your Grades

SURVEY, READ, and REVIEW your reading assignments to retain as much information as possible.

>>> Want more reading tips? Check out this short video!



Monday, September 30

Tuesday, October 1

>>> The FAFSA opens October 1st

Wednesday, October 2

Thursday, October 3

Friday, October 4

Sat/Sun, October 5-6

Monday, October 7

Wednesday, October 9

Friday, October 11

Tuesday, October 8

Thursday, October 10

Sat/Sun, October 12-13

# OCTOBER

Goals \_\_\_\_\_

October

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November

S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Notes / To Do

TRIO Trivia

In 2021-2022, there were almost 3,000 TRIO project sites across all TRIO programs.

Monday, October 14

Columbus Day/Indigenous Peoples' Day

Tuesday, October 15

Wednesday, October 16

Thursday, October 17

Friday, October 18

Sat/Sun, October 19-20

Monday, October 21

Wednesday, October 23

Friday, October 25

Tuesday, October 22

Thursday, October 24

Sat/Sun, October 26-27



# NOVEMBER

Goals \_\_\_\_\_

November

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes / To Do

Raise Your Grades

When you participate in class, you learn more and the time goes much faster.



Check out this video for more class success tips!



Monday, November 4

Tuesday, November 5

Wednesday, November 6

Thursday, November 7

Friday, November 8

>>> First-Generation College Celebration Day

Sat/Sun, November 9-10

Monday, November 11

Veterans Day

Wednesday, November 13

Friday, November 15

Tuesday, November 12

Thursday, November 14

Sat/Sun, November 16-17







# DECEMBER

Goals \_\_\_\_\_

December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Notes / To Do

Write & Reflect

What is a new skill you would like to master, or a topic you would like to learn more about?

Monday, December 9

Tuesday, December 10

Monday, December 16

Tuesday, December 17

Wednesday, December 11

Thursday, December 12

Wednesday, December 18

Thursday, December 19

Friday, December 13

Sat/Sun, December 14-15

Friday, December 20

Sat/Sun, December 21-22



# DEC. - JAN.

Goals \_\_\_\_\_

<b>January</b>	S	M	T	W	T	F	S	<b>February</b>	S	M	T	W	T	F	S
				1	2	3	4							1	
	5	6	7	8	9	10	11		2	3	4	5	6	7	8
	12	13	14	15	16	17	18		9	10	11	12	13	14	15
	19	20	21	22	23	24	25		16	17	18	19	20	21	22
	26	27	28	29	30	31			23	24	25	26	27	28	

**Notes / To Do**

**Raise Your Grades**  
You will write a lot of papers in college. Organization is key. Before you begin, prepare an outline of your paper or project. Use it to help you find and organize all of your sources.

Monday, December 30

Tuesday, December 31

Monday, January 6

Tuesday, January 7

Wednesday, January 1

Thursday, January 2

Wednesday, January 8

Thursday, January 9

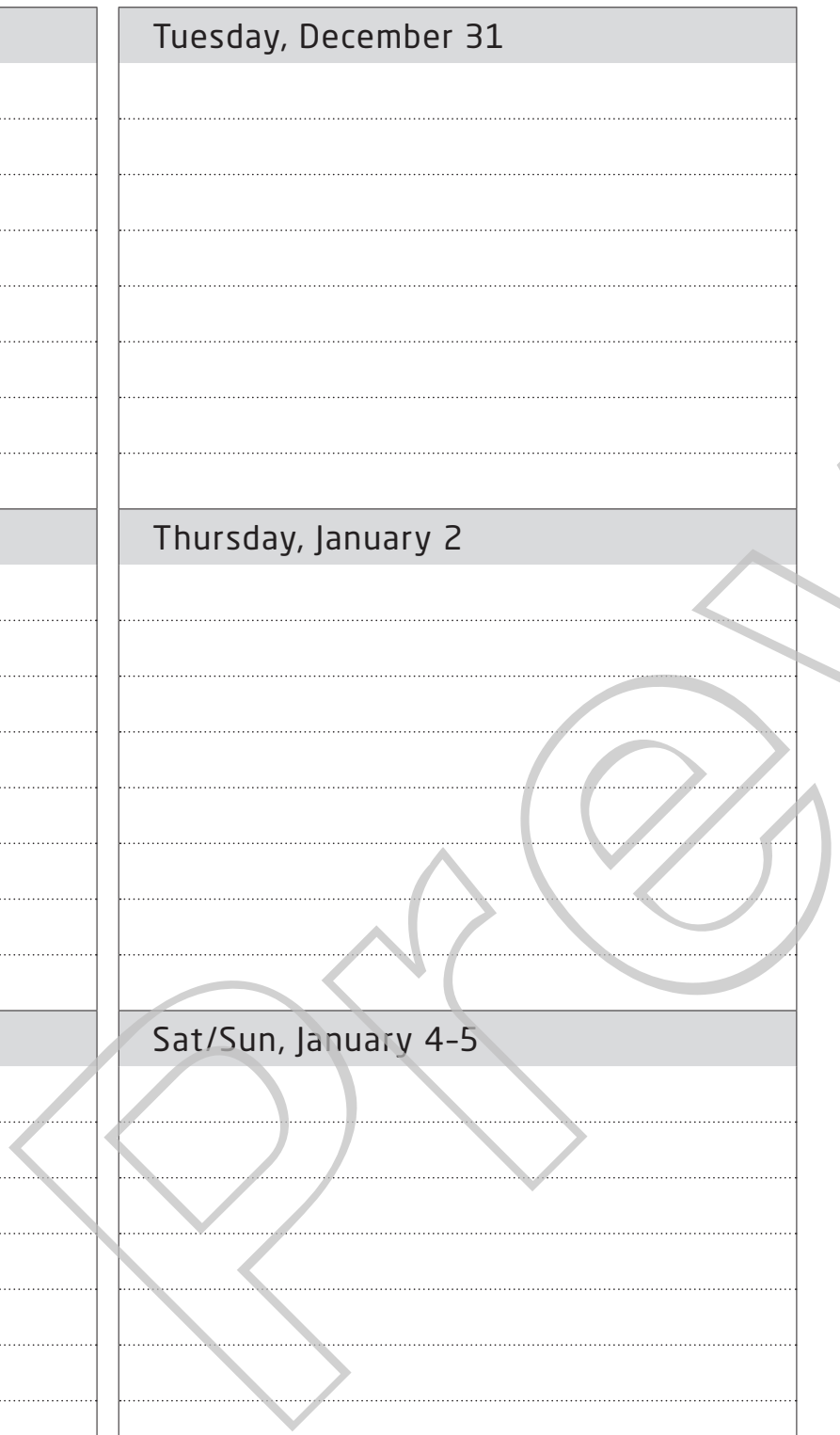
New Year's Day

Friday, January 3

Sat/Sun, January 4-5

Friday, January 10

Sat/Sun, January 11-12



# JANUARY

Goals \_\_\_\_\_

January

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

Notes / To Do

TRIO Trivia

The McNair Scholars TRIO Program helps assist and prepare current college students to attend graduate school.

Monday, January 13

Tuesday, January 14

Wednesday, January 15

Thursday, January 16

Friday, January 17

Sat/Sun, January 18-19

Monday, January 20

Martin Luther King, Jr. Day

Wednesday, January 22

Friday, January 24

Tuesday, January 21

Thursday, January 23

Sat/Sun, January 25-26

# FEBRUARY 2025

"What do you want your life to be? What do you want your testimony to be? Go for it!"  
Viola Davis

Monthly Goals \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

**Notes / To Do**

**Write & Reflect**

What is one personal goal and one academic goal you have for the new year?

Monday, January 27

Tuesday, January 28

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Wednesday, January 29

Thursday, January 30

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Friday, January 31

Sat/Sun, February 1-2

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# FEBRUARY

Goals \_\_\_\_\_


<b>February</b>	S	M	T	W	T	F	S	<b>March</b>	S	M	T	W	T	F	S
							1								1
	2	3	4	5	6	7	8		2	3	4	5	6	7	8
	9	10	11	12	13	14	15		9	10	11	12	13	14	15
	16	17	18	19	20	21	22		16	17	18	19	20	21	22
	23	24	25	26	27	28			23	24	25	26	27	28	29
									30	31					

**Notes / To Do**

**Raise Your Grades**

It's normal to struggle in some classes. Having a growth mindset can help you improve your confidence and your grades.

Check out this short video for more on growth mindset.



Monday, February 3

Lined writing area for Monday, February 3.

Tuesday, February 4

Lined writing area for Tuesday, February 4.

Wednesday, February 5

Lined writing area for Wednesday, February 5.

Thursday, February 6

Lined writing area for Thursday, February 6.

Friday, February 7

Lined writing area for Friday, February 7.

Sat/Sun, February 8-9

Lined writing area for Saturday and Sunday, February 8-9.

Monday, February 10

Lined writing area for Monday, February 10.

Tuesday, February 11

Lined writing area for Tuesday, February 11.

Wednesday, February 12

Lined writing area for Wednesday, February 12.

Thursday, February 13

Lined writing area for Thursday, February 13.

Friday, February 14

Lined writing area for Friday, February 14.

Sat/Sun, February 15-16

Lined writing area for Saturday and Sunday, February 15-16.



# FEB. - MAR.

Goals \_\_\_\_\_

February

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Notes / To Do

TRIO Trivia

Student Support Services serves approximately 200,000 college students nationwide.

Monday, February 24

Tuesday, February 25

Wednesday, February 26

Thursday, February 27

Friday, February 28

Sat/Sun, March 1-2

Monday, March 3

Wednesday, March 5

Friday, March 7

Tuesday, March 4

Thursday, March 6

Sat/Sun, March 8-9



# MARCH

March

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Goals \_\_\_\_\_

Notes / To Do

Write & Reflect

What are your current thoughts about the major you've chosen?

Monday, March 10

Tuesday, March 11

Monday, March 17

Tuesday, March 18

Wednesday, March 12

Thursday, March 13

Wednesday, March 19

Thursday, March 20

Friday, March 14

Sat/Sun, March 15-16

Friday, March 21

Sat/Sun, March 22-23



# MAR. - APR.

Goals \_\_\_\_\_

March

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Notes / To Do

Raise Your Grades

Setting academic goals can help you maintain and improve your grades, and keep you on the path to success.



For more on SMART goals, check out this short video!



Monday, March 31

Tuesday, April 1

Monday, April 7

Tuesday, April 8

Wednesday, April 2

Thursday, April 3

Wednesday, April 9

Thursday, April 10

Friday, April 4

Sat/Sun, April 5-6

Friday, April 11

Sat/Sun, April 12-13









# MAY - JUNE

Goals \_\_\_\_\_

May

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Notes / To Do

TRIO Trivia

The McNair Scholars TRIO Program is named after Dr. Ronald E. McNair, the second African-American astronaut to go to space.

Monday, May 26

Memorial Day

Tuesday, May 27

Wednesday, May 28

Thursday, May 29

Friday, May 30

Sat/Sun, May 31 - June 1

Monday, June 2

Wednesday, June 4

Friday, June 6

Tuesday, June 3

Thursday, June 5

Sat/Sun, June 7-8



# JUNE

June

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Goals \_\_\_\_\_

Notes / To Do

Write & Reflect

What are some goals you have for the next school year? If you're graduating, what are your plans for the future?

Monday, June 9

Tuesday, June 10

Monday, June 16

Tuesday, June 17

Wednesday, June 11

Thursday, June 12

Wednesday, June 18

Thursday, June 19

Juneteenth

Friday, June 13

Sat/Sun, June 14-15

Friday, June 20

Sat/Sun, June 21-22



# JUNE - JULY

Goals \_\_\_\_\_

June

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Notes / To Do

Raise Your Grades

Whether you take summer classes, do community service, or get a job, make sure you put your time this summer to good use.

Monday, June 30

Tuesday, July 1

Monday, July 7

Tuesday, July 8

Wednesday, July 2

Thursday, July 3

Wednesday, July 9

Thursday, July 10

Friday, July 4

Sat/Sun, July 5-6

Friday, July 11

Sat/Sun, July 12-13

Independence Day

# JULY

Goals \_\_\_\_\_

July

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August

S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
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31						

Notes / To Do

TRIO Trivia

Hector Balderas, Jr., a lawyer and TRIO alum, was the youngest person ever elected to state government. He eventually went on to serve as New Mexico's attorney general.

Monday, July 14

Tuesday, July 15

Wednesday, July 16

Thursday, July 17

Friday, July 18

Sat/Sun, July 19-20

Monday, July 21

Wednesday, July 23

Friday, July 25

Tuesday, July 22

Thursday, July 24

Sat/Sun, July 26-27



## EXPERIENCE COLLEGE

Succeeding in your classes must be your highest priority; however, your life outside of the classroom is also an important component of your college experience.

### **Participate in organizations.**

There is no better way to meet other students and develop a sense of belonging than by participating in student organizations. You'll meet students who share your interests and passions, gain teamwork and leadership skills, and have some fun in the process.

### **Take advantage of services.**

Your college most likely offers a variety of services (career services, rec centers, advisors, learning centers). These services are voluntary, so it's up to you to take advantage of them. Check your college's website for a full list of student services.

### **Work on campus.**

Campus jobs (including work-study) are typically arranged around your class schedule, and they eliminate the cost and inconvenience of commuting to work. They also give you the opportunity to interact with faculty and to work with fellow students.

### **Limit your time online.**

Social media, blogging, music, gaming, and videos all have their place, but consider the college activities you may be missing while you're online.

### **Socialize in moderation.**

Doing things with friends is an important part of college life, but behavior like partying and skipping class can undermine your academic success—and have long-term, negative consequences. Give yourself permission to turn down social invitations when other priorities need to take precedence.

### **Strive for balance.**

Work hard in your classes, enjoy time with your friends, and get regular exercise. Be sure to also take time to relax and rejuvenate.

*SSS is here to help you have the best college experience possible.  
Take advantage of all your program has to offer!*

## BE SMART WITH MONEY

With the high cost of a college education, you need to be a savvy consumer on and off campus. Here are some tips to help you be smart with your money.

### **Check out textbook options.**

Comparison shop for textbooks and consider your options—rent vs. buy, print vs. electronic, used vs. new. Resell unwanted books immediately after final exams.

### **Be a smart spender.**

Think about the things you spend your money on and differentiate between wants and needs. To have more money for the things you want, find ways to reduce the costs of the things you need. For example, don't pay extra for a cell phone plan or streaming service you don't use. Spend your money on things that are truly important to you.

### **Be careful with your plastic.**

A debit card is a much better option than a credit card. It will prevent you from overspending, and you won't get hit with high interest rate payments. If you do use a credit card, choose one with a low limit, don't spend more than half of your limit, and make every effort to pay your bill in full each month.

### **Have a budget.**

Create a budget and use a worksheet or an app to help you stay within your budget. (A variety of college budget worksheets and apps are available online and on your phone.) Every time you make a purchase, withdraw cash, or deposit a check, you simply enter it in the app or worksheet. Use these tools to keep track of fixed expenses (such as your phone bill) and of variable expenses (such as food and entertainment).

### **Cut college costs.**

College is expensive; there's no way around it. But there are a number of ways to save money. Take advantage of free campus events and activities, work on or off campus, and shorten the time you're in college by taking summer classes and/or more credit hours each term. These are just a few of the ways you can cut college costs. If you need help paying for college, be sure to visit your college's financial aid office.

# STAY MOTIVATED

We all get stuck sometimes. After all, college can be tough—and maintaining the focus and effort necessary to succeed can be difficult. Here are some things you can do to help you keep going when you're feeling stressed out, discouraged, or overwhelmed.

## **Surround yourself with positive people.**

We come across all kinds of people in life. Some are positive influences and some are not. Avoid people who are negative or critical. Instead, choose to be around people who support and encourage you. These are the people who will help you achieve your goals and realize your dreams.

## **Practice positive self-talk.**

We all have an inner voice, and when things aren't going well, that voice can be negative and critical. You can help yourself stay positive just by changing your self-talk. For example, replace *"I'm terrible at math"* with *"I'm smart—I can do this."*

## **Focus on your strengths.**

While it's good to work on your shortcomings and weaknesses, your strengths are where your future lies. Pursue your interests, and look for ways to develop your talents and strengths.

## **Learn to accept negative feedback.**

Whether it's a bad grade on a paper or a low test score, it can be tough to accept that others think your work is less than stellar. Remember that all feedback (even when it's discouraging) is an opportunity to grow.

## **Use motivating "self-notes."**

Write motivating words, ideas, and/or quotes on sticky notes. Put these notes anywhere you're likely to see them.

## **Figure out what motivates you.**

Turn what competes with your schoolwork into a motivator. For example, get a paper done early so you can hang out with friends, or reward yourself with video game time once your studying is done.

Preview

"Everything you can imagine is real." Pablo Picasso