

Freshman Success



CABRINI
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Welcome, Cabrini Cavaliers!

Your job this year is to focus on the things that you should do to ensure a positive transition to life at Cabrini University and succeeding academically and socially.

Use this checklist and follow these tips to chart your course this year, and you'll build a strong foundation for maximizing your success.

Academics

- Make academics your first priority.** This isn't high school. Classes are more demanding and require more work. You'll need to spend more time studying outside of class.
- Approach your academics like a full-time job,** devoting approximately eight hours per week to preparing for each of your classes.
- Stay organized by getting a planner** with weeks and months, and writing down due dates for homework assignments, class projects, exams, appointments, and significant deadlines.
- Go to class!** Missing class is one of the worst things you can do. Faculty will notice if you're absent. You can't rely on notes taken by others, because they might understand class material differently from how you would.
- Find a place to study that works for you** and go there to study every day.
- Don't procrastinate** or let classwork pile up until you're overwhelmed.
- Ask for help before it's too late.** If you're struggling in a class, ask your professor for help or go to the Center for Student Success for tutoring and help with study skills (cabrini.edu/tutoring).
- Strive for good grades.** Keep up with reading, submit class assignments on time, and avoid cramming and pulling all-nighters when studying for an exam.
- Consider your career interests and related majors.** As a freshman, you might not know what career path you want to follow, and that's fine. Use this year to think about your interests.
- Talk to your academic advisor about majors** and taking courses in academic areas that meet your interests.
- Complete self-assessments** and explore compatible career fields and areas of study (cabrini.edu/career).
- Schedule a meeting with your faculty advisor** to talk about course requirements and what classes you should register for next semester.

Personal Growth

- Know why you're here.** Think about your reasons for attending Cabrini and set goals for yourself. Your performance in and out of the classroom is determined not only by your skills and abilities but by your motivation and your personal commitment to achieving your goals.
- Be responsible!** The increased personal freedom accompanying college life also brings increased responsibility for the personal decisions and choices that you make.
- Recognize that you are accountable for your academic and personal success at Cabrini.** Go to class, do your work, follow college policies, behave as a responsible member of the campus community, and always treat others with respect.

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- ❑ **Manage your time effectively.** College-level work is plentiful and challenging, and getting involved on campus is important. Good time-management skills are a must for balancing all of the demands on your time and attention.
- ❑ **Visit the Center for Student Success** to learn about time-management and receive academic counseling (cabrini.edu/studentsuccess).
- ❑ **Speak with a counselor** in Counseling and Psychological Services to discuss how you're feeling about demands on your time and attention (cabrini.edu/counseling).
- ❑ **Take care of yourself.** To succeed, you have to work hard, but you should also make time to have fun and do the things you enjoy.
- ❑ **Stay healthy** by eating right and take advantage of the Fitness Center and exercise classes available in the Dixon Center.
- ❑ **Stay on top of your finances and financial aid.** Don't miss deadlines for completing and submitting your FAFSA or other financial aid paperwork each year. If you let your finances slip you might not be able to register for next semester's classes or receive financial aid (cabrini.edu/financialaid).

Community and Involvement

- ❑ **Get involved on campus.** Go to the Involvement Fair to learn about clubs and organizations that might interest you (cabrini.edu/clubs).
- ❑ **Join a group that matches your interests** and will help you develop skills and make friends.
- ❑ **Join an intramural team or club sport,** participate in campus recreation programs, and attend campus events to socialize, meet new people, and learn new things (cabrinirec.com).
- ❑ **Don't go home every weekend.** It prevents you from connecting with other students, getting comfortable at Cabrini and making it your new home.
- ❑ **Discover your leadership abilities,** hone your skills, and gain an edge on the competition in the workplace by enrolling in LEADStrong (cabrini.edu/leadstrong).
- ❑ **Find a job on campus.**
 - ❑ If you received work-study funds in your financial aid package, check the work-study job listings and follow the process for getting a position (cabrini.edu/studentemployment).
 - ❑ If you don't have work-study funding, check out jobs available through the Dixon Center, Dining Services, Residence Life, and the Job Squad bulletin board at the Center for Career and Professional Development in the Widener Center.