



## Embrace your independence in a responsible way:

- Set a schedule.** You are in charge of all 86,400 seconds of your day. Make them count!
- Step out of the box.** College presents the best opportunity to discover yourself and the world around you. Rock that personal development!
- Be proactive; NOT reactive.** Don't wait for things – get after them. Be active in all aspects of your college experience.
- ALWAYS go to class.** You never know who you will meet or what you will miss.
- Get involved.** Knowledge is one thing, but experience, professional relationships and caring make the difference.
- Explore.** Get to know SRU and the Slippery Rock community.
- Check out** support groups like BOOST.
- Feed your body, mind and soul with healthy habits.** Exercise, rest, and stay hydrated. If you are not feeling your best, then you can't perform at your best.
- Communicate & build relationships surrounding your coursework, interests and daily routines!** This will open doors you never knew existed. Also, letting things bottle up makes for unnecessary explosions.
- Unplug!** Be present in class as well as when dining with a friend.
- Be professional.** Walk the walk and talk the talk.
- Participate** in SRU events.
- Set Goals.** Talk about them! Write about them!
- Find and utilize** campus resources.

