

Characteristics of a Successful College Student

Choices you make in college can affect every part of your life. The following list is from Skip Downing, author of *On Course: Strategies for Creating Success in College and in Life*. Take a few moments to consider which characteristics you already have, and which you need to develop.

Successful Students	Struggling Students
... accept PERSONAL RESPONSIBILITY for creating the outcomes and quality of their lives.	... see themselves as victims, believing for the most part that what happens to them is beyond their control.
... discover a MOTIVATING PURPOSE , characterized by personally meaningful goals and dreams.	... have difficulty choosing a purpose, often experiencing depression and/or resentment about the meaninglessness of their lives.
... consistently plan and take EFFECTIVE ACTIONS in pursuing their goals and dreams.	... seldom identify the specific actions needed to accomplish a task. And when they do, they tend to procrastinate.
... build MUTUALLY SUPPORTIVE RELATIONSHIPS that assist them in pursuing their goals and dreams.	... are solitary, seldom requesting, even rejecting offers of assistance from legitimate resources.
... GAIN HEIGHTENED SELF-AWARENESS , developing empowering beliefs, attitudes, and behaviors that will keep them on course.	... are slaves of disempowering life scripts that carry them far off course.
... BECOME LIFE-LONG LEARNERS , finding valuable lessons in nearly every experience they have.	... tend to resist learning new ideas and skills, often viewing learning as drudgery rather than mental play.
... DEVELOP EMOTIONAL MATURITY , characterized by optimism, happiness, and peace of mind.	... live at the mercy of their emotions, having their success hijacked by anger, depression, anxiety, and a need for instant gratification.
... BELIEVE IN THEMSELVES , feeling capable, lovable, and unconditionally worthy as human beings.	... doubt their personal value, feeling inadequate to accomplish meaningful tasks and unworthy to be loved by others or themselves.