Want to try a new activity?
Learn here.
Drive at the students' level.
University students SEEK
of Denver? success!
Set Goals

✓ Establish personal and academic goals for your time at DU

✓ Research career and major options

✓ Remain mindful of how your academic and personal choices are impacting your ability to achieve your goals

✓ Determine how you will know—for yourself—if you are getting off-track
Explore

✓ Embrace the diversity of DU—learn how to recognize and appreciate diversity in all forms

✓ Join one of DU’s 100+ student organizations

✓ Take a class or attend a campus event on a topic you know nothing about

✓ Use your RTD pass to explore Denver’s parks, arts, and sports venues
Engage

✓ Connect with campus resources—they are here to facilitate your academic and personal success

✓ Actively participate in class discussions

✓ Meet with your instructors during office hours

✓ Attend campus events, and seek learning opportunities outside of the classroom
Keep Yourself Healthy

✓ Understand the connection between health and academic success

✓ Set aside time to eat, sleep, and exercise

✓ Identify healthy strategies for coping with stress—and ask for help when you need it

✓ If you choose to use alcohol or other drugs, make certain that your substance use isn’t getting in the way of academics or other important goals