S.E.E.K. Success

How to thrive
at the

University of Denver
- 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.
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.
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.
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.
Make the most of your time at the University of Denver!