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Want to th

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now DU students

University of
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