

# How to Thrive in College as a Christian

- Objective – to excel in both our faith and our academic pursuits
- Desired outcomes
  - ✓ personal growth as a Christian
  - ✓ building up with other believers in the body of Christ
  - ✓ academic achievement to the best of our God – given abilities
  - ✓ enjoyable and satisfying experience as a student
- Key to success – develop and follow effective **life practices**

# The Life Practices

- Cultivate your personal, intimate, affectionate, spiritual relationship with the Lord daily (Lam. 3:23; Col. 2:6)
- Read your Bible regularly on a schedule; develop a taste for it (2 Tim 3:15-17; Psa. 34:8)
- Digest / absorb the ministry (2 Pt. 3:15-16)
- Go to meetings large & small (Heb 10:25)
- Treasure companions to run the race with in the HOV lane (Dan. 1:19,20)
- Share your experiences of Christ (1 Cor. 14:26; 1Pt. 3:15)
- Pray for God's economy (Eph 6:18)
- Call on the name of Jesus (1 Cor. 1:2)
- Fan our gift of God into flame (2 Tim. 1:6)

# The Life Practices

- Confess to the Lord when you have failures (1 John 1:9)
- Obey your conscience (Acts 23:1; Rom 9:1)
  - ✓ What you say
  - ✓ What you think
  - ✓ How you use your time
  - ✓ What goes into our mouth
- Flee contaminating persons, activities, places (1 Cor. 15:33; 2 Tim. 2:22)
- Pursue the practices of life (1 Tim. 6:11; 1 John 1:6; 2:29; 3:7)
- Keep your heart against pride (Rom 12:3)
- Practice loving all the Lord's people; they will help you pursue righteousness (2 Tim. 2:22)

# Student Productivity Habits & Study Skills

- Objectives – to provide you with tools you can use for:
  - ✓ Balancing demands on time
  - ✓ Activity prioritization strategies
  - ✓ Scheduling techniques
  - ✓ Principles of effective study skills
- Goal – to develop a method of organizing and prioritizing responsibilities to be able to maintain a *balance* between academic & personal activities while deriving high benefit in both arenas.

# Establishing Priorities

- Our priorities are based on:
  - ✓ Personal principles of our living
  - ✓ Desires and goals that emanate from these principles
- Personal life goals may fall within many categories: spiritual, intellectual, family, professional, financial, social, physical...
- We need to have a clear understanding of our priorities and be confident in applying them in life situations.
- Our priorities direct our decisions

# Prioritizing Decisions About Your Activities

- Activities can be characterized in terms of their *importance* to achieving your goals and the *time requirements* they place on your schedule.

		Time Requirements	
		urgent	not urgent
Significance	important	A	B
	not important	C	D

adapted from Steven Covey, *The Seven Habits of Highly Effective People*

# Here is the Key

- Take care of important things before they become urgent
  - ✓ Do A and especially B tasks before / instead of C and D, resulting in -
  - ✓ High creativity and control
  - ✓ Few crises
  - ✓ Say “**no!**” to C and D temptations inwardly and outwardly

	urgent	not urgent
important	A	B
not important	C	D

# How to work in zone B

- Emphasize recreation (*re-creation*) in all three areas of human life
  - ✓ Physical (Gk – *bios*) – body, the outward part
  - ✓ Psychological (Gk – *psuche*) – soul: the mind + emotion + will, the inward part
  - ✓ Spiritual (Gk – *zoe*) – spirit) – conscience + intuition + fellowship; the hidden part
- Life practices fall within category B. Prioritize them in your schedule.



# Daily “B” Habits

Body	Soul	Spirit
Exercise wisely often	Zone B learning	Call Lord's name
Sleep right	Study pals	Pray
Eat right	Alert mind	Read Bible
<u>No</u> to bad practices	<u>No</u> to video games	Gather with believers
'brush teeth'	<u>No</u> bad TV	Fellowship
Pursue the positive	Practice planning	Meetings & homes

# The Habits of Life

- Begin the morning by touching the Lord right away
- Be nourished reading the Word
- Walk by the Spirit of life
- Gather with other Christians
  - ✓ On campus regularly
  - ✓ In homes
  - ✓ Church meetings
  - ✓ In 2's and 3's
- Visiting others in Christ
- Be in fellowship of the ministry

# Avoid Getting Trapped by Wasteful Things

	urgent	not urgent
important	A	B
not important	C	D

- Irresponsibility
  - ✓ focus on trivial activities
  - ✓ poor performance
  - ✓ dependency on others
- This is a conscience matter
  - ✓ Life practices train you conscience – Titus 2:11

# Avoid Procrastination

	urgent	not urgent
important	A	B
not important	C	D

- Burn out
  - ✓ stressful life style
  - ✓ crisis management
  - ✓ feeling of being victimized by circumstances
- This is another conscience issue

# Planning Process

- Develop a clear understanding of your principles and goals
- Each day target a portion of weekly performance standards
- Be sure to schedule type B activities
- Anticipate flexibility to take advantage of unanticipated opportunities
- A day planner can help to track priorities, goals, schedule
- Learn to say NO! with conviction and a clear conscience (also respectfully)
- ✓ Greatly facilitated by a sound set of priorities

# Planning for Students<sub>1</sub>

- Plan 40-50 hours/week for class, labs, homework – 15 SCH x (1+2).
  - ✓ Count only time at 100% focus
- Plan to do all (most) school work on M-F if possible
  - ✓ Give particular attention to use of afternoons and Friday which can be high quality work time
- Each day briefly review and outline your notes from each lecture. You can outline your notes during class. These outlines can be very useful in studying for exams.
- Plan extra time to study for exams without neglecting your other courses.

# Planning for Students<sub>2</sub>

- Not all hours of the day are created equal.
  - ✓ Save your highest quality time for most important activities – studying, meetings, fellowship.
  - ✓ Make good use of time between classes
  - ✓ Plan incidentals (shopping, laundry, phone calls, etc.) and relaxation for off-prime time.
- Plan to get to bed on week nights consistently at a time early enough to be well rested.
  - ✓ For health, alertness, efficiency
- Include regular time for enjoyable recreation/refreshing

# Planning for Students<sub>3</sub>

- Identify a regular place to study that is quiet and without interruptions
- Arrange some study time with classmates after you have done your own preparation.
  - ✓ Effective learning mechanism
  - ✓ Teaches working as a group
- Plan time each week to work on long term projects
- Do not spend more than the allotted time on any course
  - ✓ Complete other assignments first, then return to earlier troublesome course only if time allows



# Planning for Students<sub>4</sub>

- Plan to attend every class
- If possible, sit in the front
- Be an active learner in class
  - ✓ Think of questions to ask
  - ✓ Outline your notes for key points
- Go to class rested & prepared
- Begin work on long term projects immediately
  - ✓ Break down big projects into smaller parts to work ahead on
  - ✓ Target completion ahead of deadline (e.g., one week early)
- Calibrate the work you invest in a course with the credit hours to be earned

# Planning for Students<sub>5</sub>

- Attempt to understand concepts prior to beginning homework
  - ✓ Don't rely on mimicking example problem solutions from text
- 1<sup>st</sup> priority – understand the concepts presented in class
- 2<sup>nd</sup> priority – make a solid effort on homework and laboratory reports
- 3<sup>rd</sup> priority –only partially complete some homework and labs when time required is excessive and contribution to grade (and GPA) is small

# Planning for Students<sub>6</sub>

- It is a scientifically proven fact that being part of a supportive peer group has the greatest positive influence on student success.
- Be proactive to arrange to participate in strong, positive peer groups
  - ✓ Bible reading and fellowship times with Christians
  - ✓ Study times with classmates
  - ✓ (re)creational activities
  - ✓ Avoid people and activities that waste your time