# 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.

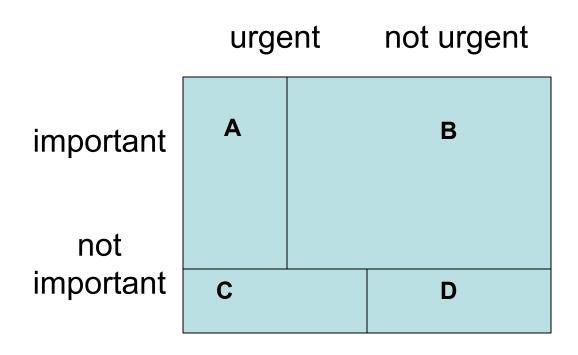
#### **Time Requirements**

		urgent	not urgent
cance	important	A	В
Significance	not important	С	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



#### 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
No to bad practices	No to video games	Gather with believers
'brush teeth'	No 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

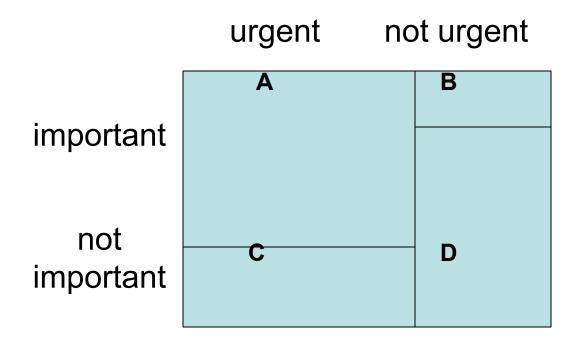
important

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**



- 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