

Who knows the ropes in college life better than they do?

***Listening to
Students' Advice to Students***

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“Everything is doable when you have the right courage and motivation to reach your goals.

It can be scary at first but being persistent will always help....”

—a Chicana first generation student

“I feel that probably joining a club made the culture shock easier, it doesn't matter what.”

—hispanic, 20 years old

“Sac State has many opportunities to be involved and interact with so many different people.”

—Hispanic, 18, deaf studies major

“At first it can be challenging but for the most part is how well you can adapt.”

—Mexican, Male, 18, stressed, overweight & new to college

“I would like to encourage people to try & be outgoing & make as many friends as possible. Also take advantage of having experienced teachers.”

—white, 18 yrs old, freshman

“Learn as much as you can.”

—22 White Male

“Getting involved in a club is very helpful. ☺”

—Caucasian Transfer Female (21 yrs)

“Take any and every chance to talk with professors.”

—ADHD Male

“It's a huge learning curve, but give it time and you will get there.”

—20, male

“If you need some space go to WELL it's fun! The Union is a good place too. Or sit out under the beautiful trees.”

—female, 21

“Students need to read and study to prepare for class. You have to be self-reliant.”

—25 yr old Laotian female, transfer student

“Have an open mind to view others ideas & opinions so you won't be close-minded. Take what you learn and learn about yourself along the way.”

Studying in the library really helps and the professors are all very helpful.”

—Male, Mexican-American, 24, straight

“Being in college is very reassuring, but being a big fish in high school (like knowing everyone, laid back in classes, familiar with teachers, etc.) really shrinks down the confidence that you may have initially had. A student must earn their way into college, but to get accustomed to the new self-motivation and criteria, it is very unsettling if you arrive unprepared.... It can catch you off guard.”

—a 19 year old male, Asian

“Look over assignment sheets.”

—Male, 18, Tired of Teachers Ideology

“I would like to share that being involved in organizations or clubs that are affiliated with your roots is an amazing experience. I recommend everyone to be involved. It has made my first year of college worthwhile.”

—Filipino/female/19 years old

“All the activities on campus, especially ones for your race...make sure that you get involved with that because it helps you learn who you are.”

—18 year old African American Female

“Everything works fine if you make an effort.”

—white female under 30, European

“My perspective is that school, college specifically, is an opportunity to enrich your life. It is also my perspective that picking a specific career or field of study that interests you is also important.”

—29, male + white, and returning to school

“All the clubs and activities are so much fun! I wish for everyone to enjoy them!”

—New to College

“Study hard but still have fun!”

—20

“CSUS offers a lot of outside class support and activities. There is little to no reason why you should feel lost or alone in a problem.”

—college freshman

“The first semester here @ Sac State can be exciting and adventurous. It is a time to explore the campus, make new friends, and find groups that interest you most to join.

The library is my favorite place that has worked for me because it keeps me focused, concentrated, & provides a quiet atmosphere for me to get my work done.”

—a first semester transfer

“CSUS has many organizations and clubs that students can plug into to be involved in college other than just academically. I think everyone has an equal opportunity to have a better experience by plugging into a community they feel comfortable and accepted in.”

—A Christian

“Going on the bike trail is cool.”

—First year, Latino, first generation, full time

“It’s a difficult experience at first but through hard work, knowing what to do and getting what needs to be done, college makes you into a person you can be proud of.”

—(25) American Pilipino “military kid”

“Even though I am Hmong and don’t speak fluent English, I have experienced that even if you don’t understand something all you have to do is ask and everyone will help you.”

—Hmong

“Don’t hold yourself as superior to another student. Be mature enough in your worldview to get along w/people that may see things differently.”

—Graduate Student

“I would like to say that the Union and AIRC is good for learning and having a place away from home to learn.”

—white, 19, first year, small family

“What I like about here at CSUS is the fact that there are many organizations you can get involved with and everyone, even the students (whether you know them or not), are all really warm and welcoming.”

—Hmong and first generation college student

“I believe that you make things work if you really want them to.”

—I am a first generation Mexican female student who is 19 years old and low income.

“If I did not manage my time wisely being a student at CSUS things will not go smoothly for me and my future. Balancing school, with work, and family is tough. If I did not plan things out the way I currently do, I would be a hot mess....”

Plan your classes accordingly. Do not take more than you can handle. Everybody is different in terms of workload. Be smart, enjoy your time here at CSUS, and make it worth it.

Studying or doing homework during the gaps I have in between classes has really worked for me. Planning my classes out with gaps allows me to get my work done while everything is still fresh on my mind....”

—a Hispanic, 18 years old, 1st year male. I come from a low income family being the last of my siblings to attend college. I have worked with my father since I was 8 and currently hold 2 part-time jobs aside from being a full-time college student with 17 units

“--Don’t be afraid to go to events/activities by yourself. Often friends ‘shy’ friends may be too nervous to attend events w/o a buddy. If I was really interested in something...I went alone if no one wanted to come.

--GET INVOLVED!!!

--Learning what type of learner I am (visual, auditory) saved me time and energy.

I had a hard time saying ‘NO!’ I wanted to be in every club possible. I quickly learned that moderation is key. Academics come 1st. Extracurriculars, multiple jobs, etc. ALL come after school work.”

—african-american female

“Going to college is a must. Therefore, I want to do my best and succeed.”

—female, 19 years old, hmong

“Being a student like everybody else, I would like to share that some courses are no joke. If you do not put in the work and overtime, then you will fail.”

—Chinese, 2nd Year, Male

“Get engaged because you never know what it will get you into, how far it could take you, all the people you will meet, and the great friends you will gain.”

—I am a Hmong girl born in the US. I am 19 years old.

“What works for me is meeting people and working in groups.”

—Young Black male

“Club (Sports) teams are amazing. It’s a really good way to meet people and be kept a part of something. Also helps you keep playing sports you love without being on the school team.”

—No student specifics given

“discipline yourself to complete classes.”

—Pacific Islander

“Go out and utilize all the resources that are available and provided by the school. That can really make a difference in one’s education.”

—American born chinese (21 years old) female graduating senior spring

“Although I may not like the work, I strive to push through the challenges.”

—20 yrs old, Filipino-American

“Get involved even if you’re an older student”

—returning to school, 25, female

“Sometimes we talk about things that I may not agree with or have strong feelings about but part of the educational process is allowing oneself to have an open mind about everything we learn.”

—Christian female

“Be confident in yourself, there are many people like you and a majority of the staff and students are quite kind and helping.

Talking w/ prof. and other students helps a lot w/ my slow learning and loss of focus in long classes. Open your mouth, ask for help and clarification.”

—Hispanic/Black, female, 23, Hetero, dyslexia, anxiety

“I’ve learned to time when I come and exit so that I can get in and out in a timely manner.”

—Asian/Female/18/freshman

“Something that has worked for me is making a schedule checklist and checking off assignments when they are done. Keeps my stress down!”

—Culture –Basque, Age – 21, Male

“I find it calming to have many students to talk to you that are in the same boat.”

—male, 18, white freshman

“I like how my first year here at CSUS I was a loner, and getting involved with clubs and program, has made me meet lots of people and with help for my concern.”

—Asian American

“Focus on your education and manage your time. It is very important to succeeding when your such a busy student.”

—Hmong

“The office hours of professors has really worked for me. I try to go everytime I need help and it is really useful especially since I am just getting used to this college.”

—a male, Mexican American of age 18.

“You will find a place to fit in if you make the effort.”

—Filipino, male, young, first year

“I think people should be more open in talking outside your comfortable norm.”

—hispanic

“It is very difficult because college is in my opinion a very high pressure environment. Going to CAPS helped me to have someone to discuss my anxiety with.”

—anxious

“I like how all the students are willing to help you and they all want you to succeed.”

—Filipino and 19 years old

“Joining a club and getting involved is a good way to get out of your comfort zone.

I like parking far and walking to class. It’s great exercise and I don’t have to fight for parking.”

—Hmong

“Meeting new people is huge on campus. It makes your college experience so much better. Use school resources, they actually help.

“Study now to have time to party later (work smarter, not harder)”
—23, Graduating Senior – 4 ½ yrs.

“Just...don’t feed the squirrels no matter how cute they look.”
—within the ages of 18-25

“I have pulled many all-nighters, have learned procrastinating is no good, and not to be lazy!!”
—Hispanic, female, 26 yrs old

“I see college as a serious and competitive place where priorities must be wisely considered. Choosing the right classes and even the places to study should be well thought out.”
—18 year old Filipino

“Watch out for the rain and leaves. Wet leaves causes you to slip.”
—18 – Chinese – Female.

“Seeing professors during office hours or asking questions in class; be heard – don’t just be ‘another student’”
—Latino, Male, 19 and A 1st Generation College Student

“The community is supportive and if you need help you can find it.”
—23 transfer student

“Getting involved is important. Put yourself out there”
—Female, 21, white

“I feel that I have performed better when I have a relationship w/ the professor”
—Racially mixed (Japanese/White), 19 years of age, psychological challenges (PTSD/Anxiety)

“I think something to share would be that this campus has a lot to offer, especially if you associate yourself with particular clubs, areas of study, & other activities.”
—female

“I would like to share that cultural awareness is very important”
—Pacific Islander, 27, Hindu

“To double check yourself that you have or are on your way to graduating. To meet with a professor who is open to helping you graduate and get ahead.”
—Female, Latina, transfer from a Comm. College

“Anything is possible if you set your mind to it. Meaning any one can put their self through college if they wanted to.”

—a female, hispanic, 23 years old, healthy, transfer student, Coms major

“I think joining some kind of on campus activity is a good way for transfer students to get more involved on campus.”

—a transfer student

“The career center is useful. I just need to invest more of my time to what they offer.”

—33-year-old, white, male, first semester, transfer student, father, full-time employee.

“CSUS is fun there lots happening, and all the experiences help you better and become a better person whether its education or social wise or both.”

—From the perspective of a student who is Mexican/American, 19 Years Old.

“Office hours has definitely worked well for me”

—white 20 year old female

“Overall I don’t think it is too hard. I can see it’s all about your individual study habits and personal choices. Also about time management.”

—29, male, Hispanic, Returning to College

“Studying in the library helps me get things done”

—white, 21, male

“I like the advisors and resources available on campus. These resources can be extremely helpful in making your time here easier and more efficient.”

—female, 28, full time worker, mexican/american

“Don’t run up the stairs with your backpack, because you will trip.”

—Chamarro (Pacific Islander)/Filipino, Catholic, 1st year

“I feel pretty common. Many other students are my age and graduating in the same time line. It’s encouraging to see this and keeps me focused on my goal.”

—White & Pacific Islander (50/50) In my 4th year at Sac State, Straight, Female, 21 yo

“Just stay focused”

—23 white male

“There’s nothing particular I like to share other than my race & cultural background. It is both a challenge, and something that you embrace because the goal is not to always fit in. You should be your own person and fit out.”

—Asian Indian

“Don’t give up on feeling connected. I have bonded w/ 3 professors (Dr.s) most that I never took but just popped into their offices during stressful times (registering).”

Like most schools, you get out what you put in”

—22 yrs old Female ADHD MDBP Org Coms Major White but w/ giant ethnic hair

“Always stay active, have something to do.”

—Hungry for Success

“it is only up to you on what you want to do, but whatever it may be there is always help on campus.”

—18

“Get involved in Hispanic clubs (Mecha) and give back to the community.”

—18 yr old hispanic girl

“(I like)Time management. I found out what is important to me and make time to do the things I really want.”

—31 yrs old. Returning to School

“If you are going to get a job, try to make sure it is flexible with your school schedule.”

—a 21 year old caucasian male with COMS major

“It is my first semester here at Sac State, but I like that there is something for Everybody. There seems to be a club for every interest & demographic.”

—21 year old white male

“(I like to) have breaks during the day to be able to finish my work.”

—a single parent (Veteran Success Center)

“Attending class, taking diligent notes, attending office hours has worked for me. Take advantage of resources.”

—21 (age)

“What has worked for me is I bring all my stuff for the day in my car and stay here all day.”

—white 20 year old male

“Very busy, balance is key and stress is guaranteed.”

—23 yr old Male

“Start small and no matter your age or how many credits you have to finish, do not take on more than you can handle. Also, get a counselor in all areas you need one, ... advisors, mental health, veteran rep.”

—White male Psychological & Physical Challenges, Vet 29 yrs. old

“I feel that there are a lot of clubs and organizations that make everyone feel welcomed.

There are many resources available that help you with your education and well being, like the Well, the AIRC, ASI Food Pantry, etc.”

—19 yrs old, Filipino

“From what I can tell, the students who want to do well, do well.”

—22 y.o., Transfer student, male, straight, born to refugee parents

“Be attentive in class & class participation.”

—African American

“Making friends and being social has really helped me and encouraged me to network.”

—African American

“I would like to open my mind to new ideas and perspectives that could help me throughout my college years.”

—18 years old and Mexican

“Keep going, it will be worth it.”

—a 27 year old going on a decade in college

“There are many enjoyable activities that you can do.”

—New to College

“I have learned that college is no joke especially Sac State. They hold their students to a high standard.”

—19 year old African-American 1st yr college student

“It is challenging but at the end you can get through it with help. Need to look at all resources.”

—an African American freshman

“I need to work on when and how I study because sometimes I don’t get anything done.”

—18-year old/Mexican/Male/First Generation/Athlete/with good grades

“Something I would recommend is the intermural sports. It’s a really cool and fun thing to do when you have the time of course.”

—a 20 year old Mexican Athlete

“In the beginning I felt like it was hard to concentrate on my studies but after I stopped and began to remember why I decided to take this path it motivated me to keep striving no matter the circumstances.

I felt like belonging in a group is what helped me get through my first year especially when you don’t know anyone and don’t want to feel down because you feel like you are alone.”

—No student specifics given

“As a female freshman at the age of 18, there is a lot that I have learned such as how I should manage my time wisely to study, do homework, work and go out.... To even spare some times to use the well to exercise and keep my body healthy.”

—a female; at the age of 18; freshman

“Getting coursework done early and not waiting last minute to finish it. That’s how I avoided stressful nights.”

—African American

“With depression and anxiety it is hard to stay focused on school and get involved. Joining a group has helped me meet people on campus and have people go through the same struggles.”

—female, Mexican/American, 18 years old, depression/anxiety

“I would like to share that college is a different experience from high school. The people are more caring and involving. For those students who work independently because of unreliable students, this can be a place to start trusting others.... I love the efforts students are willing to give.”

—Asian

“Good grades are harder to get, good grades anyways. In high school I was a 4.0 student and then I get to college and it’s hard. The lectures, note-taking, and teaching styles of the professors are so much more different. There’s little room for procrastination.”

—Black, white, and Asian, 18 y/o, female, 1st year college student, Athlete

“I would like to promote being involved on campus and for students to study abroad if they can.”

—Male, 23, Pacific Islander, Straight, Senior

“I like the facilities that are offered to students at CSUS. I love the campus and wish I spent more time on campus when I first transferred.”

—Graduating

“Join school clubs so you can get to meet new people. By meeting new people, it will allow you to get out of your comfort zone.”

—Mexican-American 18, 1st year (migrant student)

“I’m glad that people congregate here and work toward a certain goal. Some people pour their lives into their passions, and this can be the jumping-off point to building long-lasting relationships.

The opportunities that emerge here every single day are myriad and can boost people to do things that before they thought were unimaginable.”

—a motivated first-year

“Getting into extracurricular activities as well would be a plus to help unwind from the hassle of school plus make friends. Also, some places to help you maximize your time here like the academic advising office, etc.”

—African-American male, 28, heterosexual. Married, father, Christian

“I haven’t had the time to participate in clubs and events and I need to make time.”

—19, black, female

“Events are great ways to get to know others and experience college life.”

—Freshman, Hmong, Male, Christian, 19 years old

“Work hard it is not that hard to pass.... There is so many resources to help you”

—a 19 female student athlete who is self sufficient

“Always do homework on freetime. I have to make a schedule each week and follow it.”

—student-athlete

“I’m glad I joined a sorority because it made my time here way better. Working on campus has helped me become more involved”

—Female, 22, caucasian

“(What has worked for me is) Getting here early or staying late to stay focused on classwork and assignments outside of the classroom.”

—Caucasian 24 yr old male

“Learning is about the individual process, not just getting a grade, but what you take from the class.”

—male, 33, straight, returning student, psychological depression, anxiety, OCD, physical challenges. A returning student, too.

“Not allowing myself to be distracted and not having a smart phone has helped me because I am able to focus in class”

—diagnosed with ADHD since kindergarten

“It is difficult to be almost 30 in a class full of 20 year olds but I used to be like them and I sometimes wish I could reach out to them and tell them that they have more potential than they are giving themselves credit for. I want to tell them that they don’t want to end up like me, they should and could work harder and smarter.

Though class have been hard to get into the ones I’ve had have been great. All you have to do is show up and pay attention. After that the work becomes so much easier. I know that sounds obvious but some students still have a hard time with it. I wish I would have done it more when I first entered college.

Sitting in the front where teacher’s see me and interact with me has kept me focused and on point. Strict attendance rates have helped.”

—a 28 year old female

“Just talking to those around you and being open to new ideas. I found myself alone sometimes and fearful I wouldn’t find any new friends, but I persevered to change that.

(What has worked for you?) Studying with others. People might have a different/new technique that could benefit you.

(What hasn’t worked for you?) Large lectures, being reclusive and not opening up.”

—Caucasian, male, 24, straight, ADHD, anxiety

“It is good to learn about other cultures and to keep in mind that other people have different cultures.”

—No student specifics given

“I joined a sorority to get a different college environment and I appreciate that aspect very much.”

—Filipino/Irish, 20 years old

“Your classes are what you make of them. Go to class, learn. Don’t go to class, waste money. You won’t always have the perfect professor but I’ve never come across a class I couldn’t be successful in here.”

—caucasian, 21, junior, athlete

“I didn’t know what I wanted to do and wasted a lot of time searching for a major and I didn’t get G.E. done in the time that I should have.....

We’re paying to be here—enjoy it.

When you find proper guidance, it is very easy.”

—Indian/European. New to College/Undeclared

“It’s all about you and how hard you put work in is how much you’ll get out of college and that really varies with all things in life”

—No student specifics given

“(What has worked for me is) building relationships with my classmates throughout my college courses.”

—Hispanic; 21 years old

“It’s an honor to be going to school. I wish students and teachers would think about that more often & make a bigger contribution in it.”

—Sicilian Veteran 45 yrs old & athlete

“I would suggest saving GE classes for your Junior/Senior year to ease off the workload. Taking all major upper divs is tiresome.”

(What has worked) Studying in groups, better note-taking, reviewing notes more often.”

—almost a graduate.

“I feel like I meet a lot of young students now that this my 4th year at Sac State. I hope they make better decisions than I have over the years.”

—21 years old

“The fact that I wasn’t involved in school as much as I wish I could be now is (something) I want to share.”

—a Graduating Senior

“I wish I would have been more involved with campus activities because it was harder being a transfer student.

I wish I would have graduated in the 4 year span.”

—23, White, Female

“Diversity is here if you get involved.”

—a Type 2 Bipolar 19 year old Black Leader on Campus

“(What has worked for me is) My hard work and dedication!”

—Hispanic/Latino, Female, 24 y/o, 1st yr. in college.

“It is never too late to try to reach your academic potential.”

—in her 30’s

“I am here to gain the knowledge and try my best at all that I do. Even though it can be very difficult at times. It is great to have a degree.”

—a full time student & full time employee

“I wish I would have ‘stopped to smell the roses’ like they say. I didn’t need to stress as much as I did, and there are times that I was working hard or late or stressed that I know helped me to grow as a person.”

—26, almost across the graduation finish line

“Stay focused on making a difference and graduating.”

—A 21 year old East Indian Male