HOW STUDENTS CAN ACHIEVE ACADEMIC SUCCESS
Helpful Tips from Highly Successful Students at the University of Hawai‘i at Hilo

Produced by
Kilohana: The Academic Success Center
Minority Access & Achievement Program
Pacific Islander Student Center
Fall, 2013
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Kilohana: The Academic Success Center (Kilohana), Minority Access & Achievement Program (MAAP), and the Pacific Islander Student Center (PISC) thank the following students for sharing their academic success strategies for this booklet. The opinions expressed by these student contributors are theirs alone, and do not reflect the opinions of Kilohana, MAAP, PISC, or any employee thereof. University of Hawaii at Hilo is not responsible for the accuracy of any of the opinions supplied by the Student Contributors.

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As a freshman, I wish I had known that it was okay to be open in class. I knew there was nothing wrong with asking questions and being upfront about something or some subject I wasn’t quite grasping, but the cultural background I come from is often stressing the idea “be respectful and be silent”. That whole idea for my first semester prevented me from participating in class discussions or asking questions because I felt I would have been disrespectful if I interrupted someone mid-lecture to ask something.

I wish I had known about all of the resources available to me on campus. For example a tutoring center, library databases, etc.

Why performing in college is important

That it is important to develop a good rapport with professors

How to choose a major or how to determine a career goal and take the steps to get there

What I wanted to major in, if I could give one piece of advice it is to take classes that you are interested in and see if it clicks. I changed my major 2 times before deciding on geology and taking that one class has forever changed my life.

I wish I had known how easy it was to get help from tutors. It took me two semesters to realize I could get quality help from the tutor centers on campus.

Knowing what the experience would be like

I started UH-Hilo as a sophomore and I learned that the services that UH-Hilo offers like PALS, SSSP, International Student, are very helpful. They helped familiarize me with the school, and they also gave me great tips on the college life and challenges

What I wish I had known as a transfer student the programs UH Hilo offered, especially the study abroad program. The Pacific Island Resource Center. The scholarship databases (UH Hilo and UH System)

Because of the experience I had from my previous college, everything I'm going through right now is exactly what I expected.

To make use of the help or tutoring centers in school.

Financial support that I am eligible for

As a new student at the UH Hilo, I wish I knew more of the class basics and also the expectations of professors and staffs.

There is a room just for PACIFIC ISLANDERS:)

Outdoor Adventures - all the theater shows - HELP (even though it was only started in my senior year) - that the Hele-on bus was free!

Don't immediately buy your textbooks at the bookstore. Ask around for the
textbooks among friends or compare prices online at Amazon, Ebay, or Chegg.

I wish I knew a lot more when I came to college. Because I took a year off after I graduated high school, it was fairly new coming back. It took a while for me to adjust the whole process. When I first registered, it was with a group of new students so I didn't know about my own advisor who would have helped me through the year. I didn't know much the grading process in a class, like in high school, my teachers always updated me, but in college, you have to make a move if you want to know. It all seems scary, but you learn as you go and having fellow "islanders" to help me was a big help.

Use all the resources on campus such as tutor centers and library.

My Pell grant eligibility. For example, how many credits I have left to be eligible for the Pell grant.

How to communicate with my academic advisor

I wish that I had known that a transferable Associate in Arts degree earned prior to official UHH matriculation waive General Education. -- Advisers gave me general education courses to take, and it took me 3 semesters to figure out that I'm not required to take any general education courses.

“I wish I had known how easy it was to get help from tutors. It took me two semesters to realize I could get quality help from the tutor centers on campus.”
Dealing with difficult faculty & tough classes...

✓ Dealing with difficult faculty or classes comes easy for me as I progress further on. As a freshman, I often avoided difficult situations by always agreeing when I didn't want to, or simply nodding when I didn't understand. But as I progressed, I realized that it was costing me my education to simply be passive. So I often deal with difficult classes or faculty by being aggressive and persistent. I'm not being aggressive that I physically or emotionally assault a faculty member, rather, I actively pursue a faculty member if I feel that there's certain things I don't understand about a topic, or just need to verify things. This is why faculty members stress their office hours or availability times because it's their job to try to make their students as successful as can be. For difficult classes, I usually utilize instructor office hours, tutoring services, other lectures from other universities, and reading even though reading, in my opinion, is the most boring aspect of academia.

✓ In my experience visiting professors during their office hours can exponentially help out in a difficult class. I visited my calculus professor during his office hours almost every week just to make sure I was on the right track and to get assistance when I wasn't understanding something in class.

✓ If a class is especially difficult I put that class as my priority. Each semester after the first week or two of classes I rank my classes based on the amount of extra effort I need to put forward. The ones that are more difficult/time consuming are the ones that I allocate more time to for studying.

✓ First I would talk to others in the class about the material. Then I would try and get help from the tutors. It would also help to talk to the teacher about what to expect on exams and quizzes. The strategy that always worked for me was to do more work outside of the class, such as re-visiting materials, either reading the book or watching videos about the material on the web.

✓ For a class that I know I don't do so good in, I spend more time studying for that class and meeting with my instructor as much as I can.

✓ I have never run into a situation where I have had a difficult professor, however the first thing that I would do is attend the professor’s office hours.

✓ The tougher the professor, the more important it is for you to have the professor know your name, how you do in class, and the way you are outside of class. It helps...ALOT! - please use SSSP! they help...ALLLOOTT!!

✓ Talk to your professor and ask for help.

✓ Never miss a class

✓ I dedicate more time to understanding the material. Trying to relate the new material to things that are more familiar has helped me as well.

✓ Make use of the resources...library, internet, etc.

✓ I always try to talk to the professor or review exams and projects.
✓ I make the effort to form a study group, maybe someone else understands something I don’t and vice versa.

✓ Turn those challenges and those harsh critiques into motivation. A piece of advice my dad gave me was... "it's not the course it's you. The amount of time you put in to UNDERSTAND the course makes a difference."

✓ Before you register for a course, ask around to get more information about the professor. You can even go on websites like "ratemyprofessor.com" for more information. Build rapport with all your professors, especially your advisor. You never know when you will need their help especially if you need one of them as an academic reference. Some professors are not afraid to say you never took his/her classes seriously. Do not drop a course just because it is too tough or because the professor is tough and gives way to many assignments. Those courses are usually the best and the most beneficial courses. Sometimes it is ok to take easier classes when you have a heavy workload for the semester but do not always take the easy way out. Why waste your time always taking the easy way out and not stepping up to the challenge? You came here to be educated, to have fun and to face new challenges. Some of you are first generation students, some of you worked extremely hard for a scholarship to get off the "rock" to attend UH Hilo and for some of you, your parents are forking out thousands of dollars to put you through school! Make them and yourself proud! Step up to the challenge! Go Hard or fly back home....

✓ Always be on time and sit in the front, and pay attention. It pays well to sit right under the professors nose, helps you from distractions. And always read the textbook or materials in advance before going to class.

✓ Often use professors' office hours * make friends with classmates (usually in your field of study) because they will most likely be taking classes with you till you graduate and they may be able to help you with your struggles.

✓ Always ask professors questions if the subject was not clear. - Participate in class discussion and class activities - Read given literatures or books for the class - Go through your notes before going to class and after the class.

✓ You can argue for your grade; professors would gladly help you pass (that's if you show commitment to the class) - Email the professor if you want a study guide or if you want to schedule a meeting with them. Talk to them about opportunities to gain experience about your field or maybe giving you some extra credit. They're human beings like us; they don't bite.

✓ It's not always easy, but there are several things you can do. 1. Always take down crucial notes: things that the professor repeats or things you know are important. 2. Study ahead of time, don't wait until the day before read over notes and go through your study guides. 3. Stay in touch with your professor to see your progress and don't be afraid to ask if there's any extra credit.

✓ Get into a habit of working with classmates and tutors.

✓ Don't be afraid to ask questions. If you don't like asking questions in class, meet up with your professor in his/her office. They like students who show that...
they're actually eager to learn things. For tough classes.

✓ Read your syllabus
✓ Take good notes
✓ Read up the materials before you go to class (it's always better to read before class so that if you come across things you don't understand you can ask the professor when he/she is covering the material)
✓ If you think you write slow, buy a recorder! I had one and it sure helps. That way I was able to just concentrate on the lecture and take simple notes. When I get home I replay the recording and take more detailed notes. It's awesome!
✓ You should also make friends in class and form a little study group.
✓ Visit the tutoring centers
✓ Do not hesitate to ask for help! If you're not a people person, send an email. However, I strongly recommend meeting your professor during office hours. Don't be intimidated.
✓ I usually email the professors if there are any difficulties understanding lectures. If I don't have the guts to do it then I go to the counselors to help me out.
✓ Tutoring is FREE at UHH (PISC & SSSP). Take advantage of it sooner than later.
✓ Some professors you might find boring/strict, so don't blame them. That's just the way life is. On the other hand, these are the best classes ever. Why? They are tough so it's going to required more critical thinking, readings, assignments, or so forth. It is a great opportunity for you to challenge yourself. DON'T FORGET, take a deep breath, focus, and you'll be okay.

"Always ask professors questions if the subject was not clear. Participate in class discussion and class activities. Read given literatures or books for the class. Go through your notes before going to class and after the class."
How I deal with peer pressure...

✓ It’s not easy to answer exactly how I deal with peer pressure. For the most part, I am direct. If I don’t want to participate in something, I give a firm no. And if pressured about it, I just maintain my position and give my reasoning for not going. I understand sometimes people would categorize you as “uncool” or “weird”, but it’s my belief that part of being successful is standing up for yourself and often having to say no to others.

✓ No one knows how I feel except for me, and I don’t let anyone make me feel uncomfortable or like I need to fit in. If someone is making you feel pressured to do something you don’t feel comfortable with then remove yourself from the situation. The judgment of a few people versus doing something you can’t take back is not worth it.

✓ Surround myself with people who will be positive influences.

✓ I fell into peer pressure my first semester here, and when I received my transcript I wasn’t happy. After talking to family, it made me realize how many people looked up to me. It gave me the inspiration to do better in school. I still deal with peer pressure now, but it’s not as much pressure when you realize the importance of school.

✓ Remind myself that I am paying for college/ earning my keep” for scholarships

✓ Keep focused on short-term and long-term goals

✓ Know your limits and yourself and be comfortable with doing what is right for you

✓ There’s no dodging it. How you fare with your peers will determine how you will fare in life... no man is an island. So make good choices to be around good people.

✓ Say no and learn to prioritize your priorities.

✓ I know my priorities and the reason why I'm here and so if the influence leads to a negative consequence, saying NO is the best answer.

✓ I never really had problems with peer pressure because I made sure I knew my goals and my purpose here. I also understood what I have to sacrifice in order to reach my goals. It all comes down to have fun now with not much benefit, or sacrifice for a better benefit in the future.

✓ You are in Hawaii! Away from your family! You now have all the freedom in the world! New Friends! Stop and think, how are you going to handle this? How are you going to make right choices on your own? Be strong when you are being pressured by your peers. Unless they are pressuring you to get out of bed at 4 am for an awesome zip lining trip, then GET UP! But in all seriousness, learn to stand up for yourself when you know you are being pressured to do something you do not want to do. The
world is not going to end if you say no..... but you might lose an amazing job opportunity because you failed the required drug test. I speak from my own experiences when I say college will be rough and you will make mistakes and the wrong choices. Just learn from them and move on.

✓ Have fun! It's College! Just be safe and make the right choices!

✓ Well, I have to be strong, and remember what I am here for. Study always comes first; I tell them that I have work to do and might hangout with them another time. If it doesn't goes down well with them that's their problem. My duty is to get important things done, and that is my studies!

✓ Say no when needed or yes otherwise.

✓ Prioritize yourself (make school as your first priority). Be able to manage your time wisely

✓ Think about the consequences.

✓ Just imagine that if you give in to peer pressure, you’re questioning your future. Because it is college, there are going to be things or people that will try to drag you down, but you just have to remember that your here for a reason. I stay away from peer pressure just by simply ignoring anything that doesn’t provide a positive influence on where I'm in life.

✓ Learn how to balance school and life outside of school. Manage time wisely to make times for having fun.

✓ Since most of us will be far away from home, always ask yourself these questions "Why did I come to Hilo? What is my MAIN GOAL? “It works for me. I always remind myself that I'm here for school not to party! Don't let other people's plans/goals/agendas get in the way of you achieving your own.

✓ You can never go wrong if you choose the right crowd.

✓ Know when to say no. Understand your capabilities, how well you can juggle school and fun time before you go saying yes to anything.

✓ Meet people and have fun, but remember too much socializing is a recipe for bad grades.

✓ Sometimes it's a challenge; when dealing with too much stress and pressure, always take a break and do something fun just to take your mind off of it. TAKE A DEEP BREATH.

“I never really had problems with peer pressure because I made sure I knew my goals and my purpose here. I also understood what I have to sacrifice in order to reach my goals. It all comes down to have fun now with not much benefit, or sacrifice for a better benefit in the future.”
My study pattern...

- My study patterns revolve around repetitions. I usually space out my study time evenly in a week and spend about an hour on each subject I am currently undertaking. I also review my notes the day of the lecture and after the lecture just to solidify the facts in my mind. I utilize flashcards just to pass time, and also make post-it notes and stick them all over the house for reading when I get a chance. In the evening, I usually spend 4 hours studying and sleep at 1 am.

- I immediately look at the syllabus and put test dates on my calendar.

- I set goals each week of what I want and need to get accomplished, not only for school but for my personal life.

- Consist of study periods and break periods

- I tend to talk things (i.e. concepts and calculations) out with classmates to help understand

- I also try to teach others so that I retain information better and am forced to understand the material well

- Most teachers want you to read before you attend class, and a lot of students don't. I have found that even if I skim the chapter I absorb more information during the lecture. I have gotten into the practice of reading and writing down important points from the textbook before I go to lecture and then fill in information that the instructor presents.

- I learned from the first semester to spend more than a couple of hours to study. I try to do several hours of studying several days before an exam. The hardest part of studying is to pull out the material and put it in front of me, the studying isn't hard. I like to re-read and re-take notes, and spend time in the tutor center on materials I did not understand before.

- Always make time for studying first. My week is scheduled around tests and assignments that are coming due; everything gets scheduled around that.

- I try to get all of my studying done during the week so that I can have one free day on the weekend to relax, go to the beach, and not think about school work.

- 2-4 hours per day for every class you take from M-F. This is only if you know you're understanding the material. If you don't, use the tutors at SSSP, the Math Lab, PISC, or anywhere you can find tutors. If you're not one to see tutors, spend 6 hours of study of reviewing notes.

- The assignments or readings are done on the night of the day for each classes.

- Make cheat sheets as soon as possible. They WILL help you in the long run.

- Make friends in EVERY class you take and suggest study groups; they will be your saving grace if you don't take your own notes, but don't be stingy, you're going to have to share notes as well.

- Make sure you have enough sleep.

- Choose the perfect time for you to focus and study. Some focus better late at night, some prefer in the afternoon...
all depends on each person's preference. But also find that place with limited Distraction. Library, PIRC, or any place great for studying.

Everyone is different. Some retain more if they study days in advance and for some if they study the night before. Use your study patterns that you are used to from high school or community college that helped you get As on your exams or quizzes. If you are still not sure, research study tips that might help you, narrow the list down, and use the study tips that you have for your first few quizzes in the beginning of the semester. Once you tried all of them out, choose the ones that best fit you!

As I have said earlier, always read the text book chapters in advance before classes. And pay attention in class. Also if you are stuck, do not hesitate to ask the professors. Sometimes it helps to go to YouTube and watch videos / tutorials posted online. It broadens your knowledge of the field.

Procrastination is an issue. Let me make a correlation. "Let's say you want to fill a small water bottle with a bigger water jug. And at just one time, you tilt up the water jug quickly to fill the small bottle. You can see that a lot would be wasted while you might have a little in the bottle. However, if you tilt the jug slowly to make sure you have all the water going into the smaller bottle, you will see that, slowly but surely, the bottle will be filled and less water would be wasted. ------ Same for studying. Trying to absorb a lot of material at the same time would only give you little knowledge. However, if you daily go through your materials, when Test days comes, you will already have most information in your head. ")

Work really hard in the beginning to the end of the class so that IF you score badly on the cumulative final exam, it won't hurt your grade as badly.

Turn in all assignments! Receiving a low score on a quiz or a test is better than receiving a ZERO. -Review your notes, key terms, and the lecture for about 1-2 hours the night of the lecture. Repetition is a big factor to studying habits.

If I'm studying for a final or midterm, I study days before the big test. By doing that, I have a better understanding of everything and I don't have everything scrambled in my head. Studying for anything in general, I write things out. I'm the kind of person who has to write, think, and see the things I have to know.

Start home works early in case you will need help. Find a place you can go to study routinely.

Advise: Start studying early. Read up your materials before heading to class.

Study patterns: When I have exams I dedicate one week to weekend to studying. Whenever I'm over stressed I watch a comedy show, cartoon, or exercise to help boost my energy up. Also always remember that you need FOOD to get your brain working. Your brain needs its energy.

Treat yourself after an exam and if you did well on the exams treat yourself again

Carry a planner!!! If you're not much of a writer, save it as a reminder on your itouch or smart phone!
✓ Befriend at least one person in each of your classes that you can work with, get notes from if you missed class, or just talk with to understand what's going on in your class.

✓ Find the right place to study. Make use of the daylight hours. Don't wait until it's dark to start.

✓ Never spend many hours or a whole day studying for only one course. Divide the time needed on each class equally; all classes are your first priority, however, start with the one class that has more assignments and tasks to finish.

“Always make time for studying first. My week is scheduled around tests and assignments that are coming due; everything gets scheduled around that.”
How I stay focused on my academic success...

- I stay focused on my academic success because I know how crucial it is later on in my life. Most people say college is a place to have fun. It is a true statement, but it is also a place to develop yourself in all areas and not just your social life. Sometimes, your academic life overtakes all areas of your life, but keeping a narrow focus on the goals I've set out for me often keeps me going.

- Something that I didn't think about when I first entered college was that my grades would follow me wherever I went. I am still haunted by a bad grade that I got in a financial accounting class. In college your past grades are always with you, when I did poorly in that class I didn't think it would effect me in the long run but now that I am applying for graduate school and sending schools my transcripts I am embarrassed of that bad grade.

- I try and study with others so that I can be a liability to someone. When there is the pressure of someone else counting on you to meet them to study, it makes you go and study. I also stay focused by creating a strict schedule to have recreation time, along with study time. When I have a schedule, it is easier to stay on track.

- Set short-term goals, as well as long-term goals... (i.e. next exam, next semester, at graduation) And keep those goals in mind, it helps when distractions creep up on you.

- I also reward myself with little things...(If I get an A on the next exam, I can get something I've really wanted but have avoided buying)

- I found a subject that I am passionate about and that drives me to do well in my classes. I want to know more and that motivation keeps me focused.

- Getting a college degree in the world today is necessary for the current economy and workforce. I chose my degree because I thought about what I wanted my future to look like, I like to be outside and majoring in geology allows me to spend more time outside than a lot of other careers. I couldn't imagine myself working in an office for the rest of my life. Doing well in school now prepares me for the life that I see for myself when I graduate and go out into the work world.

- By not procrastinating and allocate certain hours for assignments and by having a timetable to manage my time.

- Rid myself of distractions and be with people who enjoy studying

- Remind yourself that education is the main reason you are here

- Think of the outcome

- I am a dreamer. I want to become so many things one day. Therefore I usually use these "dreams" or goals to motivate me to keep going and stay focused.

- I stay focused on my family and how my success will not only benefit be but my family as well. Also, with the competitive job market today, I aim to do extremely well academically and professionally to be at the top of the list of the other thousand students who are looking for jobs.

- I read books and watch videos that directly concerns my field of study. And get all
homework and assignment done on a timely fashion.

✓ Keep my head in the game * know when to have fun and when to focus (everybody needs some days off school and relax) * always think about consequences of my actions (i.e. if I go to the park today, would I still have to energy to study or do assignments later?)

✓ Study! Study!

✓ I think about the consequences if I stray away from my studies

✓ I focus on the "big day." Having the goal to graduate makes me want to keep going, especially if I want have a better future for myself and my future family. Staying focused means following up on my academic progress, visiting my advisor every so often to discuss any concerns, and remembering that I am someone of a race that people underestimate makes me want to prove them wrong.

✓ There's nothing better than having homework done and making free time to have fun.

✓ I pray and every day I tell myself "you’re not here on vacation, YOU ARE HERE TO GET THAT DEGREE"

✓ I just think about all those miles I flew, people I left that depend on me and all the money put into me achieving my goals! that's the only motivation to keep me focused!

✓ Look at the future and stay motivated!

✓ I just follow my course schedule. It really helps keeping track of what I need to do.

“I stay focused on my family and how my success will not only benefit be but my family as well. Also, with the competitive job market today, I aim to do extremely well academically and professionally to be at the top of the list of the other thousand students who are looking for jobs.”
How I manage / balance my time in college...

✓ I had to learn time management the hard way one semester. I registered for 18 credits and also took on several volunteer work and research projects. I found myself sleeping for an average of 3 hours per week and after a while; it took its toll on me. I felt exhausted and so I had to talk with my advisor. He, in turn, gave me advice on managing my time and workload. I spread out my work hours and my school hours. This helps me minimize the stress of having to deal with too much work or classes on one single day. An even platform, in my opinion, gives you more room to perform and breathe. It also helps keep you focused on one thing instead of spreading your focus out on several important tasks.

✓ I manage my time by setting goals each week of what I would like to get accomplished. And like most people when I accomplish all of the things on my list I allow myself to have some down time. Over studying and overworking in the past has made me burn out quickly and less motivated to do work, with a little time management and thinking ahead, I don't stress as much as I used to.

✓ I balance my time by doing assignments early and making it a routine. Daily routines and repetition is key. I plan ahead and make sure I have time so I do not rush my school work.

✓ I make sure to maintain some sort of social life or social interaction.

✓ Because most of my classes require reading, I make sure I read the materials assigned per day and be able to discuss it. School work are given at least 3 hours after class.

✓ I remove distractions if I really need to...

✓ I constantly make lists and schedules…and always have my planner on hand

✓ I learned to say "no"

✓ They give out free calendars on campus, use them.

✓ Knowing what needs to be done and what is not.

✓ My Planner became my best friend and my most reliable partner. I organize my time, schedule and I try my best to go according to what I wrote so it can be easier for me.

✓ My area of expertise! I had to learn this the HARD way! I thought I had to have it all...This is my advice to you. Your first priority is school. You came here to get educated. If you have an exam coming up, learn to put everything aside and study. After school comes your work and internships. There is a reason why you are working right? Money for bills, money for food, work experience, networking and so on. Schedule your work hours so that it fits your class schedule, homework time and of course some time to relax and have fun! Third are your extracurricular activities and finally your social life. No, I don't mean don't have fun, its college! Just remember, if you had a choice between a party and to study for an exam, study for the exam. If you completed all your midterms and projects, go out, do something, celebrate! You will have so many chances to have fun, to have parties, to drive around the big island, but you will have only one chance to pass that exam, to pass that quiz, to complete a project on time, to not have to spend an extra $1000 to repeat a class and so much more! What will
you do?

✓ I try to get things done in advance, however sometimes I do run late especially, when taking 5-6 classes. If need be, I do stay up till late and spend a lot of time in the library, also I do make time to hang out with my friends and travel and just have fun. It's just how you manage your time in general. Time is all about prioritizing my activities and getting it done.

✓ Writing down things to do and check mark once it's done.

✓ A monthly planner book is the best tool that good help balance or manage your time in college. It helps you remember things that you need to do (ex. assignments) and that needs to be submitted.

✓ Balance your class work. If you have 3-4 classes every Monday, Wednesday, and Friday, don't wait until the night before to try to get all assignments done. Doing that creates more stress by not having much time before the next day to get it all done.

✓ Do not wait long to start homework, the sooner the better. Use a planner to write down important dates

✓ A planner is always helpful. Lava Landing and student services offices have free planners so don’t miss out. I bought a white board to write down things I need to do in a week.

✓ The advantage of having a planner!

✓ It is always hard, but if you meet with academic advisor or have friends in your classes, it will get easier to set up study times and fun times.

✓ Use a calendar -Write down everything in one place (having multiple calendars is a hassle). Have everything scheduled (schedule time to study, do the laundry, start on research papers etc.). **Plan ahead and allow for some flexibility (plan for the unexpected).**

✓ First thing first, I always review my courses syllabus and then start creating my own time schedule/course task....such as calendar, reminder/task notepad and etc...that way it's easier for me to know what I need to do or complete in each course.

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“I balance my time by doing assignments early and making it a routine. Daily routines and repetition is key. I plan ahead and make sure I have time so I do not rush my school work.”
My most important and crucial advice to a first year college student...

- The most important advice I’d give to a student is simply this: “if you want it, work for it, and earn it.” Do anything necessary, assuming it’s perfectly legal, to achieve what you are actively pursuing. Everyone faces times of difficulty and moments where you ask yourself, “am I on the right track?” But the key to success, in my opinion, is to really work hard. It’s a shame when students come motivated, and quit half way because things got hard. Part of growing up is dealing with the curveballs life throws at you. My best friend told me that it’s okay to fall, what’s not okay is to remain fallen. So my greatest advice I can give any Pacific Islander work hard and earn what you are working hard for. Decades from now, you can think back on your journey and tell your family that you fought and you came out on top. 😊

- College is an important time in your life, not only for the development of skills for a future career, but also to network, and build lifelong relationships with peers. Find something that you are passionate about and pursue it, it’s not work if you enjoy what you are doing.

- Get to know your professors/advisors, they all possess some sort of knowledge about being in college. There’s no need to reinvent the wheel.

- I would say to develop a routine, sleep early, and don’t miss any assignments, quizzes or exams. Exams in classes are as bad as you can imagine them, so study to the point where you know you feel like you know it all.

- Put yourself out there! Apply for internships and scholarships and volunteer! All these experiences will benefit you in the long run.

- College life is not as easy as we think. We all had a reason of being here, and if one’s reason is to graduate and do well, I suggest they take the path that leads to it and not otherwise.

- Finish!

- Remember where you came from

- Always remember the reason why you enrolled in school in the first place.

- College offers so many opportunities.. but it is up to you play smart and decide which opportunity will lead you to SUCCESS. Good Luck, smile and have fun with your challenges. ;)

- Be a well-rounded student and manage your funds well! Do not take out loans if you do not need it!! You do not have to accept every single loan that is being offered to you.

- Is to prioritize your time and be strong enough to stand against peer pressure. And if you are left alone, well it sucks sometimes but that’s the best remedy to keep you busy with books and studies.

- Don’t get discourage of you nationality. Know who you are and what you are made up. Know that you have come a long way to get something good out of it. Make your college journey worth it. Keep striving and never back down. STAY MOTIVATED AND KNOW THAT GOD WILL NEVER LEAVE YOU NOR FORSAKE YOU.
✓ Be active, Be Positive, and Never Give up on your dreams. Challenge yourself with your fears and aim high to your dreams.

✓ Create study groups with people who are majoring in the same field. If you all stay focused, it will show a great outcome in your final grade.

✓ Stay on point. Even though you’re in college, you can still have fun, but remember to always get things done as best as you can. Overall, don’t stress so much about anything. If your focused and on point with your studies, there should be no problem.

✓ Use college resources to get academic help. (teachers, tutors, other students, etc.)

✓ Study! Study! Study! Study! And always remember that you are here to get an EDUCATION. You can achieve anything if you put your mind to it.

✓ Stay the course and keep focus! You may get tired, discouraged and frustrated but don’t give up on your future! Don’t forget why you’re here!!!

✓ I know it’s hard to speak up in a new place or make friends. But my advice is: get to know the people around you, first learn the culture of Hawaii and you will see that we are not that different, and if they can do it, so can we!!

✓ **Don’t do anything stupid (dangerous or illegal). Getting suspended or expelled from school is not cool. Nor getting kicked out of a program. Or having your scholarship taken away. Think about the consequences before you act and decide if it’s really worth it.

✓ Be confident, organize, and use the time wisely (time management). And don’t forget, always be on TIME and NEVER miss your classes.

“Stay the course and keep focus! You may get tired, discouraged and frustrated but don't give up on your future! Don't forget why you're here!!!”
Resources at a Glance

**Advising Center**
Portable Building 2, Room 103  
(808) 932-7776 *(previously 974-7688)*  

**Bookstore**
Campus Center, First Floor  
Phone: (808) 932-7394 *(previously 974-7348)*  
[www.bookstore.hawaii.edu/hilo](http://www.bookstore.hawaii.edu/hilo)

**Business Office (Cashier)**
Building 300 A Room 112  
Phone: (808) 932-7025 *(previously 974-7404)*

**Campus Security**
Auxiliary Services Building  
Phone: (808) 932-7013 *(previously 933-3260)*  

**Career Development Services**
Campus Center Room 202 A  
Phone: (808) 932-7777 *(previously 974-7687)*  
[www.career.uhh.hawaii.edu/](http://www.career.uhh.hawaii.edu/)

**Counseling Services**
Student Services Building, Second Floor  
Phone: (808) 932-7465 *(previously 974-7399)*  
[www.hilo.hawaii.edu/studentaffairs/counseling/](http://www.hilo.hawaii.edu/studentaffairs/counseling/)

**Financial Aid**
Student Service Building, Room 109  
Phone: (808) 932-7449 *(previously 974-7323)*  
[www.hilo.hawaii.edu/studentaffairs/financialaid](http://www.hilo.hawaii.edu/studentaffairs/financialaid)

**Housing Office**
Portable Building 11  
Phone: (808) 932-7403 *(previously 974-7522)*  
[http://hilo.hawaii.edu/housing/](http://hilo.hawaii.edu/housing/)

**International Student Services & Intercultural Education**
Student Services Building Room 206  
Phone: (808) 932-7467 *(previously 974-7313)*  
[www.hilo.hawaii.edu/studentaffairs/international](http://www.hilo.hawaii.edu/studentaffairs/international)

**Kilohana – Academic Success Center**
LRC 126 A  
Phone: (808) 932-7287 *(previously 974-7545)*  
[www.hilo.hawaii.edu/kilohana/](http://www.hilo.hawaii.edu/kilohana/)

**Library**
Edwin H. Mookini Library  
Phone: (808) 932-7284 *(previously 974-7575)*  
[www.library.uhh.hawaii.edu/](http://www.library.uhh.hawaii.edu/)

**Mail Room**
University Mail Services  
Building 300 Room 1  
Phone: (808) 932-7009 *(previously 974-7369)*

**New Student Programs**
Campus Center Room 313  
Phone: (808) 932-7384 *(previously 933-0732)*  

**Pacific Islander Student Center (PISC)**
Campus Center Room 307  
Phone: (808) 932-7718 *(previously 933-3857)*  
[www.hilo.hawaii.edu/pisc/](http://www.hilo.hawaii.edu/pisc/)

**Peer Assistant Linkages and Support (PALS)**
Student Service Building Room 202  
Phone: (808) 932-7463 *(previously 974-7451)*  
[www.hilo.hawaii.edu/studentaffairs/maap/](http://www.hilo.hawaii.edu/studentaffairs/maap/)

**Student I.D.**
Campus Center Room 204  
Phone: (808) 932-7365 *(previously 974-7499)*  
[www.hilo.hawaii.edu/campuscenter/](http://www.hilo.hawaii.edu/campuscenter/)

**Student Medical Services**
Campus Center Room 212  
Phone: (808) 932-7369 *(previously 974-7636)*  
[www.hilo.hawaii.edu/studentaffairs/health/](http://www.hilo.hawaii.edu/studentaffairs/health/)

**Student Life Center**
Student Life Center Building  
Phone: Front Desk (808) 932-7607/ Offices (808) 932-7611 *(previously 933-7631)*  
[www.hilo.hawaii.edu/rec/center](http://www.hilo.hawaii.edu/rec/center)

**Student Support Services Program (SSSP)**
Student Services Building Room 211  
Phone: (808) 932-7475 *(previously 974-7616)*  
[www.hilo.hawaii.edu/studentaffairs/sssp/](http://www.hilo.hawaii.edu/studentaffairs/sssp/)

**Women’s Center**
Campus Center Room 312  
Phone: (808) 932-7381 *(previously 974-7335)*  
About the Sponsors

Kilohana: The Academic Success Center
Mookini Library
(808) 932 – 7287 (previously 933-3428)
http://hilo.hawaii.edu/kilohana/
https://www.facebook.com/Kilohana.UHH

Kilohana provides tutors in Science (STB 117), Math (CH 5) and Writing (Mookini Library, first floor). No appointment is necessary; just drop in on a first come, first served basis. Students can obtain tutorial help in Astronomy, Biology, Chemistry, Marine Science, Physics, all Math courses, and for any writing assignment. Students who visit any of the three Centers are also invited to use each Center’s desktops and other resources as well as use the area for independent or group study.

Minority Access and Achievement Program (MAAP)
Student Services Building Room 202
(808) 932 – 7463 (previously 974-7451)
www.hilo.hawaii.edu/studentaffairs/maap
https://www.facebook.com/MAAPUHH

The Minority Access and Achievement Program aims to provide hands on student services and comprehensive mentorship in order to promote academic success for our valued students. Within our program, we service a dynamic and diverse population of incoming freshmen, transfer, and at-risk, non-traditional students in need of peer support and academic guidance. Our participants are taught important skills and skill building opportunities to promote achievement, of which is applied daily in their educational endeavors. Our mission supports the empowerment of student leaders to assist fellow peers in their overall journey on the University of Hawaii at Hilo Campus. Let us help you network with a student mentor today, as our program is available to students throughout the year! Take the first step towards your bright future.

Pacific Islander Student Center (PISC)
Campus Center Room 307
(808) 932 – 7718 (previously 933-3857)
www.hilo.hawaii.edu/pisc/
www.facebook.com/pisc.hawaii

The Pacific Islander Student Center (PISC) is the “home away from home” for students from the U.S-affiliated Pacific island regions of American Samoa, CNMI, FSM, Guam, Palau, RMI, and the US citizens with Pacific Island ethnicity. The Center is set up as a gathering place for Pacific Islander students to meet each other, to study individually or in groups, or hold their club meetings and events. Students can use our 10 Apple and PC desktop computers or sign out any of our 20 laptops for use at the center, watch television, use our kitchen or covered lanai with covered tables for group meetings or to eat your lunch.