

GETTING THE MOST OUT OF YOUR COLLEGE EXPERIENCE

So much joy is waiting for you in college. You'll be given the chance to meet famous leaders, attend exciting events, and travel to places you've never been. You'll develop lifelong friendships and become the woman you always knew you really were.

Gabriela did that. When she first started back to college, she told us that a toxic relationship had nailed down the doors and windows of her life. Then meeting other women, learning with them, gave her the strength to free myself and her children. Yet, she was still worried. What if she couldn't do it? What if she was as stupid as he always told her she was?

Yet, despite her fears, she grabbed every college experience she could. And, credits them with changing her from an insecure, uncertain girl to a confident, self-assured, bold woman. She discovered that she was a natural-born leader. And, she developed a family of amazing women who constantly inspire her.

Gabriela made the most of every opportunity as she completed her degree and you can, too.

You can use your college experience to improve your health, your learning, your life, and your leadership skills. Most importantly, it can help you serve your communities and find the job of your dreams.

First, use your college to improve your health!

Today, campuses offer fitness, health, and counseling centers, and even student health insurance for you and your family. Some college even offer free vaccinations, stop smoking, and weight lose clinics. You may find you have access to a pool, personal trainers, and classes ranging from kick-boxing to yoga. Find out what is offered and improve your health!

Second, become a better student.

Most colleges offer tutoring to help you study for an exam, learn math, or write a term paper. Often these tutors are available 24 hours a day, 7 days a week and are just a phone or email call away.

Third, get life and career coaching.

Take advantage of free workshops to enhance your public speaking, stress and time management, leadership, and organization skills. The use your college's career center to help you prepare to seek a raise or promotion, find jobs, and select graduate programs that will take you to the next level in your career.

Fourth, seek leadership opportunities.

For instance, Bay Path conducts a women's leadership conference that brings speakers who instruct and inspire thousands of women each year. Many universities incorporate leadership into every course. Bay Path uses its Women Empowered as Learners and Leaders program to help women strengthen and enhance their careers, families, communities...and each other.

Fifth, travel.

Traveling changes the way a woman see herself and her world. That's why universities offer year-long, week-long, and even one-day trips at reduced rates so that even the busiest woman can learn from travel.

Sixth, fun and savings!

Universities offer low cost or free theater, dance, sports, art, movies, and more for you and your family! And, businesses often offer significant discounts to college students just like you!

Finally, Service.

We women care about their communities. And, our universities offer us ways to make an even bigger impact. You can choose to focus class projects on solving a problem in your city or schools or community organizations. Be sure to include these on your resumes. Very impressive!

And it doesn't end there. You'll find so many different student services and activities. Don't miss a single opportunity!

Carpe Diem! Seize the day!