

# Camosun College Student Success Checklist

## B. Organization & Time Management

Are you organized with your time? / (esuation)Tj Q q 26.4 732..3 11.3 Tir

If you are interested in support in any of the above areas, please visit:

The Counselling Department <https://camosun.ca/services/health-and-wellness/counselling-centre>

You may want further information or support in these areas. Please check the following links:

1, 4, 6, 7, 9, 10 relate to the Help Centres: <http://camosun.ca/learn/programs/help-centres.html>

5 relates to the Counselling Department : <https://camosun.ca/services/health-and-wellness/counselling-centre>

8 relates to the Writing Centre: <http://camosun.ca/services/writing-centre/>

## D. Stressors & Personal Challenges

How do you manage stress and cope with challenges?

- % 1. When faced with challenges, stress or anxiety I have found positive ways to restore E D O D Q F H
- % 2. I can accept when I am not successful at things
- % 3. I know that life is not 'perfect' and I accept that I am not 'perfect'
- % 4. I do not feel overly pressured by my family to succeed
- % 5. I am motivated to work at success
- % 6. I take feedback/constructive criticism well
- % 7. I usually accept or ask for help when I need it
- % 8. I have fairly good nutrition, exercise or sleep routine
- % 9. I have no current struggles with substance use
- % 10. I have no chronic health or mental health challenges that would prevent my success
- % 11. I believe I am a good person and have something to offer others in the classroom
- % 12. I have supportive relationships and family
- % 13. I reach out to others when I feel lonely or isolated H G
- % 14. I have people who support me in my life
- % 15. I have people who will help support my children while I am focused on school

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## E. Finances & Work

Do you have adequate finances to support yourself at college?

- % 1. I have enough money to pay for my college semester
- % 2. I know about student loans, scholarships and bursaries
- % 3. I have good money-management skills
- % 4. I can manage any debt I have
- % 5. If I have to work part-time, it will still allow me enough time to do school and homework
- % 6. My boss will let me cut back my hours for school if needed
- % 7. I know how to find a part time job if I need to

If you are interested in information and support in any of the above areas, please visit:

1-6 relate to Financial Aid & Awards Office:

<https://camosun.ca/registration-records/financial-aid-awards/contact-financial-aid-awards>

7 relates to Career Services and Job Board:

<https://camosun.ca/services/co-operative-education-and-career-services>

Notes:

## F. Other Available supports

Are you able to seek assistance with other circumstances that may apply to you?

- % 1. I am experiencing challenges with cultural or language adjustment
- % 2. I am an International student experiencing challenges with a living situation
- % 3. I am an International student and amonial

If you are interested in information or support in any of the above areas, please visit:

The Centre for Indigenous Education & Community Connections:

<http://camosun.ca/learn/school/indigenous-education-community-connections/> or

The Counselling Centre: <https://camosun.ca/services/health-and-wellness/counselling-centre> or

International Education Counselling:

<https://camosun.ca/international/current-international-students/counselling-services-international-students> or

Child Care Services: <https://camosun.ca/services/child-care-services/contact-child-care-services> or

The Centre for Accessible Learning: <http://camosun.ca/services/accessible-learning/>