

## GENERAL ACADEMIC LIFE

- Seek opinions and ideas from experts. Their insights will help you formulate your own beliefs and philosophy.
- You perform best in an environment where people listen to one another and seek to understand each other, rather than force their ideas on one another.
- You add a calmness or agreeableness to any group.
- If the professor frequently changes assignments and due dates in the middle of the term, seek reasons for the changes and share them with classmates, rather than joining the dissension of others.

## STUDY TECHNIQUES

- Bounce ideas off others whose thinking you respect. They may be able to help you clarify your own ideas.
- Read with an open mind. Give the author a chance to explain himself or herself. Find agreement between the author's ideas and your own, and expand from there.
- When you are reading something controversial, try to find something you can agree with. Begin your study and analysis there.
- When studying in a group, help others see where their viewpoints are congruent.

## RELATIONSHIPS

- Pick out an expert in each important area of your life and consult with them every eight to ten weeks.
- Fill a mediator role with your friends.
- Choose friends who carefully listen to one another and who are truly at ease together.

## CLASS SELECTION

- You will achieve, learn a lot, and enjoy classes in which you learn practical skills and obtain practical knowledge.
- Choose classes in which there will be a minimum of controversy.
- Avoid confrontational, aggressive professors. They might make you so uncomfortable that learning in their classes will be difficult for you.

## EXTRACURRICULAR ACTIVITIES

- Join a multicultural group, and seek the commonalities within it. You might enjoy helping the members get to know and appreciate one another.
- Volunteer at a senior citizens' home, and help them enjoy some activities together.
- Find a group of people who seem to truly have fun together, who have a lot in common, and who work to make one another happy and support one another. They could become your best friends.