**Students who succeed academically:**

1. Start the program ready to get down to work immediately
2. Develop good study habits right away
3. Don’t procrastinate
4. Don’t spend too much time enjoying New York City
5. Don’t assume that it’s going to be like undergraduate school (It won’t!)
6. Study throughout the semester, as opposed to waiting until exams
7. Ask for help from classmates, professors or tutors
8. Avoid interpersonal conflicts with roommates
9. Avoid interpersonal conflicts with family/friends
10. Take good care of their health
11. Emphasize understanding the material rather than memorizing it
12. Review areas of weakness in one of the required prerequisite subjects prior to entering SUNY Optometry
13. Are good test takers, and if they aren’t, they try to understand the reasons why
14. Are not overly anxious in new or demanding situations (tests, new environments, etc.)
15. Are a ease with home sickness
16. Are commitment to the career and the educational requirements to attain it
17. Don’t play the “blame game” for not succeeding; They take responsibility and make appropriate changes
18. Don’t have trouble accepting feedback, evaluation, even criticism, etc.
19. Know how and when to relax and refresh
20. Don’t come late to class, miss class or miss assignments
21. Pay attention in class