

**1. What I did at AU that helped me prepare for success in life, professionally and personally:**

- *Budgeted my time: have fun, but get your stuff done. Do not procrastinate.*
- *Bugged the professors: be in their office everyday and be in touch with them.*
- *Listened: listen to what the professors say because their words are gold. Even when you do not think it is important, listen.*
- *Write everything down: write everything down and ask for extra documents that will support what you are studying.*
- *Keep everything: It is amazing how many things from college I kept and have used at work.*

**2. Advice I have for you. What you should do this year. What you should do to maximize your AU experience:**

- *Make the most out of these 4 years: You will only get one shot at college. Do everything you want, whenever you want to, but get your stuff done. This is a 4 year "get out of jail card." If you wanna do it, do it!*
- *Make a resume: it is never too early to develop a resume. Get one started and make it a work in progress.*
- *Volunteer: get involved in everything you can. Do service projects. Build your resume and find a company or discipline that interests you and ask to volunteer. This leads to internships, practicums and future jobs.*

**3. How to succeed in the FSB:**

- *Bug the professors: Be in their office daily. Let them know your concerns. Let them know where you struggle*
- *Do not be afraid: Go to the professors and ask for help. Do not get overwhelmed. The professors are there for you. Share your problems about school and outside of school. Ask them areas you can improve.*
- *Push Yourself: "Aim big, focus small" -See the big picture but take little steps. Strive to be the best and do not accept failure. Prepare yourself now to be a leader when you graduate.*
- *Wrote down everything: Even when you think the topic being covered is useless and boring, push yourself to pay attention and take extra notes. You never know when that boring topic could save your job some day.*
- *Limit in-class distractions: Put cell phones away, limit the use of computers (Ya, that means take hand written notes)*
- *Compete with everyone: Every class mate is your future competitor...so is every other college.*

**4. Something I wish someone told me about the FSB when I was a freshman:**

- *The resources: The FSB and the professors are always going to be there. Build relationships with the staff (From the Doctors to the housekeepers). The staff will put as much time into you as you allow them*
- *Pick their brains and ask for help.*
- *Get connected with the professors outside of class: take them to lunch, ask them to come hang out in the dorm and hang out.*
- *Hard work pays off*

**5. What I cherish most about the FSB:**

- *The friendships I built: I stay in contact with professors weekly and they truly care about how I am doing. They want to see their hard work and your dedication to hard work in action.*
- *The resources I use: They are always available; anytime, anywhere, anyone (even after you graduate).*
- *The education I fall back on: I promise to you that if you take these next 4 years seriously, you will exceed every expectation you had of yourself.*

**6. You will compete in the marketplace and you will stack up after graduation:**

- *You are better: You are better if you apply yourself now, use your knowledge and build relationships.*
- *You graduate leaders! You are ahead of the marketplace because other universities graduate people.*
- *The education is the best you will find: Focus mainly on your major and STUDY, STUDY, STUDY!*

Expect the unexpected! I never thought 6 months after I graduated I would have 165 employees working for me and be fully responsible for the health care of 145 residents in a nursing facility. Prepare yourself for success now; expect the best within you to be discovered in the next 4 years. If you ever have questions or would want to talk about AU or the FSB, feel free to contact me about anything.

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