Dear Non-Traditional student returning to school, or coming to College for your first time. I too am a Non-Traditional Student. I had not even finished the ninth grade. At the age of forty-seven I return to school. I entered with a lot of doubt and a lot of fear. I am currently finishing my fourth semester. I have made some mistakes. I have had some challenges. But I am succeeding. I would like to share my experience and empower you to know that if I can do it, you can do it as well. Dedication, perseverance, and determination have been three major keys to my success.

 I defiantly had some not-so-positive behaviors I had to work on. I also lacked a lot of skills that I found to be necessary for my ability to succeed here in College. I found it very helpful to take EDU 1020 Essentials of College Study. My Professor was **L. Kaye White; she was a very good professor and I recommend her class.**

**While taking the EDU 1020 course I learned some good tools and skills that I have been able to integrate in to my life and help me better navigate through my success in higher education at Salt Lake Community College,**

**Self-Care is a very important tool I have learned, it has not only made me better in my personal life, but has been a huge help in my education. Getting plenty of rest, eating right, and taking time to do something for myself helps me be a better student. Getting enough sleep helps me function better throughout my day. Eating healthier gives me more energy and helps me focus better. Taking time for my self gives me time to refresh and so I am able to focus much better.**

**Studying was something I struggled with when coming back to school after all the years I was out of school and really wasn’t a skill I had ever acquired. I have learned several key parts for studying to be useful by setting a certain time for studying every day. Studying in a designated area for studying, a place with room and sufficient lighting helps me focus. Taking efficient notes is important. For me, I have had access to the Disability Resource Center (DRC) and they helped get me a note taker. Studying for forty-five to sixty minutes then taking a fifteen to twenty-minute break has been a great tool. Again eating, or having a snack while has been good tool. When studying or reading a chapter, look for main concepts to highlight in the chapter and making questions to ask myself as I am reading has been very helpful for me.**

**Testing Studying for tests by using notes and materials, and not cramming the night before has been a good tool and has helped me create healthy behaviors in my study habits. Eating before test, reading the all answers to multiple questions, and using the process of eliminating incorrect answers has really helped me in all my testing.**

**Goal’s Setting** **Setting goals, both short term and long term, have been great tools. Tools that have helped me in all areas of my life. Goals have helped me in my long-term recovery. They have helped me at my job as a Peer Support Specialist, and have helped me focus on my education and helped me make an educational plan for my future education.**

**Networking and Resources Being able to navigate resources on campus has helped me find help in many areas of my education to improve my academic skills. The DRC office has helped me for a for a couple semesters now by helping me with resources to achieve the most out of my education and to reach my full potential. They have helped with a note taker, putting my books on a program that will read the books to me, allowed me extra time in labs with help from tutors. The labs have been helpful to me by helping me edit papers, study math, and help me build my ePortfolio. Accessing help at the library has help me with doing research.**

**Networking Another great tool is networking. Learning to network has been a great tool for me to succeed in my goals here on campus. I started a Club on campus. Being able to network between the Student Council, The Club Association, and my Club advisor helped me get my Club started. I have also collaborated with the Social Work Club to support them and get support for my Club as well.**

**My experience here at Salt Lake Community College has been amazing. I have learned so much about myself and the world I live in. So many things in my classes have really intertwined with each class as I have gone along in my education. I have really learned to use my creative thinking and write creative papers. I am very grateful for all the professors I have had and my experiences here.**

**For anyone considering going to college, I would like to empower you to step out of you comfort zone. Give yourself a chance and go forward. If I can do it at my age and succeed anyone can do it.**

I am very grateful for the opportunity to take this class and receive the tools I have learned. I feel more confident in my journey of getting a higher Education with the skills and tools I learned here in this class and recommend it to all students.

**Thanks for your interest in my input and my experience at Salt Lake Community College.**

**Sincerely Dan Davidson**