Thriving in College



Thriving

the college environment; it conveys that a student is fully engaged intellectually, socially, and emotionally, and is experiencing a sense of psychological well-being that contributes not only to his or her persistence to graduation, but also to Pothoven, Nelson,

& McIntosh, 2009, p. 4).



Academic Thriving

Engaged Learning

learning process; they are meaningfully processing course material, making connections between what they already know or are interested in and what needs to

Academic Determination

a powerful motivation to succeed in college and the willingness to

Intrapersonal Thriving

Positive Perspective

optimistic way of viewing the world and their future, with the result that they tend to be more satisfied with their lives and enjoy the college experience more.... A positive perspective is a way of viewing reality and

Take a long-term view and see from multiple viewpoints

Less likely to overreact

Can put things in perspective

Can find positive benefit in negative situations



First-



Sophomores

Sense of community

Largest contributor to Sophomore thriving

Interaction with faculty

Conversations about careers is most important, followed by conversations about academics

Linking current circumstances to future career





