"The Keys to Success": The Center for Student Success at TCNJ

The demands of college paired with the newfound sense of independence that emerges as students exercise the freedom granted by life on campus can induce unanticipated stress and anxiety. The good news, however, is that in the midst of all the challenges, there is The Center for Student Success (CSS). "The keys to success aren’t much good until one finds the right locks in which to insert them." This Chinese proverb guides the mission of the Center for Student Success to facilitate the transition of students into college while also providing a wide range of services available to all students throughout their years at TCNJ, promoting academic as well as personal growth.

The Center for Student Success at TCNJ is one of students’ most useful resources throughout their college career. Below is a list of some of the services and resources that it offers:

**Academic Coaching**: This service provides students the opportunity to receive individualized assistance geared towards improving essential skills that promote success. Some of these skills include time management, strategies for effective reading and note-taking, and academic motivation, among others. In addition to meeting with a caring and professional staff member, students have access to a variety of useful forms and handouts to assist them in developing the skills that the CSS attempts to coach students with. For instance, there is an assignment task plan to help students “map-out” their syllabus and be aware of weeks during which several assignments are due, thus allowing time to prepare. Additionally, other handouts include time management tips and a time management grid to assist students in their endeavor to master the art of maximizing every hour of their day.

**Supplemental Academic Advising**: In addition to the guidance provided by departmental advisors, the Center for Student Success offers students supplemental academic advising. Whether a student is seeking suggestions on classes to take, clarifications about requirements for graduation, or simply aiming to optimize their academic experience at TCNJ, the CSS office is prepare to assist students in every way possible.

The CSS office strives to be a provider of resources for every student at TCNJ. In order to address the specific needs of each individual student, CSS staff may refer students to another office or individual within the college community who may be better able to assist the student if the student’s concern is out of the reach of the CSS staff. Hence, CSS maintains a valuable reciprocal referral relationship with various offices across campus. Some of these offices include The Career Center, The Tutoring Center, and Counseling and Psychological Services.

Additionally, The Center for Student Success offers a variety of workshops and hosts a wide range of events to assist students with their educational needs. Some of these workshops include time-management, test-taking strategies, surviving finals, and maximizing spring break. The services and resources listed above are only a handful of the many services offered through the CSS office. For more information about any of the aforementioned services/resources or for other services available Click Here!

Their website is a great resource as well! You can access some of the forms and handouts discussed previously and familiarize yourself with other programs offered through the CSS office such as the Pride Mentoring Program and the Male Empowerment Program. You may also visit The Center for Student Success located in Roscoe West Hall Room 131 or call 609-771-3452

**Upcoming Events:**
Congratulations to all the graduating seniors!
Commencement information is available on the TCNJ website.
Main Ceremony is May 15th at 5:30PM
Psychology Department’s Ceremony is May 16th at 8:30AM in the Student Recreation Center

**Interesting Facts:**
Dr. Kirnan: Reviews for Mental Measurements Yearbook
Dr. Dahling: Has lived in Minnesota, Texas, Virginia, and Ohio, but had never been to New Jersey prior to interviewing at TCNJ