



# GUIDE TO SUCCESS AND EXCELLENCE

Welcome to the Bailey College of Science and Mathematics! You are about to begin your college career at one of the most selective and highly respected universities in the United States. Your success will depend on your attitude, motivation and commitment. This guide contains strategies and approaches to learning, studying and growing in a scholarly community that values and respects all of its members. *Find your passion and deep learning will follow!*

## Take Responsibility for Your Learning

Your instructor is an intellectual guide but cannot learn for you. It is your responsibility to engage with the material in ways that exercise and expand your mind. This is very important, very personal and your deepest responsibility.

*I hear and I forget;  
I see and I remember;  
I do and I understand.*

— A Chinese Proverb

**STUDY  
25-35  
HOURS/WEEK**

**(2 HOURS PER UNIT EACH WEEK)**

## Study 25-35 Hours/Week

One of the greatest challenges students entering college will face is realizing how much time they need to invest in their studies.

*It takes time and  
commitment to learn.*

Set aside blocks of quiet time — no texting or chatting with roommates.

- Maintain a healthy lifestyle and get enough sleep. Avoid all-nighters.
- Set aside most of one weekend day for studying.
- Stay organized. Keep a calendar so you don't miss assignments. File exams, returned assignments, topic outlines, etc., in separate folders for each class.
- Take advantage of your instructors' office hours.
- Get to know a few people in each of your classes to study with. Prepare for group meetings so you can contribute.

## Help Create a Community of Love, Empathy and Respect

One of the most wonderful aspects of being on a college campus is the diversity of people who are here to learn and grow. You will encounter and acquire new ways of thinking, new concepts and new knowledge. You will interact with people on campus who have different value systems, identities, religions and cultural and socioeconomic backgrounds. It is a strength that we are different from one another and we want to foster, grow and celebrate our diversity — all within the context of mutual respect, empathy and love for one another. Help create an inclusive community that enables *everyone* on campus to have equitable opportunities to attain success and feel valued and respected for who they are.

Visit the Bailey College web page dedicated to diversity, equity and inclusion.



## Take Time to Prepare for Exams, Quizzes and Written Assignments

- Keep up with the material; don't cram for exams the night before.
- Work with the material a little at a time, ask yourself questions as you read, and review your notes.
- Test yourself; don't let your instructor be the first to test your knowledge. Would any sports team seeking to do well walk on the field for a game without having practiced beforehand?
- Make a topic outline and explain it in depth without referring to your notes or textbook.
- Make a list of representative textbook problems and prove to yourself that you can work all types, one after another, without hints or assistance.

**EXAMS & QUIZZES:**  
*If you can explain something to someone else in a way that they can understand, you probably know it. If you can't, you don't.*

*For written assignments, write an outline and several drafts. Give yourself time to use your creativity.*

- Do a lot of thinking at first. Write down your ideas, cluster the ideas into an outline, convert the outline into a rough draft and revise the draft until you are satisfied.
- Do several drafts before turning in the final copy. Allow yourself plenty of time to fully develop your topic.
- Concentrate on meaningful content, good organization, maturity in expression, excellent grammar and vocabulary, excellent and varied sentence structure, conciseness and well developed paragraphs.
- The Writing and Learning Center provides free virtual peer-to-peer tutoring for any assignment, project or course.

## Understand Your Curriculum

*A university education is not vocational training; it is an education for how to engage in life-long learning.*

Your curriculum consists of three parts:

1. Major and support courses
2. General education and breadth courses
3. Elective courses

All are equally important.

Your ability to communicate effectively, comprehend science and technology, understand history and current political systems, and appreciate the arts and literature will have an important impact on the quality of your life and your future opportunities. We are helping you prepare to have a career, not just a job, and to become a sensitive, thoughtful and contributing member of society.

## Seek Help and Advice During Your Academic Journey

*Advising support is available now and throughout the academic year. Use the below links to access your advising resource(s).*

- [First-Year Advising](#)
- [Bailey College Transfer Student Advising](#)
- [Pre-Health Professions Drop-in Advising](#)
- [Frequently Used Resources for Cal Poly Students](#)

There is also the **Cal Poly Now** app — downloadable from [Google Play](#) or [Apple Store](#) for smartphones and tablets — that helps students stay connected to important campus resources.

Make it a goal to graduate in four years and make sure you understand and follow the prescribed curriculum. The Bailey College of Science and Mathematics Student Services office has [professional academic and pre-health advisors](#) that will help you understand your curriculum and stay on track toward graduation. You will also be assigned a faculty mentor by your major department.

It is important to develop mentoring relationships with faculty and staff throughout your time at Cal Poly. These mentors often end up being life-long members of your professional networks.

## How Do I Get Help?

If you develop a problem, get help in the beginning. Don't wait until irreparable damage is done. The college deans are available to assist students who are facing challenges or barriers to their academic success. To reach the college deans, or for urgent matters, please contact Bailey College Student Services ([csmadvising@calpoly.edu](mailto:csmadvising@calpoly.edu)) and/or the Dean of Students office ([deanofstudents@calpoly.edu](mailto:deanofstudents@calpoly.edu)).

Remember, there are many resources, offices and people at your disposal. We will work closely with you so that you may be your most successful at Cal Poly. These resources include, but are not limited to the resources listed below.

## Important Student Resources:

- Instructors of your courses
- Your faculty mentor
- Your department chair (see department links below)
- Department staff members
- [Campus Health and Wellbeing](#)
- [Bailey College Student Services](#)
- [Bailey College Dean's Office](#)
- [Mustang Success Center](#)
- [Office of the Registrar](#)
- [Student Academic Skills Center](#)
- [Student Accounts](#)
- [Transfer Student Center](#)
- University Housing
- Writing and Learning Center

## Important Resource Links

- [Associated Students, Inc.](#)
- [Basic Needs Initiative](#)
- [Bailey College of Science and Mathematics](#)
  - [Bailey College Student Services](#)
  - [Pre-Health Professions Advising](#)
  - [Transfer Student Advising](#)
- [Dean of Students Office](#)
- [Disability Resource Center](#)
- [Dream Center](#) (Undocumented student resources)
- [Financial Aid](#)
- [First-Year Advising](#)
- [Food Pantry](#)
- [Let's Talk](#) (Student mental health/counseling)
- [Student Accounts](#) (Tuition, on-campus housing, dining, etc.)
- [Student Diversity and Belonging](#)
- [Week of Welcome](#)

*The faculty and staff in our college and these units at Cal Poly, are committed to working with each and every one of you.*



**CAL POLY**  
Bailey College of  
Science & Mathematics

Visit the Biological Sciences  
Department web page.

Visit the Bailey College of Science  
and Mathematics home page:  
[COSAM.CALPOLY.EDU](http://COSAM.CALPOLY.EDU)

Visit the Chemistry/Biochemistry  
Department web page.

Visit the Kinesiology and Public  
Health Department web page.

Visit the Liberal Studies  
Department web page.

Visit the Mathematics Department  
web page.

Visit the Physics Department  
web page.

Visit the School of Education  
web page.

Visit the Statistics Department  
web page.