

## My Success Proclamation

Life is full of surprises, ruts, obstacles and wonderful successes. Often times, the difficult times can stop you in your tracks, preventing you from achieving your dreams. A resilient mind has a plan, a proclamation to guide you toward your personal goals. Below is your Success Proclamation, a “get-you-going,” reminder of why you are here, why this is important to you, and your personal support network who will assist you as you pursue your educational endeavors.

Please take the time to complete your Success Proclamation. Save it, print it and refer back to it when things get rough.

You can do this!!! Fort Hays State University is here for you and believes in you!

Your Name: \_\_\_\_\_ Date: \_\_\_\_\_





# Fort Hays State University

# Virtual College

Please complete your Success Proclamation. We encourage you to save and /or print and refer to throughout your academic endeavors.

## My Success Proclamation

First and foremost, I, \_\_\_\_\_, will remember why I am here and why I am pursuing my education: (for example: better life for me and kids or lifelong dream) \_\_\_\_\_

Whenever times get tough, and they will, I will return to this reason for motivation to keep going.

One of my heroes is: (for example: parent or famous figure) \_\_\_\_\_

I can keep in mind the challenges my hero may have faced and how hard he/she worked to achieve success and ultimately became my hero. Hard work and dedication will pay off. I will keep at it and not give up. I am worth it.

I will not forget what's important to me outside my school work. Just because I'm taking classes doesn't mean I can't (for example: coach my child's team or have a date night) \_\_\_\_\_

**or** (for example: go fishing or see a movie) \_\_\_\_\_

Taking care of myself and finding a balance to pursue the things that are important to me is vital to my success and happiness.

Time management is key. There are 168 hours in a week. It is estimated for every credit hour I am enrolled in, I should spend 3 hours of study time per week. If I am enrolled in 3 credit hours, I will set aside at least 9 hours per week to study.

In order to meet this demand, I will need to develop a study plan. My study plan is (for example: 10-12pm Monday, Wednesday, Thursday, and 6pm- 10 on Sunday)

**Sunday:** \_\_\_\_\_

**Monday:** \_\_\_\_\_

**Tuesday:** \_\_\_\_\_

**Wednesday:** \_\_\_\_\_

**Thursday:** \_\_\_\_\_

**Friday:** \_\_\_\_\_

**Saturday:** \_\_\_\_\_

If classes become too demanding, I need to be flexible and adjust my schedule. It may mean I need to suspend (for example: one night at gym or record show for later). \_\_\_\_\_

**I need to remember, classes are four months long and, in some instances, shorter. My education will serve me for the rest of my life and no one can take my degree away from me!**

Even with this great planning, things sometimes go wrong. As the saying goes, "life happens." My list of those who understand and support my desire to take classes include:

Venting about life: \_\_\_\_\_

Family/Kids issues: \_\_\_\_\_

Vehicle/Transportation: \_\_\_\_\_

Homework Proofing: \_\_\_\_\_

For motivation: \_\_\_\_\_

If I just need to clear my mind, I can always (for example: play a game or go on a walk/run):

\_\_\_\_\_, **Fort Hays State University cares about you.**

We offer many service to our students to help them be successful.

- **Easy Info Page & Orientation:** <http://www.fhsu.edu/virtualcollege/easyinfo/>
- **Technical Problems: CTC HelpDesk:** 1-800-628-FHSU
- **Free Tutoring & Student Services:** [virtualcollege@fhsu.edu](mailto:virtualcollege@fhsu.edu)
- **Disability Services, Testing Services, Academic Programs- Kelly Center:** 1-800-628-FHSU or <http://www.fhsu.edu/kellycenter/>
- **Financial Aid:** 1-800-628-FHSU or <http://www.fhsu.edu/finaid/>
- **Transcripts:** 1-800-628-FHSU or <http://www.fhsu.edu/registrar/transcripts/>
- **Academic Calendar:** <http://www.fhsu.edu/virtualcollege/easyinfo/>
- **Policies and Procedures:** <http://www.fhsu.edu/virtualcollege/easyinfo/>
- **Clubs and Organizations:** <http://www.fhsu.edu/virtualcollege/easyinfo/>

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Good luck on your educational endeavors.  
If you have questions, you may contact the Virtual College at:  
1-800-628-FHSU  
or  
virtualcollege@fhsu.edu

**FORT HAYS STATE UNIVERSITY  
VIRTUAL COLLEGE**



*Forward thinking. World ready.*

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