Post Traditional
STUDENT SUCCESS

Post-traditional students pursue higher education while balancing additional responsibilities. Specific skills can fuel success.

Develop Skills

Developing practical, goal-oriented skills—like time management and self-motivation—can make a powerful difference in their academic journey.

Advocate for Yourself

Speaking up showcases your strengths and builds confidence, especially when communicating with instructors.

Identify Sense of Self

Knowing yourself creates stability. Connecting education to your values helps shape your learning experience.

Hone Technical Skills

Success in academics and careers today depends on digital skills. Mastering them helps you stay competitive.

Find Balance

Balancing responsibilities includes prioritizing self-care. Maintain your wellbeing to stay energized.

Create Community

Learning communities provide support and collaboration. Engaging with others helps you navigate challenges.

The Center for Academic Belonging & Learning Excellence
UtahStateUniversity.