

A composite image featuring a sunset over a body of water with a city skyline in the distance. The top half shows a bright sun low on the horizon, casting a golden glow across a blue sky with wispy clouds. The bottom half shows a clear blue sky above a body of water, with a city skyline visible on the horizon. A concrete railing is in the foreground, suggesting the viewer is on a bridge or pier.

STUDENT SUCCESS:

21 Tips to Keep in your  
Back Pocket



Jourdan Saunders is the founder of [FutureSLPs.com](http://FutureSLPs.com) which is a website that provides resources, motivation and inspiration for the field of Speech Language Pathology. She chose to major in Speech Language Pathology because all of her life she wanted to make an effective change in the lives of others and use her talents to achieve that goal. Speech creates a link to connect each individual in some unique way, yet the use of language is a major factor in defining us all as individuals. When interconnecting the two it creates a powerful force that can influence others in ways unimaginable. Jourdan's passion to help others is strong because speech and language are used everyday and she enjoys helping help others achieve various goals to help them feel better about themselves or to help them excel in life.

Student Success: 21 Tips to Keep in your Back Pocket was created as a guide filled with tips to always keep in mind, not only through school, but throughout life. Jourdan wanted to share with other students a few tips that helped her along her journey through life thus far.

"By operating in ways that encourage others, we ourselves reap the benefits because we are contributing rather than receiving."

~Jourdan Saunders~

Thank you for reading.

1. Do not be so hard on yourself, if you make a bad grade, find out what you can do better next time and move on.
2. Not everyday is going to be a breeze, but if you try and put your best foot forth, then think of it as a good day and a job well done.
3. Laugh it helps to get you through the day sometimes and release stress.
4. Take time for yourself, the work will always be there piling up, but it is important to take a little time for yourself.
5. The best therapy sessions are not always the ones that goes as planned, but sometimes they are the ones where you were flexible and "went with the flow."
6. You never know when you will need someone's help in life, so don't burn bridges that you will not be able to cross back over down the line.
7. The extra time you spent to work on that assignment really does pay off and set you apart from the rest.
8. Practice good work ethics and time management everyday.
9. If you commit to something, be sure that you follow through.
10. You never know who is watching you, so always show up and do your best, even if you do not feel like it.
11. Think before you speak, enough said.
12. Give credit where credit is due.
13. Choose your battles carefully, some battles are not worth fighting.
14. Questions, ask them, more people are willing to answer your questions then you think.
15. Be quick to lend a helping hand and slow to judge others.
16. Help others along your journey and smile often.
17. Embrace silence, allow yourself to reflect during those quiet moments in your life.
18. Alignment, balance, and stability are all key components along your journey.
19. Do not be afraid to step back and look at the bigger picture, sometimes the answers are not in the small details.
20. Be yourself, don't use your energy trying to figure out what someone else is doing, instead invest your energy in improving, aligning, and encouraging you!
21. Presentation is important in all areas of your life.