

# 25 Tips to Help You Survive and Thrive in Your Freshman Year

## 1. GO TO ALL ORIENTATIONS

The faster you learn your way around campus, the better prepared you'll be when issues arise.



## 2. GET TO KNOW YOUR ROOMMATE

The people you live with, most of whom are going through similar experiences, can be an important part of your support system.



## 3. GET ORGANIZED

Buy an organizer, use an app, or get a big wall calendar -- whatever it takes for you to know when assignments are due.



## 4. FIND A PLACE TO STUDY

Find a place that works best for you to get your work done -- while avoiding as many distractions as possible.



## 5. GO TO CLASS

Besides learning the material by going to classes, you'll also receive vital information from the professors about what to expect.



## 6. BECOME AN EXPERT ON REQUIREMENTS

Professors spend hours preparing course syllabi and calendars, so that you will know exactly what is expected of you and when. Use them!



## 7. MEET YOUR PROFESSORS

Professors schedule office hours so they can meet with students -- take advantage of that time.



## 8. KNOW YOUR ACADEMIC ADVISOR

This person is a key resource for you -- and should be the person you turn to with any academic issues or conflicts.



## 9. SEEK A BALANCE

College life is a mixture of social and academic happenings. Don't tip the balance too far in either direction.



## 10. GET INVOLVED ON CAMPUS

Consider joining a student organization, club, sorority or fraternity, or sports team.



## 11. STRIVE FOR GOOD GRADES

Set some goals for yourself and then make sure you work as hard as you can to achieve them.



## 12. TAKE ADVANTAGE OF STUDY RESOURCES

Almost all colleges have learning labs and tutors available. If you're struggling, these resources can help you succeed.



## 13. MAKE SOME TIME FOR YOU

Be sure you set aside some time for activities that help you relax and take the stress out of your day or week.



## 14. EXPLORE YOUR OPTIONS

College is the time for you to really discover what you want to be. Take your time and explore your options.



## 15. TAKE RESPONSIBILITY FOR YOURSELF

Don't blame others for your mistakes; own up to them and move on.



## 16. CONNECT WITH FELLOW STUDENTS

Connecting with classmates can be a crucial resource if you miss a class.



## 17. FIND THE CAREER SERVICES OFFICE

Professionals in your college's career services office can get you started on planning, preparing for, and acting on your future.



## 18. DON'T PROCRASTINATE

Give yourself deadlines -- and stick to them.



## 19. STAY HEALTHY AND EAT RIGHT

Get enough sleep, eat nutritious foods and take vitamins.



## 20. LEARN TO COPE WITH HOMESICKNESS

Find a way to deal with your feelings, such as making a phone call or sending some email home.



## 21. SPEND PLENTY OF TIME ON CAMPUS

The more time you spend on getting to know the campus and your new friends, the more you will feel "at home" at school.



## 22. PROFESSIONAL HELP IS AVAILABLE

Most colleges have counseling and health centers; please take advantage of the many services these offices provide students.



## 23. KEEP TRACK OF YOUR MONEY

If you've never had to create a budget, now is the time to do so.



## 24. DON'T CUT CORNERS

If you procrastinate and cram, you may still do well on tests, but you'll learn very little.



## 25. BE PREPARED TO FEEL OVERWHELMED

There's a lot going in your life right now. Expect to have moments where it seems a bit too much. The trick is knowing that you're not the only one feeling that way.

