

Tips for Transitioning to College

1. Make every effort to go to your classes.
2. Be prepared by doing the course assignments
3. If you don't understand something or find yourself confused, ask questions.
4. Make out a study schedule, but make it realistic and include time to eat, sleep, and enjoy some leisure activities.
5. Accomplishing something, even a small thing, each day helps you feel like you're making progress.
6. Make short-term goals for yourself so that you don't have to do everything at the last minute.
7. Try to be open to new ideas and new experiences.
8. Learn how to say "no" to others when you need to take care of your self.
9. Use the many excellent support services available to you free of charge as a student.
10. Don't be afraid to ask for help. It's why we're there.
11. Get involved in campus activities that match your interest.
12. If you miss home, maintain frequent contact with family by way of phone or computer if it helps you feel better.
13. Remember that lots of new students feel scared and sad, even if they don't obviously show it or admit it.
14. Reach out to others in your house.
15. Talk to upperclassmen to learn about experiences of their own difficulty adjusting to college life during their freshmen year.
16. Join campus organizations and clubs that appeal to you.
17. Make an extra effort to take care of yourself, including making time to rest, eat balanced meals, exercise and avoid abuse of alcohol or other drugs.
18. Try to develop a manageable schedule, including identifying your optimal place and time in the day to study.
19. Adjust your expectations if things are not working out as you planned.
20. Give yourself some time to adjust.
21. Recognize that relationships take time to develop and that your surroundings will become more familiar over time.
22. Seek out resources on campus that can help you address problems and get support, both academically and personally.