

College Survival Tips

1. ORGANIZATION:

Get organized. Keep a daily planner. Mark all important dates (exams, homework, readings, etc.). Prioritize.

2. FAMILIARITY:

Get familiar with the campus. Go visit each of these during the first week of class:
Library, Bookstore, Cafeteria, Professor's Offices, College Security,
Advisors, Registration, Study Rooms, Recreation/Student Center, etc.

3. ATTENDANCE:

Attend class. Be on time - even a little early. It gives you time to get settled down, relax and get mentally ready.

4. PREPARATION:

Keep up to date on your studies. Turn work in on time. Read ahead of lecture. Know what's coming up in class. Refer to your schedule daily.

5. THE LIBRARY:

Use the library. Study, read, meditate, relax. Browse the shelves. Use the computers. If that's not enough, remember - the most comfortable chairs on campus are probably in the library!

6. STUDY:

Study every day - give yourself one day of rest though. Study more efficiently. Seek to explain, not just recite. Work with tutors if you need.

7. IMMERSION:

Immerse yourself in your courses. Talk about what you're learning. Write about it. Relate it to past experiences. Apply it to everyday life. Look for it in the news or on TV. Make what you learn a part of yourself.

8. QUALITY:

Set a high standard for yourself. Avoid laziness. Procrastination becomes a bad habit VERY quickly.

9. SOCIALIZE:

Start a study group. Meet with other students for studying and socializing. Join a club. College buddies will last for years.

10. PROFESSORS:

Get to know your professors - so they will know you too. Visit them during office hours - ask for help on learning "their" subject.

11. STAFF:

Be nice to all staff and your fellow students. You may desperately need their assistance some day.

12. HELP:

Ask for help if (when) you need it. The College offers tutors, disability assistance, academic counselors, advisors, job placement, career counselors and many other services that you pay for (out of your tuition) whether you use them or not.

13. HEALTH:

Take care of your health. Eat well. Get plenty of rest. Exercise - even just walking.

14. STRESS:

Practice stress-reduction. Keep a sense of humor. Go for a quiet walk. Read Robert Frost. Make your College experience an opportunity to improve your mind, body and spirit. Learn how to juggle.