

# FRESHMEN

## SURVIVAL GUIDE

Beginning a new adventure of university life?

No matter your age or experience, starting university can be both exciting and nerve wrecking. From moving into a new dorm, trying to balance your academic and social life, creating healthy habits for your physical and mental health, and exploring a potentially new city - it can all be overwhelming.

How can you make the most out of your college experience? We are here to help!

Here are some tips from recent university students, graduates, & staff that they wished they knew, to help you succeed in your freshmen year.



## ON CAMPUS



You'll meet your **academic advisor** when it's time to choose your classes!

Contact them with any questions that you have regarding courses, studying abroad, and research opportunities.

Their goal is to get you to walk across the stage.

Get to know what classes are required for your major. Take advantage of electives and learn new skills.

### 5 Ways to Optimize your First Month

- **Attend campus kickoff events**
  - orientations
  - pep rallies
  - org fairs
- **Follow school's social media pages**
  - campus activities board
  - student orgs + greek life
- **Go to a student org meeting** to get to know people
- Talk to your resident advisor & **attend residence hall events**
- **Inquire at health center about free resources**



**Student Success Centers** provide resources for academic success that are covered by your tuition. Reach out them for:

- **support for non-native speakers**
- **practicing speeches or presentations**
- **math help**
- **revising research papers and other reports**

Increase your chances of elevating your grade by taking advantage of their assistance

### PLAN PLAN PLAN

Whether you use an online or paper calendar, college will put your time management skills to the test. We recommend going over your agenda on Sundays before the school week begins. Don't forget to include:

- tests
- assignments
- fitness
- time to eat
- mental health breaks
- work or volunteering
- social + me time
- calling loved ones



While university is a great experience, it also is very difficult. Many students struggle to cope with all of the obstacles university has. It's important to utilize your university's resources. Counseling services at the **Campus Health Center** are confidential and are there for you to use. **Your tuition can also cover counseling sessions** and students usually have a limited amount they can use per school year. Check with your school for more details.

**Health centers are also a convenient place for STD testing, getting sex protection, and getting primary/preventative care.** Sometimes services are included in tuition. Appointments may be required. **Stop by during your first month and figure out how they can be of help to you!**

Many universities make it mandatory for freshmen to live on campus. Usually freshmen housing = shared bathrooms & bedrooms.

Sharing a room with someone takes adjustments. **It is important to set boundaries and expectations for a happy experience.**

These can include:

- cleaning/chore list
- noise level considerations
- time for visitors
- bathroom / shared sink schedule

## ROOMMATES



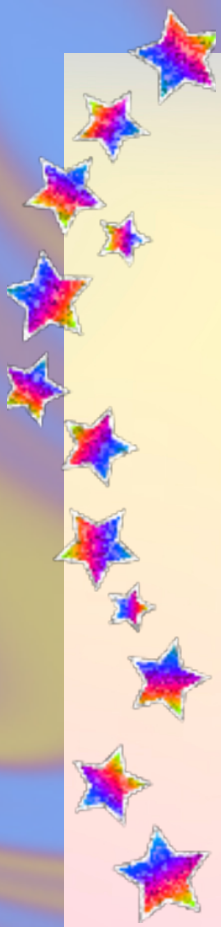
Your **Resident Advisor(RA)** is there to help and serve as peer mentors. They can be a neutral ground in figuring out roommate agreements.

RA's also host fun events for you and your neighbors. Attend and there's a **high chance of scoring free food.**

Ask your RA:

- Was college what you thought it'd be like?
- How can I know about resident hall events?
- How has your world view changed after a semester at college?
- Have your study habits changed since you started school?
- Are there common rooms or kitchens in the building?

## BEST APPS



- Google Calendar
- Google Doc
- Google Drive
- Google Sheets
- Discord
- X
- Slack
- Groupme
- Quizlet
- Duolingo
- Chegg
- Slack
- Zoom

**You never know when you'll need a recommendation for a job or grad school.**

Participating in class lectures helps you not only better understand, but helps your professor put a face to a name. Being present physically and mentally in class keeps your focus to better, increases your chances of good grades, and helps create relationships with classmates. **Utilize is your professor's office hours.** If you have questions or need clarification on class topics, go see them. Professors take notice of this and see that you are putting time and effort into their class. It can assist in creating a relationship with them which will be a very influential networking tool.



## CLASSROOMS

## MUST GET ITEMS

- Noise canceling headphones
- Laptop & keyboard protection covers
- Disinfecting wipes
- Power bank
- Water bottle (recommend non BPA)
- Filtered water pitcher for dorm
- Backpack

