

# Transitioning To College

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## General Outlook

1. Don't create too many expectations because no college is perfect. There will be aspects of your school you do not like.
2. Don't expect everything to happen at once; it takes time.
3. Get involved, join something, and meet as many new people as possible, as soon as possible. Branch out from HS!
4. Ask questions when you get confused; you'll be surprised what you learn. Everyone was a freshman once!
5. Be yourself.
6. Realize that all people have different comfort levels with themselves and their bodies.
7. It's normal to get homesick so talk to your parents or a trusted advisor if you start to feel really sad for more than a few days.
8. Arguments often escalate right before you leave home. This is a subconscious way of breaking away a bit.

## Academic

1. Don't miss the first or last five minutes of any class; this is when the profs give very important info.
2. Get to know profs by going to their office hours with intelligent questions at

least twice per semester/quarter.

3. Sit in the front of the class. Profs notice and subconsciously reward you.
4. Get phone numbers/Facebook for at least two kids in every class, and form study groups in difficult classes.
5. There is no need to pick a major right away, but get any general ed requirements finished asap.
6. Get to know and cultivate a relationship with a professor for guidance and rec letters!! Take several classes from one prof.
7. DOUBLE MAJOR. It makes you more marketable and is easy easy easy to do.
8. Use a planner for success. You absolutely must. Manage your time wisely.
9. Get as many A's as you can freshman and sophomore year because you will be inducted into PhiBetaKappa honor society for getting good grades (no C's) and this designation follows you for the rest of your life.
10. Buy your books as SOON AS POSSIBLE so you can get used ones!!
11. Do internships during summer because they help you get jobs and get into grad school. You need experience!
12. Really consider studying abroad. This is awesome learning and just plain fun! Life-changing!

## Social

1. Do not live with your best friend from HS. Many a great friendship has suffered unnecessarily because of this.

2. Don't stay in your dorm and live online or on Facebook; you'll miss out on so much.
3. At all costs, live in the dorm your first year, and I recommend sophomore year too because you meet so many people!
4. Always leave your door open when you are at home, to meet people.
5. Drinking and drugs are easily available. Have your plan established for balancing your social life or it can take over.
6. Don't come home until Thanksgiving so that you can get over the "Homesick hump." It is normal to be a little homesick. Get really involved, stay busy and meet new people.
7. If your boyfriend or girlfriend is at another college, you MUST still get involved on your campus or you will be miserable.

## Safety

1. Don't drink anything if you sit it down and then walk away - especially you girls. And never drink the punch.
2. Be very aware that STD's are rampant on college campuses and you will carry one for life. Infected people are not always honest.
3. Lock your dorm door and window when you're not in the room.
4. Avoid credit card solicitors. They are everywhere on campus and are trying to train the younger generations to be comfortable with debt. Ask your parents before you do anything like this. And live below your means. Set a budget. Get a job.

## Housing/Roommate

1. Make roommate rules before you need them and discuss problems immediately
2. Avoid judging your roommate based on first impressions.
3. Discuss boyfriend/girlfriend visitation rules before it happens, and be honest.
4. Wait to deal with a drunk roommate until the morning if you're annoyed; DO ensure their sleeping safety.
5. Talk to a professional if you see your roommate needs help.
6. Make sure your roommate knows when to expect you home each night. Girls - when your friends leave the party, go with them!
7. Don't leave your clothes in the dryer; people will take them. Clothes in the washer are typically safe.
8. Seek out an RA for questions, yours or anyone's. Your Resident Advisor is your go-to person.

## Extracurricular

1. Don't be afraid to get involved sooner than later, in at least two campus groups, clubs or sports. This is critical.
2. There's a club for almost everything! Try club sports if you want a less intense athletic experience.