

Strategies for a Great Start

- Learn and practice time management
- Create a schedule (including time for school, fun and sleep)
- Stay in touch with friends and family from home and high school
- Find ways to stay active and eat well
- Get involved in campus clubs and activities
- Find places to do work other than your bed
- Give yourself time to adjust to new changes

Preparing for College

Build a Resource Network

Create a resource network list before starting and after the first semester.

Resources can include:

- Counselors
- Resident advisors
- Tutors
- Academic Advisors
- Friends
- Clubs and support groups
- Professors
- Family members

