



# TIPS FOR SETTLING INTO COLLEGE



## 1 Get Involved



There are many activities on campus, so go ahead and get involved! Don't wait! Instead, get involved your first weeks of your freshman year. This will allow you to meet friends, be part of a social group, as well as make a difference in the university, and you will have a healthier attitude regarding college.

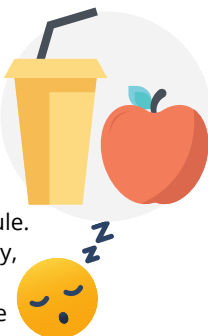
## 5 Attend every class



Class attendance in college is not the same as high school. Many times attendance is not even taken, so it is easy to skip class for more exciting things. However, not attending could mean missing important assignments and even unexpected quizzes. In the event you miss a class, let your professor know why and ask and if you can get missed notes and assignments.

## 2 Eat and sleep regularly

Adjusting to college life can take a lot out of you because of the new class schedules, studying, and having to figure out how to handle it on your own. Because of this it is very important to eat and sleep on a schedule. Make sure you eat three healthy meals a day, sleep at least eight hours, and you will feel healthier and better able to adjust to college life.



## 3 Manage stress



College is stressful, and for a beginning freshman it might be overwhelming. However, manage your stress by working out, practicing yoga, deep breathing, or any other method you find helpful. Staying stressed out it will affect your health, as well as affect you academically. Less stress is better for managing new things.

## 6 Look on the bright side

You need to always try to keep a positive attitude when it comes to adjusting to college life. Difficult sometimes? Yes, but think of these years as an adventure.



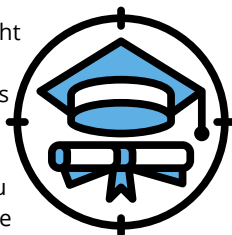
## 7 Enjoy yourself



You may have heard that college is an excuse for partying, but too much partying can become a distraction that keeps you from being successful. Learn to balance work and play.

## 4 Stay focused

Because college can be so much fun, it might be difficult to stay focused on your work. However, remembering why you are here is key. Think of it as your full-time job. You want to get a degree and ultimately a good job. So, focus on your major and where you want to go in your life more than, where the best party is this weekend. Prioritize.



## 8 Communicate

Remember college is a time when you will meet many new people that may have completely different values and views than your own. Make sure you always communicate openly and honestly about your feelings while respecting others as well.



togetherall



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