



Welcome to College

Congratulations on making the decision to further your education. You are embarking on an adventure that's certain to benefit your future!

As a college student, you will assume new responsibilities and overcome new obstacles. You will also develop lifelong friendships and many fond memories.

College is a period of self-discovery and a time for taking charge of your life. It's a time to step out of your comfort zone and take on new challenges.

Enjoy the journey!

What to Expect in College

More independent study

Expect to do most of your learning on your own. For every hour you spend in class, plan to spend two hours reading, studying, and completing assignments.

The need for personal responsibility

You have a great deal of freedom and independence in college. No one monitors your progress, no one checks to see if you're going to class, and no one knows whether or not you are doing your assignments. *You are responsible for your own academic progress.*

More exams and papers, less busywork

You may occasionally be graded on "homework assignments," but your grades on tests, exams, and major papers will likely account for most of your final grades.



The need for critical thinking skills

College students are expected to understand and remember what they read—and be able to draw conclusions, form opinions, and evaluate ideas.

Make the Most of College

Be friendly

Most incoming students are a little anxious about meeting new people and making friends. The best ways to meet new people are to make eye contact, smile, ask questions, initiate conversations, and convey an aura of friendliness.



Get involved in campus activities

There's no better way to meet people who share your interests and to have some fun. Join an intramural team, take a class at the rec center, or join the photography club. Check your college's website for a list of the student activities and organizations at your college.

Act in accordance with your values

Your values are your core set of beliefs that guide you. Make sure that the choices and decisions you make are consistent with your values.

Peer pressure still exists at the college level. *Always be true to yourself.*

"Choose your friends wisely. One of the smartest things I did was to start hanging out with people who care about their grades." Ada, business major



Strive for Balance

With so much to do and so much going on, creating a work/life balance in college can be difficult. Here are a few tips to help you keep your mind, body, and spirit in harmony.

- ▶ Make time to work out, relax, and enjoy your surroundings.
- ▶ Strike a healthy balance between the time you spend with family and hometown friends, and the time you spend with your new college friends and classmates.
- ▶ Limit your time online. Social networking, blogging, music, gaming, and videos all have their place, but consider the college activities you may be missing while you're online.
- ▶ Too much partying and too little sleep is the perfect recipe for underachievement or failure. "Say no" to party invitations when you need to sleep, study, or just chill.
- ▶ Strive for improvement and excellence, not perfection.

"What lies behind us, and what lies before us, are tiny matters compared to what lies within us."

Ralph Waldo Emerson



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Get Off to a Good Start

Get to class early and sit in the front

When you sit in the front of the class, it's easier to pay attention and hear the instructor. There are also fewer distractions.

Don't get behind

Keep up with your assignments. Once you get behind in a class, it can be very difficult to catch up.

Be organized

Get an academic planner and use it regularly. Prioritize tasks and make daily To Do lists.

Explore your college campus

Learn what your college has to offer, and find good places to study.

Create a budget

College is expensive. Establish a weekly budget and stick to it.

Take care of mind and body

To succeed in college, you need to eat right, exercise, and get plenty of sleep.