



What Do I Do The First Year Of College?

1. **GO TO ORIENTATIONS** to learn your way around campus and to find out what's expected of you.
2. **GO TO CLASS.** Sleeping in and skipping that early morning class is tempting — avoid the temptation. Besides learning course material by attending classes, you'll also receive information about what to expect on tests, changes in due dates and more.
3. **REVIEW YOUR SYLLABUS.** Usually distributed the first day of class, this document provides you with an overview of your class including contact information for your professor, expectations and attendance policies, topics and chapters covered, test dates, as well as required texts and other supplies.
4. **GET ORGANIZED** and track all assignment due dates. Buy an organizer, a PDA, a big calendar — whatever it takes for you to know what's due and when. Figure out what's important to you and prioritize to get it all done. Getting things done ahead of time prevents hurried mistakes, allows you time to improve your work and alleviates stress.
5. **GET TO KNOW YOUR ACADEMIC ADVISER** because they can help you with a variety of course scheduling issues and academic decisions.
6. **MEET WITH YOUR PROFESSORS** during scheduled office hours; take advantage of that time to ask questions, clarify expectations and establish a positive rapport.
7. **TAKE ADVANTAGE OF STUDY RESOURCES** on campus. Most colleges have learning labs, writing centers and tutors. Another smart idea: Join or start your own study groups.
8. **MAKE CONNECTIONS** with students in your classes. Not only will you make new friends but they can also be a resource if you miss a class.
9. **CONSIDER JOINING A STUDENT ORGANIZATION**, sorority or fraternity, clubs or sports team. You'll make new friends, learn new skills and feel more connected to your school.
10. **DON'T FEEL PRESSURED** to make a quick decision about a career or major. College is a time for you to discover who you are, what you enjoy, what you're good at and what you want to be. Begin exploring, planning, preparing and acting on your future by visiting the career center at your school. You'll find a wealth of information about jobs and industries that interest you.
11. **KEEP TRACK OF YOUR MONEY.** Create a budget and find ways to stretch your money. Avoid the credit card booths that pop up all over campus. If you find yourself getting into money trouble, ask for help right away to learn your options.
12. **SET ASIDE TIME FOR ACTIVITIES THAT HELP YOU RELAX.** This could mean doing yoga, watching your favorite TV show or going out with friends — just be good to yourself to reduce stress.
13. **FINALLY, BE PREPARED TO FEEL OVERWHELMED — IT'S NORMAL!** With so much going on, who wouldn't feel overwhelmed at times? Expect to have moments when it seems a bit too much and know that you're not the only one feeling that way.

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