



Tips for college freshmen

25 Strategies and Tips for College Freshmen

Taken from Article by Dr. Randall S. Hansen



#1

Go to all orientations.



Do you really need to go on yet *another* campus tour? Yes. The faster you learn your way around campus — and around all the red tape — the more at ease you'll feel and the better prepared you'll be when issues arise.



#2

Get to know your roommate

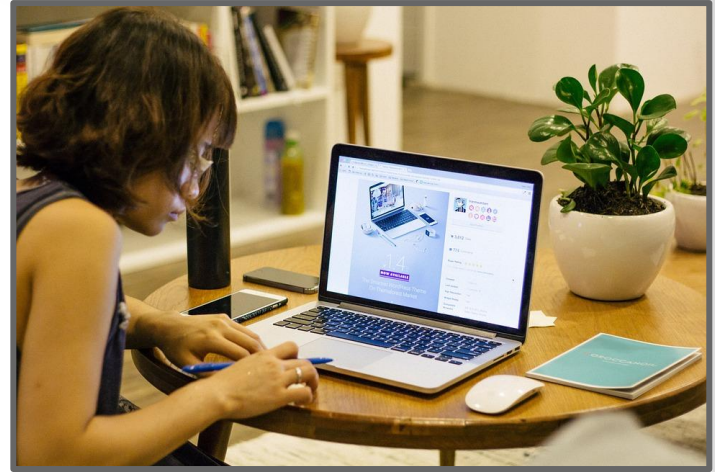
Get to know your roommate and others in your residence hall. The people you live with, most of whom are going through similar experiences and emotions are your main safety net – not only this year, but for all your years. You may change roommates after the first semester or you may stay roommates for all four years – just take the time to get to know your fellow first-year students.

#3 GET ORGANIZED!



In high school, the teachers tended to lead you through all the homework and due dates. In college, the professors post the assignments — often for the entire semester — and expect you to be prepared. Buy an organizer, use an app, or get a big wall calendar — whatever it takes for you to know when assignments are due.

#4 FIND YOUR IDEAL STUDY PLACE



It may be your dorm room or a cozy corner of the library, but find a place that works best for you to get your work done - while avoiding as many distractions as possible.

5

GO TO CLASS!!!

Obvious, right?



Maybe, but sleeping in and skipping that 8a.m. class will be tempting at times. Avoid the temptation! Besides learning the material by attending classes, you'll also receive vital information from the professors about what to expect on tests, changes in due dates, etc.

PLUS, attending class regularly shows your instructors that you care about their class and your grades.

6 Become an Expert on Due Dates

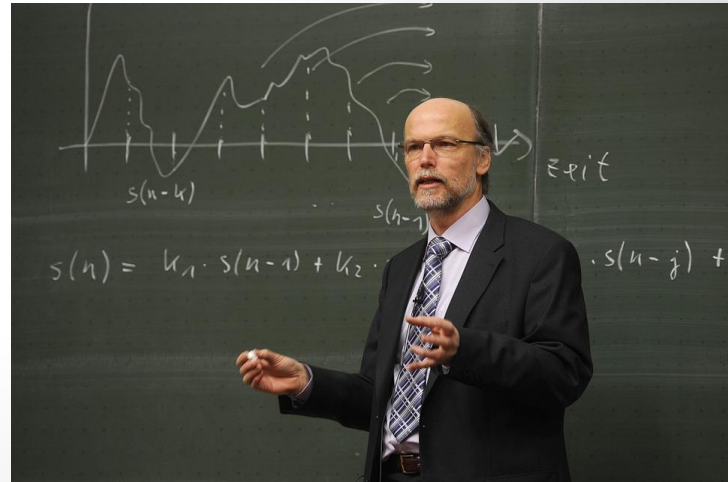
Professors spend hours and hours preparing course syllabi and calendars so that you will know exactly what is expected of you — and when. One of the lamest excuses a student can give a professor: “I didn’t know it was due today.



7. Meet with your professors.

Speaking as a professor, I can assure you there are only upsides to getting to know your professors, especially if later in the semester you run into some snags.

Professors schedule office hours for the sole purpose of meeting with students — take advantage of that time.



8. Know your Academic Advisor

This is the person who will help you with course conflicts, adding or dropping courses, scheduling of classes for future semesters, deciding on majors and minors. This person is a key resource for you — and should be the person you turn to with any academic issues or conflicts. And don't be afraid of requesting another adviser if you don't click with the one first assigned to you.



9. **Seek a balance.**

College life is a mixture of social and academic happenings. Don't tip the balance too far in either direction. One of my favorite former students always used to say her motto was to "study hard so she could play hard."



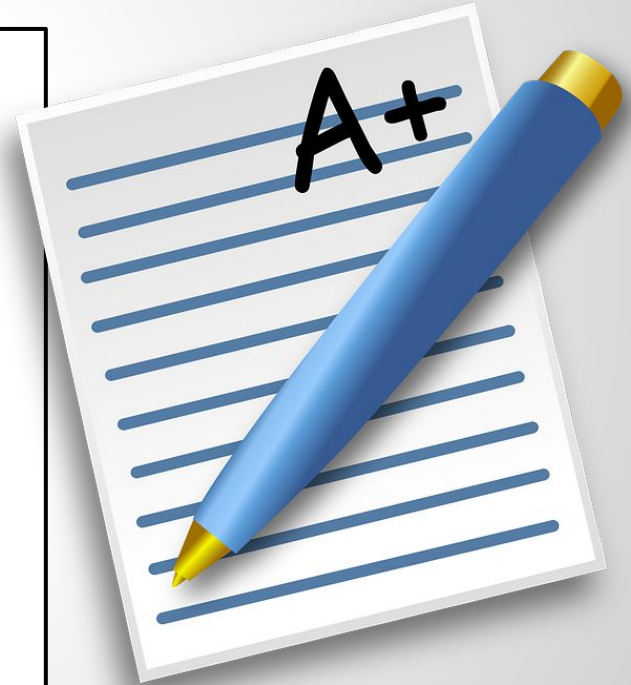
10. Get Involved on Campus

A big problem for a lot of new students is a combination of homesickness and a feeling of not quite belonging. A solution? Consider joining a select group — and be careful not to go overboard — of student organizations, clubs, sororities or fraternities, or sports teams. You'll make new friends, learn new skills, and feel more connected to your school.



11. Strive for Good Grades

Another obvious one here, right? Remember the words of the opening paragraph; while good grades could have come naturally to you in high school, you will have to earn them in college — and that means setting some goals for yourself and then making sure you work as hard as you can to achieve them.



12. Take Advantage of Study Resources

Just about all colleges have learning labs and tutors available. If you're having some troubles, these resources are another tool available to you. Another idea: form study groups.



13. Make Time for YOU.

Be sure you set aside some time and activities that help you relax and take the stress out of your day or week. Whether it's enlisting yoga techniques, watching your favorite television shows, or writing in a journal, be good to yourself.



14. Keep an open mind about your Major or your Career Path.

It doesn't matter if it seems as though everyone else seems to know what they're doing with their lives — believe me, most of them don't — college is the time for you to really discover who you are, what you enjoy doing, what you're good at, and what you want to be. Try to enjoy exploring your options.



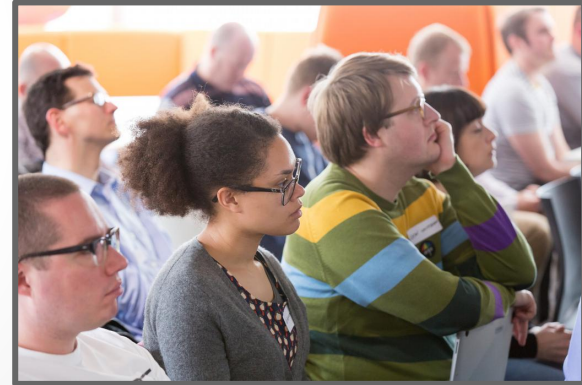
15. Take responsibility for yourself and your actions.



Don't look to place the blame on others for your mistakes; own up to them and move on. Being an adult means taking responsibility for everything that happens to you.

16. Make Connections with Students in Your Classes.

One of my best students said his technique in the first week of classes was to meet at least one new person in each of his classes. It expanded his network of friends — and was a crucial resource at times when he had to miss a class.



17. Find the Career Services Office



Regardless of whether you are entering college as undeclared or have your entire future mapped out, seek out the wonderful professionals in your college's career services office and get started on planning, preparing, and acting on your future.

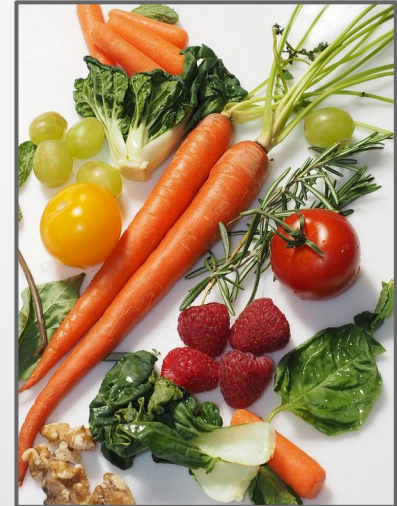
18. DON'T PROCRASTINATE !!



Prioritize your life. It may have been easy in high school to wait until the last minute to complete an assignment and still get a good grade, but that kind of stuff will not work for you in college. Give yourself deadlines — and stick to them.

19. Stay Healthy; Eat Right

A lot of problems first-year students face can be traced back to an illness that kept them away from classes for an extended period of time that led to a downward spiraling effect. Get enough sleep, take your vitamins, and eat right. If you haven't heard the jokes about college food, you soon will. And without mom or dad there to serve you a balanced meal, you may be tempted to go for those extra fries or cookies. Stay healthy and avoid the dreaded extra "Freshman 15" pounds by sticking to a balanced diet.



20. Learn to Cope With Homesickness



It's only natural that there will be times when you miss your family, even if you were one of those kids who couldn't wait to get away. Find a way to deal with those feelings, such as making a phone call or sending some email home.

21. Stay on Campus as Much as Possible

Whether it's homesickness, a job, or a boyfriend or girlfriend from home, try not to leave campus too soon or too often. The more time you spend on getting to know the campus and your new friends, the more you'll feel at home at school. And why not take advantage of all the cultural and social events that happen on campus?



22. Seek Professional Help When You Need it.



Most colleges have health and counseling centers. If you're sick or feeling isolated or depressed, please take advantage of the many services these offices provide students. You don't have to face these issues by

If

23. Keep Track of Your Money

If you've never had to create a budget, now is the time to do so. Find ways to stretch your money – and as best you can, avoid all those credit card solicitations you'll soon be receiving. The average credit card debt of college grads is staggering.



24. Don't Cut Corners When it Comes to Studying

College is all about learning. If you procrastinate and cram, you may still do well on tests, but you'll learn very little. Even worse, don't cheat on term papers or tests.



25. Be Prepared to Feel Overwhelmed

There's a lot going in your life right now. Expect to have moments where it seems a bit too much. As one student says, be prepared to feel completely unprepared. The trick is knowing that you're not the only one feeling that way.



For more helpful links and articles

[First Year College Success](#)

[Choosing a College Major: How to Chart Your Ideal Path](#) (also has free RESUME' template)

[College Professor Pet Peeves and Positive Student Behaviors](#)

[How College is Different from High School](#)

[It's Never Too Early — or Too Late — to Visit Your College Career Office](#)

[10 Tips for Getting Good \(or Better\) Grades](#)

[What Good is a College Education Anyway? The Value of a College Education](#)

[Teen Life/College Life Resources](#)

Ten Tips for Parents of College Freshmen

Taken from FastWeb!

Dr. Lynn F. Jacobs and Jeremy S Hyman are authors of the book [*Professors'*](#)

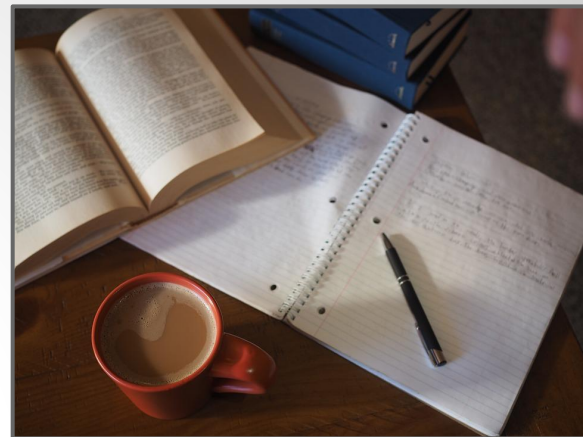
[*Guide to Getting Good Grades in College*](#)



1. Don't pick your child's courses. Many parents feel the need to help their kid select from among the thousands of choices. Don't. An important part of getting settled into college is finding the courses that best suit the student's interests and best satisfy the college requirements. Let the academic adviser do his or her job.

2. Don't install a GPS on your kid. Many well-meaning parents want to track their kids' every movement at college. Resist the temptation to call five times a day on your cell phone. Let your kid develop a sense of independence and personal responsibility.

3. **Help your kid develop his or her passion.** The single most important thing in college is that your ***student develop a true interest that he or she can enjoy throughout life.*** Let your child grow into his or her passion. Do not pressure him or her to major too early, or to pick a field solely for its job prospects. Let your kid spend the first two years of college exploring many possibilities, without undue direction from you.



4. **Don't edit your child's papers.** In many families, parents are used to "helping" with homework, especially when paper-writing time comes around. In college, the student is supposed to be working on his or her own. 100 percent. Resist the temptation to pitch in and just look over a draft of the paper. You could be leading your kid astray.



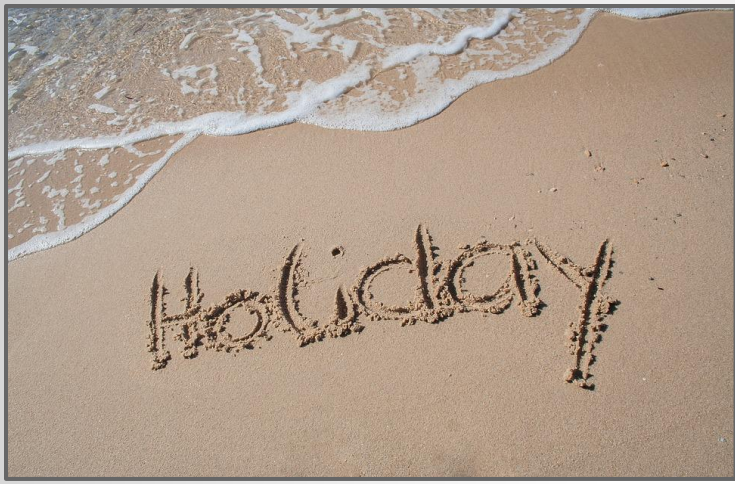
5. Encourage the student to go see the professor. One of the hidden resources at every college is the professor's office hour. A required part of every professor's job, the three or four office hours each week are the time that professors are available for one-on-one conferences to help the students with their papers and tests. Encourage your student to avail him or herself of this free service as often as appropriate. You've paid for it, why not use it?

6. **Don't panic too soon.** In most college courses, there are many graded pieces of work — quizzes, homework, a midterm, a research paper, lab reports, a term paper, and a final exam. As a result, each piece of work counts a small percentage of the final grade. What's more, the earlier pieces count less than the rest, since professors want to give students a chance to test the waters without great risk to their final grade. Upshot? If your child gets a bad grade on some early quiz or assignment, don't send in the troops. Most students will do better as the course goes on.



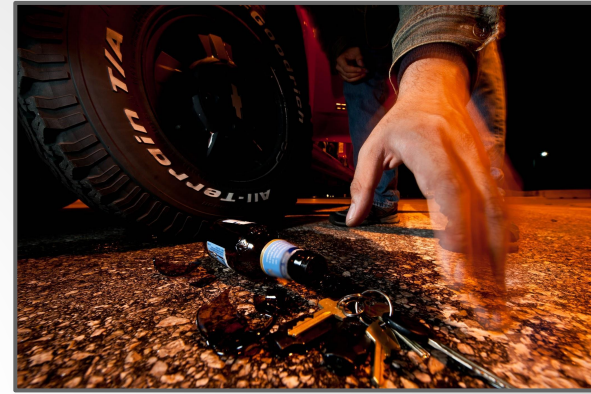


7. Never call the professor, department chair, or dean. There are no parent-teacher conferences in college. Professors don't want to hear from parents. At some colleges, there's even an unofficial "dean of parents" whose primary job is to keep parents away from other faculty and administration members. Your child is now an adult, pursuing his or her own future. Don't get in the way.



8. Protect the last month of the semester. In many college courses, up to 70 percent of the course grade is awarded in the last month of the semester. Do not distract your child with winter vacation plans, worries about finances or what to major in, family events and celebrations, or other activities during the crucial November-December and April-May periods. These are “make or break” times for your child. Respect them.

9. Talk about the realities of excessive drinking, drugs, and partying. Many college students experiment with campus drinking, recreational drugs, and all too much partying. First-year students can quickly get in over their heads and wind up causing all sorts of danger — both to themselves and to others. Educate your children about the importance of acting responsibly — even when their college-mates are acting stupidly.





10. Direct your kid to appropriate campus resources. Sometimes in spite of your best efforts, a child has difficulty in college — either academic or personal. Alert your kid to the many college services available free of charge. The writing center, the counseling center, the health service, the international student center, the academic advancement center, the center for students with disabilities. All of these are available to help your student on a moment's notice. If your kid is in trouble, consult the college website or catalogue for a complete listing of the college resources. Then encourage your student to go.

RESOURCES

8 college resources that every student should know:

<https://www.collegeparentcentral.com/2012/05/eight-campus-resources-your-college-student-should-know/>

101 College Resources and Tips:

<https://thecollegeinvestor.com/8677/101-essential-resources-college-freshman/>

American Psychiatric Foundation: Parent Guide to Your Student's Emotional Health:

http://www.transitionyear.org/_downloads/parent_pdf_guide.pdf

Edutopia - Transition Resources for Parents:

<https://www.edutopia.org/blog/transition-resources-teachers-matt-davis>