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## Academic Resources

- Don't overburden yourself, especially not in the first semester.
- Consider down-sizing your schedule if you are involved in athletics.
- Talk to your academic advisor and professor. They are there to help.
- Don't skip classes!
- Consider joining a study group. They provide the opportunity for you to get together with 2 or 3 students from a class and discuss the material, quiz each other and clarify information.
- Take notes! In a college course, the professor may teach information that is not in the textbook, and may test you on both. Some note-taking tips:
  - Use a full size notebook (8.5"x11").
  - Copy everything the instructor writes on the blackboard or overhead.
  - Write a short summary at the end of each lecture.
  - Compare your notes with others in the class.
  - Tape record lectures if allowed—listen while driving, jogging, bicycling.

Check out other resources that can help you during your Freshman year:

- *The Real Freshman Handbook* by Jennifer Hanson
- *College Survival* by Greg Gottesman and Daniel Baer

## Finances

Open a checking account and balance your checking account statement monthly. Competitively shop for the best student account rates. You may be able to use a hometown checking account by utilizing ATM machines and/or a debit card attached to your checking account. Check with the school to see what services are offered. Many

schools will also cash checks for students through the Bursar's Office. Beware of credit cards! Only charge what you know you have enough money in the bank to pay for. The interest rates, monthly fees and late-fees for non-payment of the monthly amount could easily total \$40 per month for unpaid balances as low as \$100, rapidly increasing your debt and ruining your permanent credit history. Search for student discounts. Set up a budget by considering income and expenses. Then stick with your budget!

## Hometown Contacts

- Determine when calling rates are least expensive.
- E-mail and text messaging are an advantage these days, use them for your benefit.
- Don't forget a written letter and a stamp is probably the cheapest way to go.
- Buy an address book and fill it with updated contact information of friends.
- Don't be afraid to ask your parents for help if you need it.
- Locate someone from your hometown or school. They can be sources for a free ride or just someone familiar when you are sick or homesick.
- When you return home, discuss expectations with your parents. They will want to spend time with you—don't expect to hang out with your friends during your entire visit home.

## Housing

Explore the choices that your college offers and consider what situation might be good for you. Should you have one roommate or sign up for a suite of 4 or more people? Visit dorm rooms ahead of time so that you know how much space you will have.

Avoid conflicts by having a "house" meeting to decide on rules of conduct and expectations for mutually considerate behavior.

- Who will decide internal disputes?
- Decide about borrowing personal items, foods and drinks
- Decide about communal use of certain large items, such as TV, stereo, computers, phone, answering machines, and time on the Internet.
- Decide about optimal time limits and noise-levels for the phone, Internet, entertainment and visitation of friends, and usage of TV and stereo.
- Conflicts should be resolved early. Get help from a resident advisor or counselor if your roommate is not working out.

Upperclassmen might consider an off campus apartment. Always get outside advice before signing a lease agreement!

- Ask about and obtain insurance for theft, fire, and liability.
- Notice exact dates.
- Don't guarantee that you will "make good" on your fellow renter's financial obligations.
- How much is the deposit and how do you reclaim it?
- How are the taxes, utilities, phone and parking handled?

# Social Interaction

- Consider attending activity fairs that your college might sponsor.
- Seek out the kind of activities you have enjoyed in the past and make new friends.
- Ask people you meet what clubs or groups they belong and sign up with your roommate or classmate.
- Some examples of activities might include: volunteer work, college newspapers, theater productions, sports, and student government.

# Sports

Varsity sports require time, commitment and discipline. Some survival tips include:

- Time management plans.
- Use of tutors, study tables and other academic support systems.
- Consistent physical conditioning, healthy eating, and adequate rest.
- Use support personnel as needed: coaches, team captains, team members, medical personnel, and school counselors.
- Choices about limited free time.

Club sports provide athletic competition, but are usually less intense than varsity sports.

In addition to the survival tips concerning varsity sports:

- Costs of participation, equipment and travel can be significant.
- Intramurals are another level of organized team sports. Consider these ideas:
- Dorm floors, fraternities, friends can make up a team.
- Less time and intensity.
- Great way to have fun and meet friends.

# Staying Healthy

- Exercise routinely.
- Maintain a balanced diet- don't skip meals.
- Get adequate sleep.
- Practice preventive medicine! Clean hands. Cover open sores.
- Update immunizations. Resist risky behaviors and abuse.

# Health Concerns

Understand the warning signs and get help when you are sick by contacting your personal physician or school health center. This is where you will get the best advice.

## **Cold or Flu**

Symptoms: runny nose, congestion, cough, headache, fever, aching muscles.

Treatment: over-the-counter cold medications can give relief. Drink liquids and rest. Check with your doctor or health center if symptoms get worse.

## **Mononucleosis**

Symptoms: like the flu, but does not go away.

Treatment: pain reliever or antacid to relieve symptoms but rest is all that can cause the disease to go away.

## **Migraines**

Symptoms: sick headache, pounding head, sensitivity to light and sound, dizzy, nausea.

Treatment: over-the-counter pain relievers are sometimes effective, check with your doctor or school health center.

## **Appendicitis**

Symptoms: severe abdominal pain, stiffness in lower right side of abdomen, loss of appetite.

Treatment: get to the hospital as fast as possible.

## **Yeast Infection**

Causes: pregnancy, illness, stress, tight clothing, the pill, vaginal deodorant.

Symptoms: white lumpy discharge, itching.

Treatment: medicated creams.

# Sexually Transmitted Diseases (STDs)

See your doctor immediately if you suspect you have an STD.

## **AIDS**

Causes: HIV is in semen, vaginal fluid, blood, and breast milk. It is transmitted by all types of sex and also by needle sharing.

Symptoms: no apparent symptoms but after 6 months flu-like symptoms occur.

Treatment: long drawn out process of rugs prescribed at different stage of the disease.

## **Chlamydia**

Causes: vaginal, oral, and anal sex.

Symptoms: urethral infections, painful discharge, vaginal discharge, rectal discharge.

Treatment: easily treated with antibiotics if caught early.

**Crabs/Lice**

Causes: close contact with a person who has it, including their personal products.

Symptoms: itching, blood dots, or scratches.

Treatment: special shampoo and decontamination of clothing and their products that were infected.

**Gonorrhea**

Causes: vaginal, oral, or anal sex with infected partner.

Symptoms: burning urination, and discharge from reproductive organ.

Treatment: antibiotics.

**Hepatitis B**

Causes: contact between open wounds.

Symptoms: fatigue, urine darkening, rashes, arthritis.

Treatment: vaccination and rest.

**Herpes**

Causes: genital, anal, or oral contact with herpes sore.

Symptoms: painful urination, headaches, fever.

Treatment: no cure, anti-viral drugs can control outbreaks.

**Syphilis**

Causes: sexual relations including kissing with open syphilis sores.

Symptoms: 1) painless sores; 2) fever, nausea, headaches; 3) latency; 4) brain damage, blindness, death, fetal injury

Treatment: antibiotics, if caught early enough.

**Venereal Warts (HPV)**

Causes: oral, vaginal, or anal sex with someone who carries the disease.

Treatment: Surgery, freezing, and/or burning.

## Eating Disorders

See your doctor immediately if you suspect you have an eating disorder.

**Anorexia**

Symptoms

- intense fear of gaining weight.
- weight is 15% or more below normal body weight for age and height.
- eating very little and playing with food.
- swollen ankles.
- thinning of hair.
- dependence on diet sodas, cigarettes, and black coffee.

**Bulimia**

Symptoms

- overuse of laxatives.
- binge-purge cycle cause heart and electrolyte abnormalities.
- damage of throat by stomach acid.
- health problems due to malnourishment.

## **Safety first! Be careful and prepared!**

On certain campuses, consider carrying mace, pepper mace or a rape whistle. Walk with your hands on your keys (sharp) in your pocket or fastened to loops. Be alert. Know the campus, what are the normal activities, and where you are. Leave notes about your plans. Neither men nor women travel alone after dark!

## **Resources**

- Gottesman, Greg, and Daniel Baer. *College Survival*. 1991. 7th ed. Canada: Thomson Peterson's, 2004.
- Hanson, Jennifer. *The Real Freshman Handbook: A Totally Honest Guide to Life on Campus*. 1996. New York: Houghton Mifflin, 2002.

# Time Management

- There is a big difference between high school and college! Out of class demands and the expectations of independent learning are higher. And course work, which might have been stretched out over a full high school year, is compressed into 9-15 weeks.
- Planners are a tremendous help to help you organize your time. If you write it down you may be more obliged to stick to it.
- Athletics and out-of-class commitments are fun, but may be dangerous if you don't watch your time. Make your choices carefully and use a planner to be organized and efficient.
- Be realistic about your habits when you plan your schedule. If you are an "early bird," you might want to consider morning classes. But if you are a "night owl," afternoon classes might be a better choice.

# Working At a Job

- A job can help you with your finances and to organize your time better, especially if there is a set schedule.
- Working provides a "track record" for your future employment applications.
- You can get jobs working at the school you attend. Ask your counselor for help.
- Check the school newspaper for jobs. Employers who advertise in this newspaper often understand the time constraints of college students.

# What to Pack

This is an extensive checklist of things you might want to pack. If you contact your roommate ahead of time, you might be able to share some items like a microwave/mini-fridge.

## Clothing (varies with season and climate)

- T-shirts (never too many)
- Blue Jeans, shorts
- Sweaters
- Sweatshirts, Sweatpants
- Belts
- Blouses, Skirts
- Slacks
- Dresses
- Underwear
- Dress shoes/socks/stockings
- Dress shirt, jacket, tie, pants
- Pajamas
- Bathing Suit
- Jacket, rain gear, hat, gloves, etc.
- Shoes, boots

## Bathroom Essentials

- Contacts, solutions, cases
- Cotton Balls
- Deodorant
- Hairbrush/Comb
- Facial Tissues
- Nail File, Nail clippers
- Make-up
- Q- Tips
- Razor/Refills/Shaving Cream
- Feminine Hygiene Products

- Tweezers
- Shampoo
- Sunscreen
- Toothbrush, Toothpaste, Dental Floss
- Towels (small, large), Washcloths
- Carrying Caddie
- Sewing Kit
- Laundry Basket/Bag, Laundry Soap

## Medical Supplies/ First Aid

- ACE Bandages
- Decongestant
- Antacids
- Band-Aids
- Cough Drops
- Thermometer
- Prescribed medications
- Over the counter pain relievers

## Medical Insurance and History

- Insurance Card(s)
- Emergency Phone Numbers for Family Members and Physicians, Dentists
- Summary of Medical History, Immunizations
- Actual Written Prescriptions for medications, glasses and contacts

## **Space Savers**

- Baskets/Milk Crates
- File storage
- Under-bed Storage
- Bulletin Board/tacks
- Closet organizers
- Clothes hangers

## **Electronics (Make sure the wiring is adequate)**

- Extension Cord, Surge Protector
- Stereo
- TV, VCR/DVD
- Alarm Clock
- Batteries
- Telephone
- Modem
- Internet connections
- Computer, Printer

## **For Your Desk**

- Calendar
- Address book
- Calculator
- Note cards
- Markers, Hi-liters
- Paper clips, Rubber bands
- Pencils/pens, Pencil sharpener
- Post-it notes
- Notebooks
- Glue/glue stick
- Folders
- CDs
- Duct tape
- Scissors

- White-out
- Stamps, Envelope, Stationery
- Thumb tacks
- Stapler/staples/staple remover

## **For Your Bookshelf**

- Dictionary, Thesaurus
- Foreign language dictionary
- Grammar guide
- Books that you studied in high school
- MLA handbook

## **Miscellaneous**

- Rolls of quarters (for laundry)
- Swiss Army knife (many useful uses)
- Board games
- Videos/DVDs

## **Bedroom**

- Mattress Pad(s)
- Pillow(s)
- Sheets, Pillowcases, Blankets
- Bedspread/Comforter/Sleeping Bag
- Lamp
- Fan
- Trash can

## **Kitchen Supplies**

- Glasses/cups, Plates, Bowls
- Knife/Fork/Spoon Utensils
- Bottle opener/Can opener
- Popcorn Popper
- Microwave/Toaster Oven
- Refrigerator/Cooler
- Cleaning products
- Coffee maker