

## Are You a New Student? Get Off to a Great Start!

Get off to a good start in college or university this year! Here are ten tips to help you get started on the right foot:



### Be Informed

Become familiar with your college or university's general calendar. There are numerous rules and regulations that will affect you as you progress through your program, so do your best to be aware and informed. Ignore rumors! If you hear something from a friend that may affect your program, check it out with your advisor.

### Go to Class

Even though many instructors do not take attendance, make every effort to attend your classes regularly throughout the year. Instructors may cover material in class that is not in your textbooks, and often give important information about tests and assignments during class time as well.

### Get to know your Instructors

Visit your instructors during their office hours a few times throughout the term. You can ask questions or get clarification on course material, see if you are on the right track with assignments, or just drop in to say hello and introduce yourself. If something should arise in the future and you need your instructor's support, it makes the world of difference if they have met you, and have seen that you attend class regularly and are working hard in the course.

### Make a Friend in Each Class

Get to know a few other students in each of your classes. It can be very helpful to have a study buddy, or just someone to get notes from if you need to miss a class occasionally.

### Learn about Time Management.

Get a day planner, and as soon as you get your course outlines, write down all assignment deadlines and exam dates for the year. Spend some time looking at your calendar, and note the times when you have several things due at once. Plan ahead for busy times so that you will not be overwhelmed.

### Keep up with Your Assignments from the Beginning

If you fall behind, it is very difficult to catch up. Keep on top of your assignments from the beginning. Make “to do” lists for the week, as well as for each day. Make use of the “spare” time that you have between classes to study, edit your class notes, and read your textbook. First year students are often overwhelmed by the amount of reading that they need to do. Start reading your textbooks immediately – there is no easing into it.

### Take a Study Skills Course

Even the brightest students can learn new strategies that will help make studying easier and more productive.

### Get Acquainted with the Library

Take a tour, find out how to use the computers, ask for help. You will be spending a lot of time in the library, so familiarize yourself with its layout and resources early.

### Get Involved

Getting involved at college or university is an important component of a well rounded education. By getting involved, you will take an active role in your education – both inside and outside the classroom. Start a study group, join a club, attend a social event, seek out volunteer opportunities. Be part of your new community – you will be enriched and enjoy your time much more!

### Safeguard your Physical and Mental Well Being

Starting any new experience can be stressful. As a new college or university student, you will experience many changes – changes in workload, responsibilities, finances – even friends. Take advantage of the many resources on campus. Take a fitness class, meet with a counselor for advice on stress management, talk to your campus health services about nutrition and wellness, visit the Chaplain’s office for spiritual guidance. If you are not sure where to go for help – see your advisor, who can make referrals and suggest options.



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