

## WELL-BEING >>>

*Staying healthy in body, brain, and spirit is a life-long journey. Learn strategies to improve your own well-being with steps to security, health, prosperity.*



# Freshman Year Survival Guide

Congratulations! You are officially a college freshman. There's nothing quite like it. For most, it represents the end of dependence and the beginning of liberation! The freshman experience for some may at first seem absolutely terrifying! There's no need to worry. Every freshman goes through some type of uncertainty of whether or not he or she can do this—go out on his or her own to earn a college degree. This article will offer helpful tips on how freshmen can survive their first year of college.

## Ways to get involved:

- Find a Study Group
- Get a Mentor
- Get to Know Your Roommate
- Explore Campus
- Volunteer
- Get a Campus Job
- Get involved in Campus Activities
  - Sports
  - Clubs and Organizations

### Familiarize Yourself with the Campus

First thing's first, it's best to get familiar with the school. Don't wait until the day classes begin to shuffle around campus finding the correct room number and possibly being late for class! It is recommended to start to familiarize oneself with the campus layout prior to the 1<sup>st</sup> day of class. Students who take the initiative to become familiar with their college campus will be more comfortable navigating to and from classes.

### Attend Orientations

Another way to quickly become comfortable as a first-year student is to attend the orientations! Students who feel that orientations are boring or a waste of time are missing out on a terrific opportunity to meet new people and get a better understanding of the school's overall mission, core values, and how they can contribute to these goals.

### Socialize

This might be easier said than done, especially for introverts, but this is what the college experience is all about. Socializing is going to help freshmen overcome the fear of being in a new place, learning new things and for some, learning new customs and languages.

For freshmen, the academic workload can be somewhat overwhelming and demanding. There will be more expectations from a student than what there was in high school, so that can be quite the transition to adapt to.

Finding someone in college who can relate to this transition isn't difficult, even for the introvert! In college, every student has one thing in common: homework! So finding a friend or classmate to discuss one's academic workload can alleviate any anxiety of being over worked academically.

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### References:

<https://www.fnu.edu/freshman-guide-survive-year-college/>