

## **Intercultural Center - Helpful College Tips**

### **Go to all orientations.**

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.

### **Get Organized.**

Buy an organizer, a PDA, a big wall calendar -- whatever it takes for you to know when assignments are due.

### **Find the ideal place for you to study.**

Find a place that works best for you to get your work done -- avoiding as many distractions as possible.

### **Go to class.**

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.

### **Become an expert on course requirements and 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.

### **Meet with your professors.**

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

### **Get to know your academic adviser.**

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.

### **Seek a balance.**

College life is a mixture of social and academic happenings. Don't tip the balance too far in either direction - study hard so you can play hard.

### **Get involved on campus.**

Consider joining a select group; organizations, clubs, sororities or fraternities, or sports teams. You'll make new friends, learn new skills, and feel more connected to your school.

### **Strive for good grades.**

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.

### **Take advantage of the study resources on campus.**

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.

### **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.

### **Don't feel pressured to make a hasty decision about a career or a major.**

It doesn't matter if it seems as though everyone else seems to know what they're doing with their lives -- believe me, they 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. It's not a race; take your time and enjoy exploring your options.

### **Make connections with students in your classes.**

Try to meet at least one new person in your classes. It will expand your network of friends and is a crucial resource if you had to miss a class.

### **Don't procrastinate; prioritize your life.**

Give yourself deadlines and stick to them. College is not like High School.

### **Stay healthy/Eat Right.**

Get enough sleep, take your vitamins, and eat right. Stay healthy and avoid the dreaded extra "Freshman 15" pounds by sticking to a balanced diet.

### **Learn to cope with homesickness.**

Find a way to deal with those feelings, such as making a phone call or sending some email home.

### **Stay on campus as much as possible.**

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?

### **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.

**Keep track of your money.**

Find ways to stretch your money and as best you can, avoid all those credit card solicitations you'll soon be receiving.

**Don't cut corners.**

College is all about learning. If you procrastinate and cram, you may still do well on tests, but you'll learn very little.

**Be prepared to feel overwhelmed.**

Expect to have moments where it seems a bit too much - be prepared to feel completely unprepared. The trick is knowing that you're not the only one feeling that way.

**Visit the Intercultural Center**

We provide a comfortable and easy environment for students to communicate with others and learn about different cultures.