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10

TIPS TO  
MAKE

Freshman year  
successful

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01

# Find Your TRIBE.

**When you first arrive to campus the first thing you should do is connect with people. Even as introverted people, there are other introverts out there that are looking for the same thing you are looking for, community. Having a group of people that are like-minded, share the same interest and have the same goals will be the biggest factor in how much success you have in and outside of the classroom. You need people in your life on campus that will show up when you are struggling, cheer you on when you win and also be honest when you are off track.**



02

# Remember your WHY.

**Remembering why you decided to go to college is important in your success. There will be times where you don't feel like studying or going to class. If your reason for coming to college is big enough, it will help you push pass the temporary pain. Think about this, 30% of college freshmen in the U.S. drop out before their sophomore year. Knowing and remembering why you are in school will help you not be a part of that 30%.**

03

Learn where your

**RESOURCES ARE.**

**Your campus has every resource you can imagine. The sad part is most college students do not take advantage of the free resources until they are about to graduate. Resources from financial support, career readiness, mental health services and so much more are at your fingertips. Explore your campus and see what is out there for you. These resources are meant to support you, but it's up to you to figure out what you need support in and where to find it.**



04

Get

**INVOLVED.**

**Even if you volunteer for a few weekends out of your first year in college, get involved. Being engaged in the community will help you feel a part of your campus and comfortable. Studies show that students who get involved helps them feel a clear sense of purpose. It also increases engagement in their education, life management, campus community and career planning. The easiest way to get involved is to join a student-led organization as a executive or general board member.**



05

# Find a healthy balance of **WORK V. PLAY.**

**College is not all about partying and having fun with your friends, but college is also not just about what happens in the classroom. Being successful in your first year (and all throughout college) will require balance. The best way to find balance is to maintain routines and habits that will create structure. Creating this will give you the tools you need to be successful and having the balance between work and play are crucial in that success.**

06

# Ask for HELP!

**You are in a new environment, and being asked to do things you've never done before. You have to manage your own time and schedule, decide whether to go or not to go to class, manage your finances, study, work and so much more. This will be the most powerful statement that you will use but can move mountains, "I need help!" People associate the word help to being weak and asking for help is one of the strongest things that you can do. Help is something that we all need. Your first line of defense for help is either your academic advisor or a faculty member that you trust.**

07

Know your

**SYLLABUS.**

**The biggest mistake people make is they get their syllabus day one and that is the last day that they look at it. Make sure you know what is on each of yours and that you are not missing any key elements of the syllabus. That document will be your best friend and it will help keep you on track for papers and projects that are due. Some professors, especially when it comes to their freshman classes, will purposely see if you read through the syllabus.**



08

Be

YOU.

**In high school you had so many cliques and friend groups and may have felt like everyone was the same. College is nothing like high school. In college, you could like something random and you will find a group of people liking the same thing. College is a chance to really find yourself and you can not do that if you are trying to be like another person. If you are a person that does not know what the real you looks like then this next tip will help you!**



09

Show up

**FOR YOURSELF.**

**Taking care of you and your well-being will be one of the biggest challenges. As a young person developing the ability to advocate for yourself in college will be needed as you navigate your first year. Another part of showing up for yourself is focusing on incorporating some forms of self-care on a weekly basis. Self-care is doing an act or participating in an activity that is helping you recharge from life. Self-care allows for room to recharge and get back on track to finish strong in life.**



10

# Start developing your **NETWORK.**

**Having a Network is the key to how far you go beyond the classroom and in life. Starting early and learning what it takes to build and cultivate relationships will go a long way as student's are starting to grow into the people they want to be and chase the dreams and careers. The beautiful thing about having a network is that even when you don't have the resource your connection might and now you are connected. Your Network can put you into room sometimes money or experience can't.**



# Stay Connected



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