

TIPS FOR SETTLING IN TO COLLEGE QUICKLY AND EASILY

1. Reach out to Others

It is important to trust the process of forming new friendships. Reach out to others and start conversations!

2. Become aware of the many activities and organizations that you can join and Get involved

There are many activities on campus, so go ahead and get involved! Don't wait! Instead, get involved your first few weeks of your freshman year. This will allow you to meet friends, be part of a social group, as well as make a difference in the university, and you will have a healthier attitude regarding college altogether.

3. Stay healthy and educated about how to maximize all aspects of your health

Adjusting to college life can take a lot out of you because of the new class schedules, studying, and having to figure out how to handle it on your own. Because of this, it is very important to eat and sleep regularly and to try to establish a healthy schedule. Make sure you eat three healthy meals a day, strive for eight hours of sleep a night, and you will feel happier, healthier and better able to adjust to college life.

4. Manage stress

College is stressful, and for a beginning freshman it might be overwhelming. It is important to consider how you relieve and manage your stress (e.g., exercise /working out, practicing yoga, deep breathing, creative outlets, nature, listening to music, etc) and that you proactively build in time for these outlets. Adjusting to college life and accepting all of the new ways of doing things is much easier when stress levels are effectively being managed. Alternatively, not addressing elevated stress levels can negatively impact your academic performance as well as your physical and mental health.

5. Stay focused

Because college can be so much fun, it might be difficult to stay focused on your work. However, remember why you are at college in the first place and think of it as your full-time job now that you are an adult. You want to get a degree and ultimately a good job. So, focus on your major and your academic / career goals vs. where the best party may be on the weekend. You can still look for extracurricular activities, but try to prioritize and remain focused on your goals.

6. Attend every class

Class attendance in college is not the same as high school. Many times attendance is not even taken, so it is easy to skip class for more exciting things. However, if you don't go to class you will find it difficult to learn what you need to for the exams and papers, and you may miss pop quizzes. As a result, you should attend every class unless you are seriously ill. In the event you must miss a class, let your professor know why and ask if you can get the notes.

7. Continually revise expectations

It is important to adjust expectations along the way if things are not working out as you planned. Perhaps, what you planned wasn't going to offer as much as what is actually happening!

8. Take Advantage of Campus Resources

Make use of the services and resources to keep you on track academically. Avoid the common mistake of avoiding help just to prove you don't need help. At this phase in your life, not using available resources is likely to prove a much more costly than simply needing assistance from time to time.

9. Enjoy yourself!

While you will want to continue to prioritize your work and responsibilities, it is also important to learn how to enjoy yourself. If you are following all of the above tips to help you adjust to college, you can relax some every day after you have finished your homework. Simply enjoy hanging out with friends and meeting new people.

10. Communicate

Remember, college is a time when you will meet many new people that may have completely different views than your own, and you may end up living with one. As a result, make sure you always communicate openly and honestly about your feelings while respecting other people as well. Effective interpersonal communication also helps to ensure that you are not letting others take advantage of you.

11. Get Support

Should you feel you could benefit from speaking with a counselor with expertise in college student development, Counseling and Psychological Services (CAPS) is available! Whether your struggle is something you've been facing since before you came to GWU or something that emerges as you adjust to college life, meeting with a counselor is an effective way of getting through a challenging time and continuing toward a successful and fulfilling career at GWU and after you graduate. CAPS is a free, confidential resource available to all students. We are located in the Ground Level of University Student Center or can be reached by calling 202-994-5300. Business hours are from 8:30am-5:00pm (Mon-Fri) and 12:00-4:00pm (Sat-Sun). There is also an on-call therapist after business hours available by calling the same number.

<https://healthcenter.gwu.edu/counseling-and-psychological-services>