

3-MONTH checklist



YOUR GUIDE TO THE FIRST SEMESTER OF COLLEGE

There is a lot to juggle during those first months at school. Our College Transitions team has highlighted some of the areas freshman should be aware of so they can get started on the right foot.

SEPTEMBER

- ✓ The key to success in college is effective time management. Plan out your days, including classes, study time, meal time, social time, and get at least eight hours of sleep per night.
- ✓ Do some backwards planning. Once your weekly schedule is set, take a look at the bigger picture and put all exam and due dates in your calendar. Then, note when you should work on projects or study for exams in your designated study times.

OCTOBER

- ✓ Find out where academic resources are located on campus and how to make an appointment to use them.
- ✓ Schedule a session with the writing center as you start to work on your first college paper to make sure you're on the right track.
- ✓ Be sure to attend any extra study sessions before your first exams and look for any additional tutoring resources, Private Prep has some, so contact us if you need.
- ✓ If you're looking for scholarly journals to use in a paper don't wander around your library - instead, meet with a reference librarian. They'll be able to point you in the right direction and teach you how to use reference systems.

NOVEMBER

- ✓ Take a moment to assess your performance in your classes - how are you doing and what can you do better? Where are you struggling?
- ✓ Schedule a meeting with your professor or drop in during office hours, either to further discuss subject matter or to get extra support for upcoming assignments. You'll receive valuable feedback and time with your professor outside the classroom, while also creating a relationship with them.
- ✓ Midterms and the end-of-the-semester push are both coming up. It's more important now than ever to effectively manage your time. Stay on task and prioritize both academic time and self-care time.
- ✓ Create a plan for managing stress and keeping up with your self-care in the coming weeks. Make a list of three things that are mood-lifters (e.g. talking to a BFF or listening to music) and three things that are stress-busters (e.g. kickboxing class or a walk outside) so you can turn to them if and when the going gets rough.
- ✓ Remember, end-of-semester stress and holidays can often be triggers for depression and anxiety, two things that are on the rise among college freshmen. In response to this trend, most campuses have enhanced their mental health services. Don't delay making an appointment with the on campus counseling center if you suspect that you may be struggling.

The first months of school are important for setting a strong foundation for the year ahead. Contact our College Transitions team if you have any questions or need guidance along the way.

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