



College Freshman

September to November To-Dos

There's a lot to juggle during these first few months at school. Our College Transitions team has highlighted some of the areas freshmen should be aware of so they can start the year off 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, and 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 enter all exam and assignment due dates in your calendar. Then, decide when you should work on particular 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.
- When you begin work on your first college paper, schedule a session with the writing center so you can make sure you're on track.
- Be sure to attend any extra study sessions before your first exams and look for any additional tutoring resources. Private Prep has some options—contact us if you're interested.
- If you're looking for scholarly journals to use in a paper, don't wander aimlessly 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. Where are you struggling? What resources are at your disposal?
- Schedule a meeting with your professor or drop in during office hours, either to further discuss subject matter or to get support for upcoming assignments. You'll receive valuable feedback and strengthen your relationship with your professor.
- The end-of-the-semester push is 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/when the going gets tough.
- Remember, end-of-semester stress and holidays can often be triggers for depression and anxiety, two issues that are on the rise among college freshmen. In response to this trend, most campuses have enhanced their mental health services. Don't put off making an appointment with an on-campus counseling center if you suspect that you may be struggling.

The first months of school are crucial for setting a strong foundation for the months to come. Contact us if you have any questions or need guidance along the way.