Preparing For College Life

Summer is here! While you may want to sit back, relax, and soak up some sun, it’s also time to prepare yourself for college life. Whether you are a new incoming student or returning, these tips should help make college life smoother and a bit more enjoyable.

• **Watch your email and mailbox for important college information** - If you have not already, you will be receiving important information. This information may be anything from housing to state and university immunization requirements, to registering for classes. If you receive information that you don’t understand, don’t just put it to the side. Call the appropriate university office and ask questions, that’s why they are here.

• **Plan to attend orientation** - Boiler Gold Rush (BGR) is Purdue’s official welcome week. Orientation for new incoming students-freshmen or transfer-is a great way to get accustomed to campus, learn campus traditions, and meet new friends.

• **Create a financial plan** - This may be a crucial part of college success. As part of this plan, keep in contact with the financial aid office. Know the details of the financial aid you are receiving and apply for scholarships. Whether you have a job or not, create a budget and stick with it. Avoid impulse spending. The least amount of debt you acquire during college, the less amount of time you will spend paying off the debt after college. Debts leads to unwanted stress and that is something you that will make college easier if you are able to avoid unwanted stress.

• **Work on time and stress management skills** - Having good time management provides structure that essential for success in college. It’ll help you stay on track with class assignments, social activities, and other responsibilities such as a job or volunteering. Being organized is one of the most important parts of time management. Buying a planner or having an app to be keep a detailed schedule will help you become more organized. Having good time management can also decrease stress levels and keep you on track with academic responsibilities. Examples of useful stress management techniques are deep breathing, exercising, and journaling.

• **Keep an open mind** - One of the best parts of college is the new experiences. Be open to new opportunities. Ask lots of questions and learn from the new people you’ll meet, be receptive to their beliefs, culture, and ideas. Keep an open mind and keep a positive outlook throughout.