

## **TOP TEN WAYS TO SUCCESSFULLY ADJUST TO COLLEGE LIFE**

*For college students and the people who support them*

1. **Go to class and establish good study habits.** Attendance in class and setting aside adequate time to study ought to be top priorities. Academic achievement and successful stress management are both enhanced by doing so.
2. **Get to know instructors and get involved on campus.** Developing relationships with faculty members enhances academic motivation and performance. Co-curricular involvement in campus activities, organizations, and employment is related to positive self-esteem, academic success, and persistence beyond the first year.
3. **Stay on campus when you can.** The college years are a time to develop independence and autonomy. This occurs when you become your own person and develop new relationships in your new community. First-year students who stay in campus for the first 6 weeks of school are more likely feel connected and remain enrolled for future semesters.
4. **Build and maintain healthy relationships.** There are many physical and mental health benefits to having adequate social support. Stay in touch with those you care most about, and who care most about you. Get to know new people on campus. Work toward respect and a balance of give and take in your relationships. Put effort into resolving conflicts in ways that honor yourself and others.
5. **Maintain healthy lifestyle habits.** Focus on getting adequate nutrition, sleep, and exercise. How you attend to these basic needs has profound effects on your physical, cognitive, and emotional well-being. We all function at our best when our bodies are appropriately nurtured.
6. **Have smart and healthy fun.** Consider substance-free fun—there are many activities and organizations to help you have fun and meet people outside of class. When thinking about the party scene, consider these things: a) drinking age laws are enforced on every campus; b) most students choose either not to drink alcohol or to do so in ways that don't negatively impact academic performance, personal health, or relationships. You can lower your risk of negative consequences by not drinking and by learning about moderation skills.
7. **Manage your time/stay balanced and focused.** Academic life requires students to focus and concentrate. Structure your time to achieve a balance between academic, work and social pursuits. Strive to avoid or reduce things that interfere with your concentration.
8. **Practice good stress management.** While some stress is inevitable and even helpful, there are things we can do to prevent or reduce unhealthy levels of stress. Seek out and learn these methods. The items on the rest of this list are a good place to start!
9. **Stay positive.** Work toward maintaining an optimistic attitude toward yourself academically and socially. Expect challenges and strive to bounce back after setbacks—doing so is a sign of resilience that will lead to success in school and life.
10. **Use available resources.** When problems arise, don't be afraid to seek help. This is best done before problems become persistent and/or more serious. In addition to friends, family, faculty and residence hall staff, many student services are available for assistance with academic and personal needs. Find out about them and use them!

**Successful outcomes will include becoming Comfortable, Connected, and Competent in the college environment.**