



## Tips College Freshmen Should Know

*Excerpts by Ryan Lytle – U.S. News*

Adjusting to college life can be difficult for students transitioning from high school. Here are some things freshmen should know once they're on campus:

### Maintain a College Budget

While students and parents are aware of the upfront costs of college, they should also be aware of hidden costs. Keeping a record of expenditures will force students to be accountable for extracurricular spending, including clothes shopping and nights out with friends.

### Less is More When Packing for College

Having to choose what to bring to college can be stressful. Freshmen should remember they are moving into a small space with little storage. Students should pack items they can share with roommates and also bring storage boxes that can be stored under beds and in closets.

### Get Along with Roommates

One major transition for many college students is adjusting to sharing a small space with other people. Roommates may be able to avoid issues if ground rules are set from the beginning. Having conversations about cleaning schedules or having friends over can ensure roommates are on the same page.

### Be Proactive About Fighting College Stress

There are many things that can pressure new college students: making friends, doing well in class, being homesick, etc. But freshmen may be able to alleviate some of this stress by getting enough sleep, exercising regularly, or seeking out counseling services on campus.

### Fighting the Extra Pounds

For many students, college is the first time they've been responsible for their own meals, and college dining halls often offer buffet options. Freshmen who want to fight the bulge should consider counting calories—and many schools have made this easier to do by sharing calorie information.

### Find Cheap College Textbooks or Get Textbooks for Free

Full-time students spent a tremendous amount on required course materials last year. Before freshmen purchase textbooks at college bookstores, they should consider renting. While using online services to compare textbook prices can save students money, there may be ways to get free copies of textbooks. Before buying or renting, students should explore the library for extra copies or see if their professor has extras to lend out to students.

### **Use Technology to Manage College Life**

There are a lot of obligations and events on a college student's plate and it can become overwhelming to manage. Innovations in education technology have opened the door for students to more easily organize their daily activities through new mobile apps available.

### **Dealing with a Bad Grade in College**

Receiving a bad grade can be frustrating, but it can also be a learning experience. Students who have questions about their grade should set up a meeting with the professor, which can be beneficial in numerous ways: the student learns from the experience and the professor gets to know the student.