

TOP 10 THINGS EVERY FIRST YEAR COLLEGE STUDENT SHOULD KNOW!



Marcia Prince-Cuffe

TOP 10 THINGS EVERY FIRST YEAR COLLEGE STUDENT SHOULD KNOW!

Let's connect:

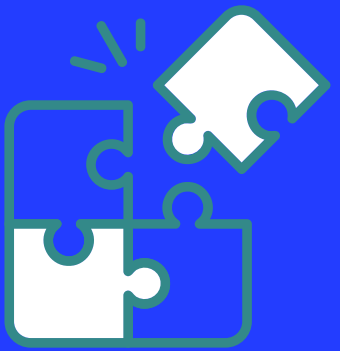


1. TIME MANAGEMENT IS EVERYTHING



- Learn how to balance classes, studying, work, and social life.
- Use planners, calendars, or apps to stay on top of assignments and deadlines.

2. GO TO CLASS - EVEN WHEN YOU DON'T FEEL LIKE IT



- Attendance makes a huge difference.
- Professors notice, and you absorb more than you realize just by being present.

3. GET TO KNOW YOUR PROFESSORS



- Visit office hours, ask questions, and build relationships.
- Professors can become mentors, write recommendation letters, and help you succeed.

4. FIND AND USE CAMPUS RESOURCES



- Tutoring centers, writing labs, counseling services, career centers, and libraries are there to help—take advantage of them early.

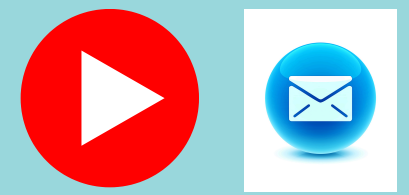
5. BUILD GOOD STUDY HABITS NOW



- Study a little each day instead of cramming.
- Learn active strategies like summarizing, quizzing yourself, or teaching someone else.

TOP TEN THINGS EVERY FIRST YEAR COLLEGE STUDENT SHOULD KNOW

Let's connect:

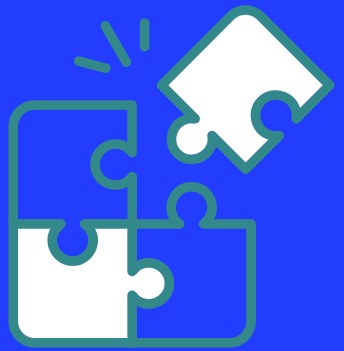


6. MANAGE YOUR MONEY WISELY



- Budget for food, books, and entertainment.
- Avoid unnecessary debt (like overusing credit cards) and look for student discounts.

7. TAKE CARE OF YOUR MENTAL AND PHYSICAL HEALTH



- Get enough sleep, eat well, and move your body.
- Don't be afraid to ask for help if you're stressed, anxious, or struggling.

8. FIND YOUR COMMUNITY



- Join clubs, organizations, or study groups.
- Building connections helps you feel supported and makes campus life more enjoyable.

9. LEARN HOW TO ADVOCATE FOR YOURSELF



- Speak up if you don't understand something, ask for extensions when appropriate, and communicate with professors and advisors.

10. REMEMBER IT'S A MARATHON NOT A SPRINT



- Adjusting to college takes time.
- Don't compare yourself to others—focus on your growth, progress, and long-term goals.