

25 TOP TIPS FOR ESU STUDENTS

1. **Get Organized.** In high school, the teachers tended to lead you through all the homework and due dates. In college, the professors post the assignments in syllabi -- often for the entire semester -- and expect you to be prepared. Buy an organizer, a PDA, a big wall calendar -- whatever it takes for you to know when assignments are due.
2. **Sit in the "T":** If you sit front or center in your classrooms, you are more likely to stay focused and your professors are more likely to engage you and keep you engaged.
3. **Find the ideal place for you to study.** It may be your residence hall room or a cozy corner of the library, but find a place that works best for you to get your work done -- while avoiding as many distractions as possible.
4. **Go to class.** Obvious, right? Maybe, but sleeping in and skipping that 8:00 AM class will be tempting at times. Avoid the temptation. Besides learning the material by attending classes, you'll also receive vital information from the professors about what to expect on tests, changes in due dates, etc.
5. **Become an expert on course requirements and due dates.** Professors spend hours and hours preparing course syllabi and calendars so that you will know exactly what is expected of you -- and when. One of the lamest excuses a student can give a professor: "I didn't know it was due today."
6. **Meet with your professors.** Be assured that there are only upsides to getting to know your professors, especially if later in the semester you run into some snags. Professors schedule office hours for the sole purpose of meeting with students -- take advantage of that time.
7. **Get to know your academic adviser.** This is the person who will help you with course conflicts, adding or dropping courses, scheduling of classes for future semesters, deciding on majors and minors. This person is a key resource for you -- and should be the person you turn to with any academic issues or conflicts. And don't be afraid of requesting another adviser if you don't click with the one first assigned to you.
8. **Seek a balance.** College life is a mixture of social and academic happenings. Don't tip the balance too far in either direction. Study hard so you can play hard.
9. **Get involved on campus.** A big problem for a lot of new students is a combination of homesickness and a feeling of not quite belonging. A solution? Consider joining a select group -- and be careful not to go overboard -- of student organizations, clubs, sororities or fraternities, or sports teams. You'll make new friends, learn new skills, and feel more connected to your school.
10. **Strive for good grades.** Another obvious one here, right? Remember the words of the opening paragraph; while good grades could have come naturally to you in high school, you will have to earn them at the university -- and that means setting some goals for yourself and then making sure you work as hard as you can to achieve them.
11. **Take advantage of the study resources on campus.** ESU has a learning lab and tutors available. If you're having some troubles, these resources are another tool available to you. Another idea: form study groups.
12. **If you live on campus, get to know your roommate and others in your residence hall.** The people you live with, most of whom are going through similar experiences and emotions, are your main safety net -- not only this year, but for all your years. You may change roommates after the first semester or you may stay roommates for all four years -- just take the time to get to know your fellow first-year students.
13. **If you live off campus, get connected on campus.** Studies show that the more involved students are on campus, the more successful AND HAPPY they will be.
14. **Make time for you.** Be sure you set aside some time and activities that help you relax and take the stress out of your day or week. Whether it's working out at the 'Rec Center,' playing your favorite video game, or writing in a journal, be good to yourself. NOTE: Playing video games is a great tool for entertainment -- just don't overdo it.
15. **Don't feel pressured to make a hasty decision about a career or a major.** It doesn't matter if it seems as though everyone else seems to know what they're doing with their lives -- believe me, they don't -- now is the time for you to really discover who you are, what you enjoy doing, where your talents lie, and what you want to be. It's not a race; take your time and enjoy exploring your options.
16. **Take responsibility for yourself and your actions.** Don't look to place the blame on others for your mistakes; own up to them and move on. Being an adult means taking responsibility for everything that happens to you.
17. **Make connections with students in your classes.** In the first week of classes, take the initiative to meet at least one new person in each class. Expand your network of friends -- they're a crucial resource at times when you have to miss a class.
18. **Don't procrastinate; prioritize your life.** It may have been easy in high school to wait until the last minute to complete an assignment and still get a good grade, but that kind of stuff will not work for you at the university. Give yourself deadlines -- and stick to them.
19. **Stay healthy/Eat right.** A lot of problems first-year students face can be traced back to an illness that kept them away from classes for an extended period of time that led to a downward spiraling effect. Get enough sleep, take your vitamins, and eat right. If you haven't heard the jokes about university food, you soon will. And without mom or dad there to serve you a balanced meal, you may be tempted to go for those extra fries or cookies. Stay healthy and stick to a balanced diet.
20. **Learn to cope with homesickness.** It's only natural that there will be times when you miss your family, even if you were one of those students who couldn't wait to get away. Find a way to deal with those feelings, such as reaching out to new classmates and joining an organization.
21. **Stay on campus as much as possible.** Whether it's homesickness, a job, or a boyfriend or girlfriend, try not to leave campus too soon or too often. The more time you spend on getting to know the campus and your new friends, the more you'll feel at home. And why not take advantage of all the cultural and social events that happen on campus?
22. **Seek professional help when you need it.** ESU has health and counseling centers. If you're sick or feeling isolated or depressed, please take advantage of the many services these resources provide students. You don't have to face these issues by yourself.
23. **Keep track of your money.** If you've never had to create a budget, now is the time to do so. Find ways to stretch your money - and as best you can, avoid all those credit card solicitations you'll soon be receiving. The average credit card debt of college grads is staggering.
24. **Don't cut corners.** This experience is all about learning. If you procrastinate and cram, you may still do well on tests, but you'll learn very little. Even worse, don't cheat on term papers or tests.
25. **Be prepared to feel overwhelmed.** There's a lot going in your life right now. Expect to have moments where it seems a bit too much. As one student says, be prepared to feel completely unprepared. The trick is knowing that you're not the only one feeling that way.

Final Words of Advice

You've done all the prep work -- you've gotten good grades in high school, scored well on a standardized test, and been accepted into the university you want to attend -- so enjoy all your hard work while laying the groundwork for a successful university career. Don't be a statistic; be determined to make it through your freshman year -- and beyond. Take advantage of your network of new friends, professors, and university staffers, and have fun while learning as much as you can, and get the most out of your university experience.