

College Survival Tips

Getting adjusted to college life can be a scary and exhausting task. Here are some tips to help you survive that transition to college life:

Get involved - Involvement with others and campus activities are healthy pursuits. Involvement can breed positive thoughts and feelings and is related to good self-esteem and academic success.

Go to class - Attendance in class ought to be one of your top priorities. Your academic success and successful stress management is dependent upon good attendance.

Party smart - If you choose to drink alcohol and enjoy partying, do it in ways that don't result in harm to yourself or others, and doesn't result in poor academic performance. Do everything in moderation.

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.

Eat and sleep well - We function at our best when our bodies are appropriately nurtured.

Practice good stress management - While some stress is inevitable, there are things we can do to prevent or reduce stress. Seek out and learn these methods.

Communicate productively - Be assertive with others so that your own needs are met, but do this in ways that respect others.

Maintain healthy relationships - Work to avoid "toxic" relationships, but also do a lot of give and take with your friends. Put effort into resolving conflicts in ways that honor yourself and others. Stay in touch with those who support you.

Stay focused - Academic life requires students to focus and concentrate. Work to avoid or reduce things that interfere with your concentration.

Stay positive - Work toward maintaining an optimistic attitude and interacting with others in productive ways.

*Adapted from information provided by the
The University of Alabama Counseling Center*

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