

What Do the Pros Say Research Guide

There are a number of good websites and articles on the internet where you can find advice to help you adjust to college. Many of these articles are written by college students or recent graduates, who have experienced these issues first-hand. Others are written by college professors, psychologists and other experts who specialize in helping young people deal with transitions. Use these pages to research the trouble zones you will report on today; keep them as a reference to use later.

Academic

1. Attending Class

http://www.quintcareers.com/first-year_success.html

(A college and career counselor offers 25 Tips to survive and thrive your freshman year)

<http://www.mycollegesuccessstory.com/academic-success-tools/classroom-etiquette.html>

(Same counselor as above offers tips for classroom success)

2. Relating to Teachers

<http://frank.mtsu.edu/~chopper/mother.html>

(Academic tips and friendly advice from a variety of sources, including college students)

http://www.quintcareers.com/first-year_success.html

(A college and career counselor offers 25 Tips to survive and thrive your freshman year)

3. Types of Assignments

<http://www.helium.com/items/737599-the-benefits-of-using-a-day-planner-in-college>

(A college teacher suggests time management and study skills)

http://www.quintcareers.com/first-year_success.html

(A college and career counselor offers 25 Tips to survive and thrive your freshman year)

4. Amount of Study

<http://frank.mtsu.edu/~studskl/10tips.html>

(Study tips and learning strategies from a college Learning Strategies Coordinator)

<http://www.usnews.com/articles/education/best-colleges/2008/08/21/advice-on-how-to-study-in-college.html?PageNr=4> (14 great tips on how, and how much, to study)

5. Taking it seriously

<http://www.mycollegesuccessstory.com/success-stories/academic-success-tips.html>

(Students offer good advice for freshman on academic success)

http://www.pananole.org/index.php?option=com_content&task=view&id=82&Itemid=2

(A student reflects on choosing a major and taking college seriously)

6. Overcoming Bad Grades

<http://www.mycollegesuccessstory.com/success-stories/bad-grade.html>

(Study strategies from students -- tips for overcoming an initial bad grade)

<http://www.collegebound.net/content/article/i-have-to-do-what/2274/>

(Professors and successful students give college writing and study tips)

Personal

1. Managing your Time

<http://www.mycollegesuccessstory.com/success-stories/time-management.html>

(Students share their best tips for time management)

http://www.quintcareers.com/first-year_success.html

(A college and career counselor offers 25 Tips to survive and thrive your freshman year)

http://www.collegeview.com/articles/CV/campuslife/overcoming_procrastination.html

(Tips for overcoming procrastination)

2. First In the Family

<http://www.fastweb.com/student-life/articles/739-unique-concerns-of-first-generation-college-students>

(Article addressing the unique concerns of first-generation college students)

<http://firstinthefamily.org/collegyears/soundslides/PeerSupport/index.html>

(Video: first-generation college students talk about the importance of peer support)

http://firstinthefamily.org/collegyears/soundslides/Becoming_a_Scholar/index.html

(Video: first-generation college students talk about the opportunities to become part of an academic community)

3. Homesickness

http://collegeuniversity.suite101.com/article.cfm/college_students_and_homesickness

(A writer specializing in college life addresses homesickness)

http://www.essortment.com/all/collegestudent_phu.htm

(10 helpful hints to beat college homesickness)

4. Personal Responsibility

http://collegeuniversity.suite101.com/article.cfm/college_freshman_year_101
(Survival tips for your first semester)

http://www.quintcareers.com/first-year_success.html
(A college and career counselor offers 25 Tips to survive and thrive your freshman year)

5. Anxiety/Depression

<http://www.mpoweryouth.org/backtocampus/depression.htm>
(Musicians for Mental Health offer suggestions for dealing with depression in college)

https://www.amherst.edu/campuslife/health/education/health_resou/deal_depression
(Symptoms and suggestions from Amherst College)

6. Staying Healthy

<http://www.collegebound.net/content/article/nutrition-101-your-syllabus-to-healthy-eating/1064/>
(Eating healthy in college environment)

http://www.rncentral.com/nursing-library/careplans/101_health_and_wellness_tips_for_college_students (101 health tips on everything from Diet to Studying Abroad)

Social

1. Making New Friends

<http://www.collegeview.com/articles/CV/campuslife/social-life-in-college.html>
(Ways to Build a Social Life in College)

http://www.collegeview.com/articles/CV/campuslife/meeting_new_people.html
(Tips on making friends in college from a college RA)

<http://www.fastweb.com/fastweb/resources/articles/index/102680>
(Students give tips for freshman, including advice on social life)

2. Dealing with Roommate

http://www.collegesafe.com/pdf/roommate_guide.pdf (Advice for freshman on dealing with roommates)

http://education-portal.com/articles/Tips_for_Living_with_a_College_Roommate.html (Basic guide to living with a roommate)

3. Partying

http://collegeuniversity.suite101.com/article.cfm/knowing_your_limit (Tips to help you prevent alcohol abuse and learn when to stop)

<http://www.collegeconfidential.com/dean/archives/000241.htm> (A college dean gives tips to balance college work with social life)

4. Fitting In

www.accessandequity.org/.../10_Tips_for_Black_Students.pdf
(Written for African-American students in majority-white colleges, but applies to all who are part of a minority group and concerned about fitting in)

<https://www.ecampustours.com/campuslife/livingonandoffcampus/commuterstudents.htm>
(Tips for commuters but good advice for all)

5. College Activities

<http://www.collegebound.net/content/article/the-advantage-of-activities/2322/>
(Reports on student clubs and how one group of students started their own)

<http://www.collegebound.net/content/article/admissions-office-qa-the-importance-of-campus-activities/2221/>
(Admissions Office Q&A: The Importance of Campus Activities)

6. Sports

<http://www.collegebound.net/content/article/how-to-stay-active-in-high-school-sports-throughout-college/4360/>
(How to stay active in sports in college)

http://www.collegeview.com/articles/CV/campuslife/leisure_sports.html
(Article on Leisure Sports: A Fun Alternative to Intramurals)