The Transition to College

Tips for making the most of your first year on campus.
Beth DaLonzo

- K-12 Client Relations for Ohio West ACT
- 30+ years in Ohio Public and Private College Enrollment/Admissions and Financial Aid
- ACT involvement includes attendance at conferences, membership on Ohio ACT Council, committee memberships, Chairperson of Annual Conference, Chairperson of Staff Development Conference, State Chairperson and delegate to ACT Iowa City and a placement on the National Steering Committee for education and the workplace.
● Make Connections
● Get Involved
● Residential Hall Life
● Schedule Your Time
● Study Tips
● Stay Active
● Have Fun!
Make Connections

Making connections early is critical, especially with faculty or staff.

- Academic Advisor
- Academic Department
- Favorite Prof
- Counselor
- Residence Hall Staff
- Club Advisor
- Admissions Counselor
- Campus Pastor
Get Involved

Meeting people and making friends means feeling comfortable and at home

- Involvement Fairs
- Student Union
- Residence Hall Advisor
- Library
- Read the Posters!

- Theater
- Band/Choir
- Student Government

- Athletics
  - As a player
  - As a spectator
  - Intercollegiate
  - Intramural

- Join Clubs
  - Academic
  - Social
Tips for Living in a Residence Hall

• Be honest when you are completing the housing form.
• When you get your housing assignment--contact your roommate to begin creating your relationship.
• Think, in advance, about things that will be non-negotiable.
• When your RA asks you to complete a roommate agreement with your roommates, take the opportunity to discuss the items listed.
• Don’t expect to be best friends with your roommate.
Tips for Living in a Residence Hall

• Go to events that your RA plans!
• Be a good community member.
• Stay on campus over the weekends for at least the first 6 weeks.
• Tell Mom and Dad about the good things that are happening on campus.
• Say YES to doing something new each week.
**Time Management**

- Write out a schedule
- Prioritize your tasks
- Schedule Study Time, Social Time, Active Time, and Free Time
- Daily To Do Lists
- Create weekly and monthly calendars

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Study Tips

• Attend Class
• Do your homework - daily
• Read over your notes - daily
• Ask for help when you need
• Get to know your professors
• Don’t wait till the last minute
• Attend a study skills class
• Take advantage of resources – writing center, study center, success center, tutors,…
Stay Active!

• Keep up your work out routine
• Join an intramural team
• Take a physical education class
• Visit the campus fitness center at different times
• Take a walk with a friend

• Activity gives you time to think, to clear your mind, to get away from your stress, people
• Or it can be a social activity, a way to connect with new friends.
Don’t forget these

Try new things!
- Take advantage of courses or workshops in areas you’ve always wanted to try.

College food is good!
- It’s not your home kitchen but keep an open mind.

Get some sleep!
- Don’t be so tired that you can’t think.
It’s your new beginning, make it awesome!
QUESTIONS?
THANK YOU FOR JOINING US

Good Luck on your college search!

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