



**Crosby Scholars**

For college. For life. For 25 years.



# 2017 COLLEGE SURVIVAL KIT

Crosby Scholars Community Partnership | Senior Program

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## Making the Most of Freshman Orientation

### What to Expect:

**Students:** Orientation is the first bulk of time that you'll spend on campus as a student, you'll get acquainted with campus, learn school policies and rules, attend advising, and much more. Typically, you'll have sessions all day then have a fun activity in the evening to get to know the other freshman. You'll also have the opportunity to learn about the clubs and organizations on campus. Keep an open mind and make the most of your time at orientation.

**Parents/Guardians:** Orientation is just as important for parents as it is for students. It's a chance for you to get to know where your student will be living and getting their education. You'll also get to meet other parents that will help you have a sense of community. You can prepare for orientation similarly to your student. You will most likely have a parent session, learn about financial aid, and get to know school officials.

### Tips and Tricks:

- **Know Your Schedule:** a lot happens at orientation and the schedule is planned down to the minute, plan to be early so that you have time to park and check-in.
- **Print out What You Need:** make a list of all important documents you may need.
- **Make a Clubs/Activities List:** don't limit yourself and stick to things that are comfortable, pick a few organizations that might be out of your comfort zone.
- **Check out your Dorm Room:** you may get to stay in a dorm room during orientation, but if not, take some extra time to see where your dorm is on campus. Take some pictures to help you plan how you want to decorate!
- **Know Your Student ID# and Email:** memorize your ID# and make sure to check your college email daily, starting NOW. It's also a good idea to have your ID# saved somewhere, like on your phone.
- **Make a List of Questions:** there are no dumb questions, this is your life for the next four years.
- **Make a List of Classes:** check out the course catalog and pick classes based on your intended major and some general education courses, planning ahead makes registering for classes a lot easier.



## What to Bring

- **Required Paperwork:** health forms, dorm contract, photo ID, official transcript, standardized test scores, parking permit, any paper work you think you might need and make copies.
- **Photo ID:** bring at least two forms of identification.
- **School Map:** print a map of campus and a parking map to make sure you know where to park and how to get to all the sessions.
- **Laptop or Tablet:** if you ordered your laptop through the school, you may be picking it up at orientation, but if you already have a laptop, make sure to bring it. The IT department will be on hand to configure and set up laptops during orientation.
- **Pen & Paper:** this is the easiest way to take notes during sessions and especially during advising, don't rely on being able to use your phone or laptop to take notes.
- **Good Walking Shoes:** you'll be walking around campus all day, your feet will thank you.
- **Water:** it's important to stay hydrated. Don't assume the school will provide water.
- **Phone:** orientation is a great time to meet new people and make friends, don't forget to exchange numbers. Let's be honest, when do you not have your phone readily available?!



What to Bring

### Sources:

<http://www.fionaire.com/2016/08/frosh-orientation-survival-guide/> & <https://www.teenlife.com/blogs/what-expect-college-orientation>





## The Importance of Schedule and Routine

### The Do's and Don'ts of Scheduling

- **DO look over the course catalog and familiarize yourself with the class offerings before arriving on campus.** If you've chosen a major, determine which required classes you should take in the beginning and include a few interesting courses.
- **DO schedule a good mix of classes.** Too much of one type of class can be overwhelming.
- **DO meet with your advisor before scheduling classes.** Prepare a list of questions about classes before attending the meeting.
- **DO schedule a first-year experience class, if it is offered.** These classes teach students about goal-setting, using campus resources, and making the most of the college experience.
- **DO make a list of alternative classes in case the classes you select are full.** Space is typically saved for freshman in classes, but they may fill up quickly if it is a popular class.
- **DON'T over-schedule.** Don't overwork yourself, you want to be able to do well in the classes you're taking and not let your GPA drop.
- **DON'T sign up for all hard or all easy classes.** If you struggle with a particular subject, make sure to even out the course with something less intense.
- **DON'T postpone your core requirements.** This will free up your schedule for your major classes later on and could potentially uncover additional interests you might have.
- **DON'T schedule early-morning classes if you don't function well in the morning.** Know your routine habits, if you aren't a morning person then making it to an 8:00am class might be difficult. Schedule classes that you know you'll get to with plenty of time.
- **DON'T overlap classes.** You'll need enough time to get around campus to each class, not every class will be in the same building or even on the same side of campus. Try to spread them out to have enough study time as well.



### Tips and Tricks:

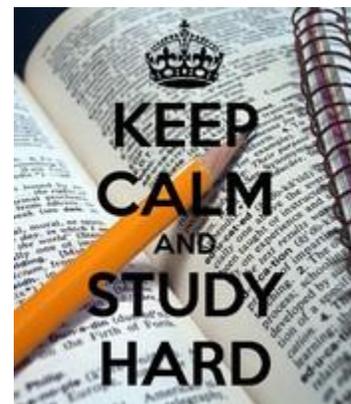
- **Plan enough time for study.** It is recommended to study for two hours for every hour of class.
- **Study at the same time every day.** This will help studying become a habit so that it becomes natural every day.
- **Make use of your free time during school.** Study in between classes when you have breaks and take advantage of unexpected free time.



- **Plan study sessions to follow class.** You are more likely to remember what you learned in class if you review and rewrite your notes directly after class.
- **Space your study sessions.** Schedule short breaks during your study sessions, especially if you are studying for long hours at a time.
- **When you receive an assignment, break it into small tasks.** Estimate how long each task will take, then rank it from hardest to easiest. Complete the hardest tasks first.
- **Set aside time for weekly reviews.** Students benefit from weekly reviews during the weekend when they are less stressed.
- **Leave some unscheduled time to ensure flexibility.** Students can set themselves up for failure by cramming too much into their schedules.
- **Schedule time for recreation and other activities.** Create interchangeable time slots for flexibility and include extracurricular activities in your scheduling.

## Study Methods and Resources

- **The Pomodoro Method** -- concentrate for 25 minutes followed by a 5 minute break. And repeat!
- **Try to think positively when you study.** Avoid catastrophic and absolute thinking, instead, remind yourself of your skills and abilities.
- **Find a conducive study spot.** Try out a few places on campus that are quiet and enforce concentration, whether it's the library, a quiet nook in the student lounge, or a coffee shop.
- **Bring everything you need, but nothing you don't.** It's easy to get distracted when you study, only bring the necessary items. Make a list when you are packing your bag so that you don't waste time going back and forth to pick up items that you forgot.
- **Outline and rewrite your notes.** Mouth or read the notes as you are rewriting to use more than one sense while studying to help retain the information.
- **Use mnemonic devices and memory games to study.** Using words and phrases as codes help you remember hard topics and recall information in stressful situations, like exams.
- **Study with a friend.** Teaching someone else what you are learning helps you remember the information on a long term basis because you are having to explain it to someone else who may not be in the same class.
- **#15tofinish** -- initiative to help students graduate in four years without extra semesters of student loans, IF you take 15 hours worth of classes per semester, you'll graduate in four years. Check out [Complete College America](#) for more info!



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<https://psychcentral.com/lib/top-10-most-effective-study-habits/>



## Financial Responsibility in College

### 16 Financial Aid Terms Every College Student Should Know

- **Cost of Attendance:** the total price of going to a particular college, including, tuition, fees, room, board, books, supplies, meal plan, transportation, and other living expenses.
- **Demonstrated Need:** The difference between your expected family contribution and the total cost of attendance.
- **Direct PLUS Loan:** Federal loans available to parents or to graduate/professional students. The interest rate is higher than other loans and borrowing limits are much higher. Also known as, Parent PLUS loans, they're the only federal student loans that require a credit check.
- **Expected Family Contribution:** A formula based on income, assets, and family size that estimates how much of a college's price you can afford.
- **Grants:** Money that you don't have to pay back, typically based on financial need.
- **Need-aware admission:** a policy in which colleges consider applicants' ability to pay when admitting or rejecting them. Few colleges are completely need-aware or need-blind.
- **Need-based Aid:** It doesn't discriminate by any factor apart from financial need. Eligibility is based solely on the assets and income of the prospective student and his or her family. Factors such as test scores or athletic ability have no bearing on need-based aid.
- **Need-blind Admissions:** Policy in which students are accepted without regard to their financial need.
- **Net Price:** The amount you'll actually pay for a college after tuition, discounts, scholarships, and grants are accounted for. For private colleges, this is usually less than the advertised price.
- **Merit aid/Non-need-based Aid:** Money awarded without regard to financial need. It can be based on academic merit, artistic abilities, leadership skills, or other characteristics.
- **Perkins Loan:** Federal loans that are reserved for low-income students. The interest rate is relatively low and the time before your first payments are due is longer than other loan programs.
- **Federal Pell Grants:** awarded only to undergraduate students depending on their financial need and cost of attendance at your school. It does not have to be repaid.
- **Scholarships:** Money that does not have to be repaid. Awarded based on certain characteristics or based on applications.
- **Subsidized Stafford Loan:** Only for undergraduate students and are awarded based on financial need. Interest does start accruing until you enter repayment after leaving college. Slightly better terms than unsubsidized Stafford loans. Also known as a direct subsidized loan.



- **Unsubsidized Stafford Loan:** federal loans are available to undergraduate or graduate students and there is no financial need requirement. Interest starts adding up from the day you take out the loan. Also known as a direct unsubsidized loan.
- **Work Study:** A program in which students are given a job on campus to help pay for college bills. There's a Federal Work Study program and some colleges also have their own programs.

## Money Saving Tips

### **School**

- Buy or rent used textbooks and sell back at the end of each semester.
- Don't buy the most expensive college meal plans. Figure out what you actually consume and get the correlating option.
- Don't buy unnecessary school supplies.
- Consider becoming a resident advisor, many get free room and board.
- Go to class, you're paying for it and skipping is like throwing away money!



### **Living**

- Never go grocery shopping when you're hungry.
- Always pay bills on time to avoid late fees.
- Pay off your credit card as quickly as possible, if you have one.
- Walk, use public transportation, or ride a bike instead of having a car.
- Live with others so that you can split rent and utilities.
- Cut out expensive cable packages you don't need.
- Make your own coffee instead of going to Starbucks every day.
- Avoid buying brand names, purchase generic whenever possible.

### **Fun**

- Don't make impulse purchases.
- Limit the number of times you eat out monthly.
- Shop where they offer student discounts. Many places offer discounts with a school ID.
- Take advantage of what your campus has to offer in terms of activities.
- Skip expensive spring break and summer trips, look into alternatives such as volunteering or internship programs.
- Wait to get a pet until after college.
- Open a savings account that earns interest.
- Never take out a loan for anything unrelated to your education.

## Resources

- Use budget tools like [FinAid's Student Budget Calculator](#) or [Mint.com](#).
- [13 Budget App Options](#)
- Utilize the information offered at the Financial Aid office at your school every semester about any additional funds they might have. It's better to ask than not know!

### **Sources**

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## How To Get Involved On Campus!

### Types of College Organizations

Participating in college organizations is a great way to get involved on campus, make friends, build a professional network, and have fun while you're earning your degree.

- **Student Organizations:** Comprises mostly students who are enrolled at the university. At least 75% of the group must be current students. Students hold officer positions for the organization.
- **Campus Organizations:** Organizations that include university faculty members and are registered on campus. They are run by both university staff and students together.
- **Community Organizations:** Open to anyone in the local community. In order to register your community organization, you will have to demonstrate how both the campus and local community will benefit from the organization.

A graphic with the words 'GET INVOLVED!' in a bubbly, blue, hand-drawn font. The 'I' in 'INVOLVED' is replaced by an exclamation point.

### Why Get Involved?

- To feel more connected on your college campus.
- It helps you build community.
- To discover your passions and strengths.
- It's a resume builder.
- To strengthen your personal organization skills and time management skills
- To utilize your school's resources.
- To Build leadership skills.



# Try Everything At Least Once!

## 10 Ways to Get Involved:

- Join or Start a Club
- Participate in Student Government
- Join the School Paper
- Become a Tutor or Teaching Assistant
- Get Involved in Intramural or Club Sports
- Join a Sorority or Fraternity
- Volunteer
- Attend Campus Events
- Get a Job on Campus
- Study Abroad

### Sources

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<http://www.campusexplorer.com/college-advice-tips/FD80E2FC/How-To-Start-Your-Own-Student-Organization/>

<https://www.usnews.com/education/blogs/twice-the-college-advice/2011/09/13/5-reasons-for-getting-involved-in-college-and-how-to-go-about-it>





## Living a Healthy Lifestyle in College

### Tips to Stay Healthy

1. Eat Right
2. Exercise
3. Get Enough Sleep
4. Don't Smoke
5. Avoid Caffeine and Sugary Drinks
6. Wash Your Hands
7. Get a Flu Shot
8. Drink Lots of Water
9. Relax
10. Wear Sunscreen and Avoid Tanning
11. Establish a Routine
12. Don't Over-Commit



## Real Talk: College Students and Drug Abuse

### **Why College Students Turn to Drugs:**

- **Stress** - as students face the high demands of coursework, part-time jobs, internships, social obligations and more, many turn to drugs as a way to cope.
- **Course Load** - more students than ever are taking stimulants to help them stay awake long enough to study or complete assignments by their due dates. All too often, these prescription drugs are obtained without a legitimate prescription
- **Curiosity** - college students are exploring many new aspects of their lives in personal and professional realms. It's not uncommon for that self-exploration to dip into drug experimentation.
- **Peer Pressure** - college students who are surrounded by other people experimenting with recreational and performance-enhancing drugs are more likely to try these substances for themselves.



**25% of all college students struggle with an eating disorder.**



**Four out of five college students drink alcohol.**



**Students part of the Greek system are up to 26% more likely to binge drink.**

### **Consistently Abused Drugs on College Campuses:**

- **Alcohol** - makes up the vast-majority of substance-related problems on college campuses. Drinking is often socially acceptable, recognizing a problem in college students who drink can be difficult.
- **Adderall** - the "study drug," and other stimulants are increasing in popularity among college students who are facing pressure to meet all of their academic requirements.
- **Marijuana** - more students are turning to pot as their drug of choice as legislation tips in favor of legalization.
- **Ecstasy** - also known as molly, is common at raves and concerts as it is the "party drug."

### **Resources**

These resources are available to students who may encounter eating disorders and drug and alcohol abuse.

- **School Counseling** - many college health centers offer free counseling sessions to students on campus. They can also refer you to other helpful resources.
- **Campus Security** - they are there to be an ally and keep you safe. Know how to get in touch with campus security if needed.
- **Student Organizations** - often, there are student led organizations to provide awareness about the drug and alcohol issues on campus. These organizations often put on sober events for students to attend.
- **College Health Center Website** - check out your schools health center website for information and resources.
- **Student Mentors** - many colleges offer student mentors to help guide students. Utilize your mentor to find helpful campus resources.

## Sensible Decision-Making

- 1. Start with a goal or purpose** - this means knowing your needs, your values, and your goals, and is a personal and reflective process.
- 2. Make sure you have enough information about your options** - Gather information from multiple reliable sources.
- 3. Evaluate your options** - Look at each option to see if it is in line with your goals and values. What are the risks of each choice? What is the possible outcome?
- 4. Make the best choice for YOU** - This means making an informed choice that makes sense for your circumstances, and a choice whose consequences you can live with.



### Sources

- [http://www.huffingtonpost.com/uloop/10-tips-to-stay-healthy-i\\_b\\_859195.html](http://www.huffingtonpost.com/uloop/10-tips-to-stay-healthy-i_b_859195.html)
- <http://www.teenvogue.com/story/8-easy-ways-to-stay-healthy-at-college>
- <http://www.extension.umn.edu/family/personal-finance/youth-and-money/student-resources/college/four-steps/>
- <https://www.addictioncenter.com/college/>
- <https://www.drugrehab.com/guides/campus/>
- <https://www.cdc.gov/family/college/index.htm>



## Making the Most of Dorm Life

### Tips for Successful Dorm Living:

1. **Adopt humility** - you're all the new kids in the dorm, it won't help you to act like the "top dog" or think that you know better than everyone else.
2. **Be generous** - if someone needs help, lend a hand, you'll be in this living community for the whole school year and you will want people to help you out when you need it.
3. **Participate in group activities** - this is a great way to get to know your room mate and hall neighbors.
4. **Organize a study group** - study with people in your dorm who are taking the same classes, studying alone can be very isolating and it's a great way to socialize while learning.
5. **Do laundry** - this is a weekly task, even if you didn't do your laundry at home. Not only will your mother be proud of you, but your roommate will thank you. You can make it a roommate activity.
6. **Stay organized** - dorms are usually smaller than your bedroom at home and with at least two people living in the same room, you need to stay organized and don't let it get cluttered.
7. **Put yourself out there** -- you never know who you'll meet or what neat activity you'll get involved in if you don't give people and opportunities a try.
8. **Get to know the Residential Assistant (RA)** - the RA on your floor will be a resource and ally, get to know them, they're students too.
9. **Prepare for all kinds of personalities** - it's important to keep an open mind when you meet people, everyone has a different personality.
10. **Expect noise** - dorms are large and house LOTS of people, expect noise at any time.



# Make it Your Own!

You're going to be living in this dorm for 8 months, so create a comfortable space. Here are a few ways to make the most of a small space:

- Make a space that's inviting to others.
- Pick a couple colors and stick to them.
- Coordinate with your roommate.
- Seek storage in unlikely places.
- Go vertical to make your room feel bigger.
- Give extra thought to decorating your desk/work space. It shouldn't be a catch-all for your junk.
- Plan ahead when packing, don't take unnecessary items.

## 10 Places to Shop for Dorm Decor

1. Urban Outfitters
2. ModCloth
3. Amazon
4. Dormify
5. Walmart
6. Target
7. Pbteen
8. Anthropology
9. Home Goods
10. The Container Store



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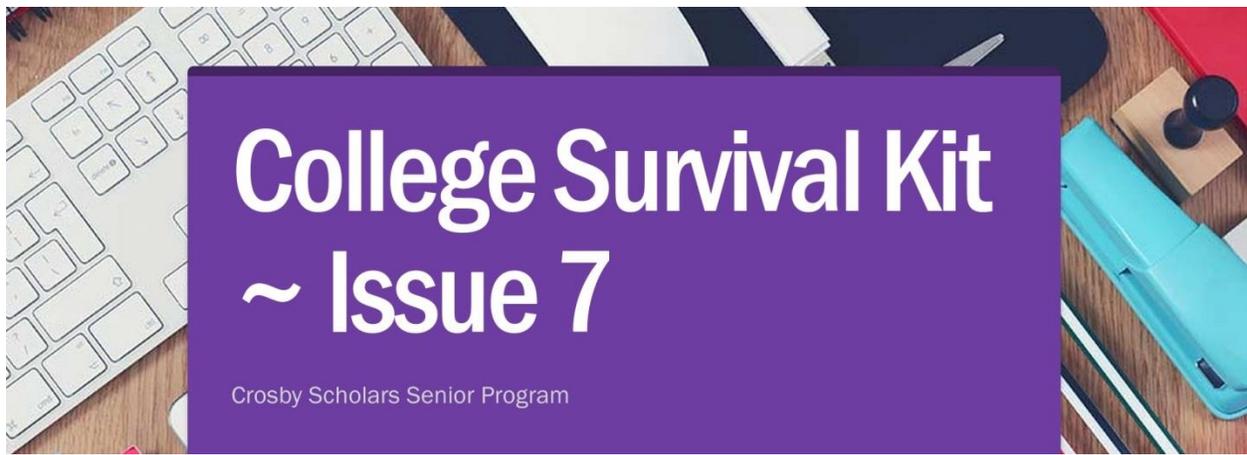
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<https://www.society19.com/top-10-places-to-shop-for-dorm-decor/>



## Five Free Apps to Help You Be Successful in College

1. Google Drive- This app has become a widely integrated part of classwork for college students. Having access to your files on Google Doc, Google Slides or Google Sheets all from one online devices makes it easier to keep track of your course work in an organized way. It makes group work and handing in assignments much more user-friendly as well.

<https://www.google.com/drive/download>

2. Google Keep- allows you to keep lists, voice memos, checklists and photo notes all in one place. By having it connected to your Google Drive your notes can always be with you from any device connected to the internet. This app is a great way to keep everything from classes organized and easy for on the go.

<https://keep.google.com>

3. Cram- A user-friendly online study resource. The app allows you to make flashcards so you can memorize and review for tests on the go. Having the flashcards on your phone or laptop makes it easier to study whenever you have spare time. When it comes to group study sessions Cram makes it easy to export and share with other students.

<http://www.cram.com>

4. iStudiez Lite- This app allows students to plan out their entire semester factoring in holiday breaks, study time, due dates, and exams. iStudiez is an effective way for students to stay on task while still factoring in time to relax and destress. If you like the app after one semester Students can pay \$2.99 for the upgrade and have an even more detailed schedule.

<https://itunes.apple.com/us/app/istudiez-lite>

5. XMind- When it comes to planning and study tactics every students had a different approach. For those looking to try something different or enjoy step-by-step processes should try mind mapping. It is an organized way to get your thoughts out and form cohesive ideas before starting a project or paper.

<https://itunes.apple.com/us/app/xmind-cloud-mindmapping-and-brainstorming>

## Helpful Blogs to Follow for College Students

- **Study Hack:** A blog written by a professor offering helpful tips on how to get more out of your work and work in a more productive and efficient manner.
- **FreshU:** "By Freshman. For Freshman." this blog focuses on an array of topics from roommate woes and study tips to student outlook on national events and human interest stories.
- **College Hack:** A blog written to show how integrating technology into your education or personal life the correct way can take a burden off students. Their motto "Work smarter, not harder."
- **Collegiate Cook:** If you grow tired of Ramen Noodle and Mac & Cheese this blog is here to help spice up eating while at school. Offering simple recipes that are healthy and budget friendly.

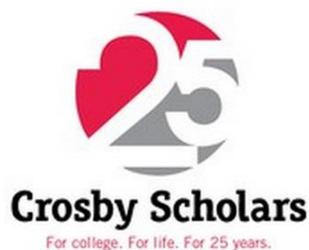
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