

SURVIVING COLLEGE 101: A STUDENT'S GUIDE TO COLLEGE LIFE

REMEMBER!
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Today I actually listened in class and learned
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actually acted interested and man
just want to do well
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The Freshman 15:

How to Avoid Unhealthy Eating and Drinking Habits

Although many studies have found that most students do not gain the full “Freshman 15”, it is very common for students to put on about 6-9 pounds during their first year of college. There are many issues that contribute to this including drinking, poor diet, and stress. Although this weight gain is small, it could be the result of unhealthy habits that can haunt you later in life. There are several easy ways that you can help to prevent the weight gain and break any unhealthy habits.

Drinking is a large problem on most college campuses today. Not only can it be unsafe, it is illegal for students under the age of 21. A study found that 4 out of 5 college students drink, with over half engaging in binge drinking. Seventeen-hundred college students died last year as a result of alcohol related injuries. Many college students have been found to abuse alcohol and some have even become dependent on it.

Many students begin drinking simply because it is a popular activity on the weekends. Drinking is a social thing and a way to meet new people. Most students do not realize the potential ramifications. A sig-

nificant consequence is weight gain. Drinking alcohol slows your body’s fat burning abilities, not to mention, you are more likely to sleep all morning instead of heading to the gym for a work out. There are direct links to weight gain and alcohol consumption. This is your chance to not be a statistic.

Eating healthy can be very hard to do in college. Usually, it is easier to hit up the drive-thru of your local fast food restaurant, than attempt to cook something yourself. Also, if you live in the dorms, there is limited kitchen space to cook a healthy meal. Not only is most of the food college students eat unhealthy, most of it is quite expensive. Here are some easy, cheap, and healthy ideas to help you beat the “Freshman 15” and keep some money in your

wallet.

SCRAMBLED EGGS

Crack some eggs into a bowl and beat in milk or water. Microwave for about one minute. Top the eggs with cheese, vegetables, or lean ham and pair with an English muffin.

BAKED POTATO

Stab a potato with a fork all around. Microwave the potato for 8-10 minutes ensuring that you flip it over half way through the cooking process. (Careful it will be HOT!!) Slice the potato open and add cheese, butter, bacon bits, and any other toppings you want.

Healthy snacks to have on hand:

- Animal Crackers
- Canned Fruit
- Granola Bars
- Nuts
- Popcorn (single serving bags)

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Succeeding in College:

Making sure you get the most out of your education

Although college is a lot of fun and good times with friends, the reason that you are there is to learn. A lot of students tend to forget this. Many skip class, try and cram for an exam at the last minute, do not take proper notes, and don't leave themselves ample time to review what they have learned. Not taking proper notes, not studying, or leaving everything to the last minute can be a major cause of stress for you. There are many easy ways to avoid this stress and become more dedicated to



your school work.

The first step is to go to class. This seems very simple, but it is by far the most important thing you can do in college. If you do not attend class you will lose attendance points, miss out on important notes, and miss important announcements. It is well known that if you do not go to class, you cannot pass the class.

Second, it is important to take good notes. Notes are how you remember what you have been taught. You need them to study and review - they are vital. There are several methods that you can use to take the best possible notes and you have to find the one that works the best for you. Always go to class prepared with the needed paper and writing instruments. Write your notes clearly and legibly. You will need to be able to read them later. If you are comfortable, using abbreviations can help improve your notes as well. Make

sure to review and edit your notes. While the class discussion is still fresh in your mind, go back and review your notes. Ensure that everything makes sense and that you are able to read and understand them. When taking notes you do not necessarily want to write down every word your teacher says. Instead write down the important topics and supporting information for them.

The third step in doing well in your classes is to study. Studying will take you a very, very long way in your college education. There are many different ways to study and again, you have to find what works best for you. Make sure you stay organized. Know when your exam is and plan ahead. Give yourself ample time to study and absorb the information instead of trying to cram it all in one night. Find a quiet, non-distracting place to study. Turn off the television, music, cell phone, and anything else that will divert your attention. Make sure and take study breaks. Sitting for hours and staring at a book can get very tiring. Give your eyes and brain a little break. Get up and walk around for a short ten minute break, but then get right back to studying.

These are some easy ways to help ensure that you get the most out of your college education.

A promotional graphic for the eCampus.com blog. The background is a wooden desk surface. On the left, there is a blue rectangular area with the text 'eCampus.com' in a large, yellow, bubbly font with a blue outline, and 'blog' in a smaller, blue, sans-serif font below it. To the right of the text, there is a cartoon character with a wide, toothy grin, wearing a white graduation cap. Below the character is a yellow coupon with a '\$10' in large black letters and the text 'eCampus.com' and 'Remember to Buy Cheap'. A black pen is lying horizontally across the bottom right of the graphic. In the top right corner, there is a small white sticky note with the text '2:30pm Sat'. At the bottom of the graphic, the text 'written for the students, by the students' is written in a blue, sans-serif font, followed by the website address 'www.ecampusblog.com' in a larger, bold, blue, sans-serif font.

AN EXCITING NEW PLACE:

moving in, making friends, and dealing with roommates

One of the most exciting, daunting, and sometimes annoying things about college is the new experiences that you get to have. Living in the dorms, having a roommate(s), meeting tons of new people, and making new friends are just some of the things you will encounter when you arrive at college. Although these are new experiences are exciting, they can also be very stressful.

A dorm is many students first place living on their own. There are a lot of things that people tend to take advantage of when they are living with their parents. Making sure that you have the things that you will need is important when planning to move into your dorm room. This is also your chance to totally express yourself in how you choose to decorate your room. A lot of times it is a good idea to speak with your roommate before you begin buying for your dorm room. That way you do not end up with two of everything.

Although a roommate can be your first friend in college, sometimes they can also be your worst enemy. If you run into this unfortunate situation, there are steps you can take to try and diffuse it.

Keep in mind that your room-

mate may be just as annoyed with you as you are with them. Try and talk about things like adults and have respectful conversations. Try and address issues as they arise in-



stead of letting your anger build up. If you cannot stand the clothes that your roommate leaves on the floor, address it before a few shirts turns into a pile of laundry. Discuss your feelings and why you feel the way that you do. Then allow your roommate to do the same. It is important to listen to each other. As simple as it seems, it can be the difference between a healthy discussion and a heated argument.

If addressing your issues with your roommate does not solve anything then speak with someone in charge of housing. Explain the issues and how you have attempted to deal with them. They may be able to assist you further.

In my opinion, the most exciting thing about coming to college is meeting new people and making new friends. There are a lot of ways to go about doing this, but one thing is for sure, sitting in your dorm room will not help. You need to get out and get involved on campus. Typically, there are hundreds of clubs, groups, organizations on campus. This is a great way to meet people with similar interests. There are also events on campus. Whether it is a sporting event, art show, or concert, this is a great way to meet people.

The key to meeting people is to actually talk to people while you are out. This seems obvious, but it is necessary to making friends. Talk to people about anything from the weather to a class you are taking to sports or upcoming events. This is your opportunity to make friends that could last you a lifetime.



MUST-HAVE DORM CHECKLIST:

- 2 sets of twin bed sheets and pillow cases
- Down comforter and duvet cover
- Hangers
- Trash can
- Desk lamp

- Laundry bag/basket
- Mini-fridge
- Posters
- Picture frames
- Bulletin board
- Shoe hanger
- Extension cords and power strips
- Alarm clock
- Microwave
- Fan
- Shower shoes
- Towels
- Cleaning supplies and trash bags

Check out our full checklist at <http://bit.ly/a2nhrV>

DON'T FREAK OUT

If we listed everything that caused college student's stress there would not be enough paper in this book. From classes, exams, and homework to relationships and friends there are tons of reasons for stress. However, there are ways for students to avoid and deal with this stress.

After students have left home for college, it is sometimes hard for parents to let go of the reigns. Remember that as much as you think you have grown up, your parents have had more life experiences than you. Look to them for advice; do not shun them simply because you want to make all of your own mistakes. For the most part, your parents will always be the people with 100% of your best interest at heart.

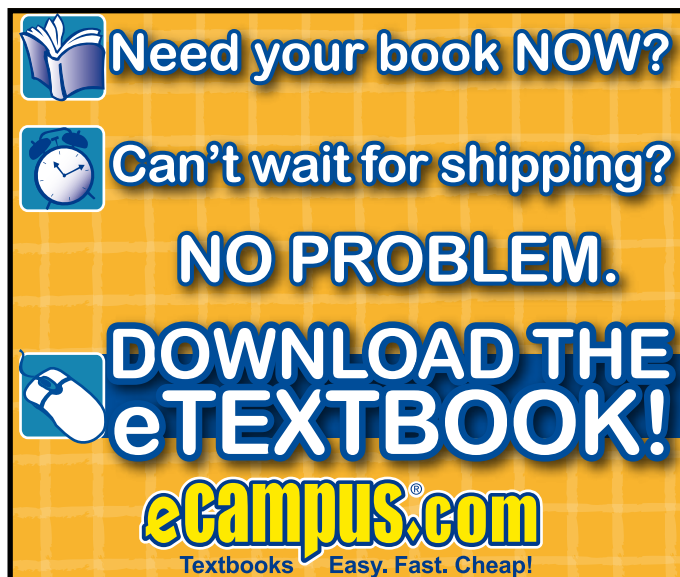
Friends can be the most stressful part of your day and/or the most stress-relieving part of your day. If you have an argument or altercation with a friend that is stressing you out, it is best to talk to them about it. Talk to each other like adults and with respect. Explain why it is that you disagreed with them and how you would like for it to come to a resolution. Keep in mind that they may be just as frustrated with you as


you are with them. You can also lean on friends when your life is becoming stressful. Talk to them about what is going on, and why you are having issues. They may have had a similar situation and can offer you some insight into how to solve whatever issue you have. Friends are the perfect people to lean on when stress is getting to you.


When it comes to classes, homework, and exam stress there is one thing that can help you every single time - plan ahead. Make sure that you reserve the time needed to attend class, review notes, complete assignments, and properly study for exams. Also make sure that you are getting the recommended amount of sleep. Not only with this help with your stress level, it should significantly help your grades. You can also speak with your teachers, classmates, and school counselors about ways to deal with and prevent stress from school. Just remember, if you get into a rush, you are bound to get stressed out.

Another major cause of stress for college students is working while in school. For many students it is necessary to make money while in school, but it can be extremely time consuming. A big way to help make this less stressful is to be on a schedule. Try and have your employer give you a steady schedule with the same shifts every week. That way you can more easily plan the time you need to study and have a social life. Another way to sometimes make working and going to school easier is to enroll in online classes. Most colleges today offer at least some classes online. This enables you to work school more around your schedule, rather than your schedule working around school.


No matter how you choose to deal with stress in your life, always remember not to freak out. There are ways to get the things you need to accomplish done. A lot of times things can seem a lot worse than they are. Just breathe, make a plan, and follow through.



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COLLEGE ON A BUDGET:

Tips and tricks to keep money in the bank

Money is one of those things that everyone wants, but no one wants to talk about. However, as we all know, it is vital to our existence, especially in college. There are ways to make college a little easier on your wallet by getting scholarships and grants, but that still does not solve everything. Students need money to pay tuition, buy books, and room and board. In addition, students need money to eat, buy clothes, and to have a social life. Before you swipe your debit card, here are some ideas about money and money management to consider.

Every single college student, and person in my opinion, needs to have a budget. This is the most important thing you can do with your money. Know how much money you have and how much you can spend. Plan on things like rent, bills that are going to be due, groceries, etc. It does not help you to have the hottest new pair of jeans if you have no money to eat for the next two weeks.

To start a budget, track your money. Figure out where you spend your money, what you spend it on, and how much you spend. This will help you a lot in making your budget as accurate as possible. This process can also be very enlightening. It is possible that you have no idea how much that hobby costs or how much you are actually spending on beer. Make your budget very realistic. Only allow for the money you actually are bringing in and are able to spend. DO NOT depend on credit cards and other forms of credit. This will only cause you mountains of debt and a lot of stress in your future.

If you are having money problems in college, one way to help is to get a job. This can be difficult for college students who are already busy with classes, but it is possible. Most colleges even offer positions on campus to students that pay well and they are generally flexible with your class schedule. If you are able to, get a job in the field that you are studying. This will not only help your bank account, but also your resume.

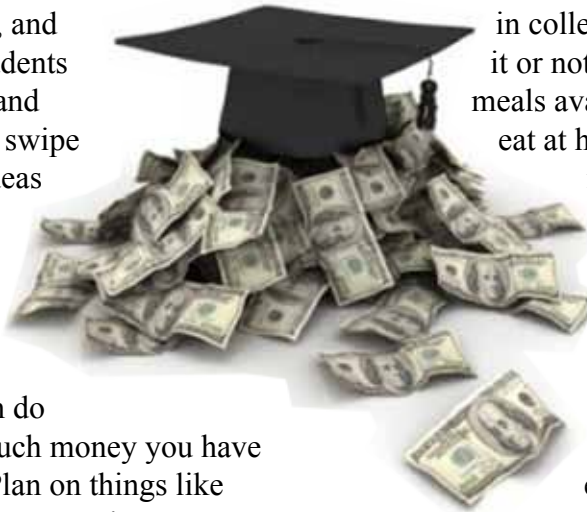
There are a lot of easy ways to conserve your money while in college. You can, for instance, ride a

bike to class instead of driving. Not only is this better for the environment and your health, it is very good for your wallet. You save yourself over \$200 not buying a parking pass as well as the gas you would usually spend to get to your destination.

Another good way to save some money in college is to eat at home. Believe it or not, even with hundreds of dollar meals available, it is generally cheaper to eat at home. If you make a meal plan in advance and budget it well, it is possible to eat for under \$2 each meal. Not to mention, it is usually healthier to eat at home than at the fast food joint.

Something that takes a lot of money from college students is the price to attend events. Whether it be a concert, sporting event, or something else these can get extremely expensive. However, there are usually events planned right on your college campus for students. Look for concerts, art shows, and special events priced for students. Many times these events can even be free.

Most businesses located on or close to college campuses provide a student discount. Sometimes this can lead to substantial savings. These discounts can apply to many things, including food and clothing. Always make sure and ask if the company offers a student discount.



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The advertisement features a blue background. At the top, it asks 'Tired of spending all of your money on textbooks?'. Below this, the text 'Start making money!' is written in a large, white, stylized font. Underneath, it says 'Earn cash every time your friends rent their books.' in a smaller white font. To the right of this text is a cartoon character with a large, grinning mouth, wearing sunglasses and holding a white money bag with a large dollar sign on it. At the bottom, it says 'It's fast, FREE and easy!' in bold white text, followed by 'All you have to do is join the eCampus Entourage at' and the website address 'www.ecampusentourage.com' in yellow text.

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