Surviving Your First Year at College… Yes it is Possible

The first year of college can be a stressful time filled with all sorts of drama: roommate conflicts, experimenting with unhealthy behaviors and alcohol, homesickness, adjusting to college-level coursework, dating and a host of emotions. What can incoming freshmen (and their parents) do to ensure their first year of college is a success?

**Carefully plan your first-semester schedule.** Registering for classes as a freshman can feel impossible, as there’s a litany of required introductory courses and upperclassmen have usually booked the best times. Still, make sure you take a moderate load of courses totalling no more than 12 to 18 credit hours. Spread your classes across the week and avoid times when you would be most tempted to skip, such as early mornings or Thursday evenings.

**Create a communication plan with your family.** With the proliferation of modes of communication — cellphones, unlimited text message plans, e-mail accounts, Facebook and Skype — your parents might worry if they don’t hear from you on a regular basis. So, before you leave, define your “regular basis.” For some students, that means calling home daily. Others might keep in touch via text message alone. Not only does a regular chat ease parental concerns, talking with your family can make the transition to college smoother.

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**Have you made your first appointment with your SSS Advisor?**

Student Support Services
6 Alumni Gym
859-257-9797 or
http://www.uky.edu/Diversity/SSS

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Tutoring aids in Getting & Staying Ahead

**Playing the Game and Winning!**

Nervous about how to manage time… Thinking this campus is huge… Scared about the first round of classes and had not even considered the exams? Well, you are not alone nor are you the first.

Student Support Services provides each semester with the opportunity for you to get a leg up on the rest of the competition.

We invite you to spend some time with your SSS advisor to go over Time management tips, Test Taking Strategies and other helpful topics so you will succeed this semester.

To schedule an appointment you can email valerie.rister@uky.edu or call 859-257-9797
SURVIVING COLLEGE…

**Take your roommate agreement seriously.** Most housing departments ask roommates to fill out a contract detailing rules regarding bedtimes, when the room should be quiet for studying, overnight guests (especially romantic ones), and food-sharing. Being upfront about your expectations from the beginning can help avoid problems later. And be sure to follow through on your end of the agreement.

**Remember, your primary job is being a student.** Once you fall behind in your classes, it becomes difficult to catch up. Unlike in high school, many professors don’t collect homework or ask if you did the readings. Make an effort to ask questions during class and visit your professors’ office hours for extra help. It is about you shaping your college career, not your teachers etc. Responsibility is now yours.

**Come up with a routine.** Before classes start, write down what you think your schedule will be: When are you going to wake up and go to bed? At what time will you need to leave your dorm to get to class on time? When are you going to study? Work? Hang out with friends? Play video games? Write everything down in an old-school planner or program it into the calendar on your phone. Chances are this schedule will change as the semester progresses, but it’s good to realize early on just how much or how little free time you have. If you know you struggle with time management, you should meet with your SSS Counselor to help you get some strategies. Ultimately it still boils down to you doing the schedule.

Lastly it is up to you to speak up for yourself and get the assistance you need to be successful. It is a major shift in responsibility for many first year students, whether transferring from a two year or starting as freshmen. The challenges are many but can be done successfully if you just ask for the help. We here at SSS are here to help you so that you can focus on school.

Get involved. The best way to find your niche on campus is to get involved with clubs, service work or intramural sports. And don’t feel limited to only hanging out with people from your dorm. One caveat: Avoid overcommitting yourself.

Build independence from your parents. Your parents will likely always love you and always be there for you, especially if serious problems pop up. But take full responsibility for nearly everything else. Do your own laundry, make your own appointments, solve your own problems and manage your finances.

Be safe. Walk in groups. Lock your door. Don’t accept drinks from strangers. Pay attention to your surroundings. And program emergency numbers into your cellphone.

Friends will help you stay focused on what is important

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SSS OFFERS YOU FREE TUTORING, ACADEMIC PLANNING/WORKSHOPS, INDIVIDUAL COUNSELING, AND AN ARRAY OF OTHER SERVICES TO KEEP YOU IN THE GAME.

“Friendship is born at that moment when one person says to another: "What! You too? I thought I was the only one.” — C.S. Lewis
WHAT DO I REALLY NEED TO PACK FOR COLLEGE?

You don't have to pre-plan for your entire academic year when packing, especially if you're on a really tight budget. You can buy pens, extra binders, and lots of other things as needed. Quite a bit of these items will be given out around campus during K-Week, so make sure to stock up. Additionally, if you aren't sure if you need to bring a small desk lamp or if the school will already provide one for you, for example, just research it in advance. Keep in mind, too, that you are building a new life of sorts for yourself. Don't try to duplicate your room at home, allow yourself to have a sense of “home” while still creating your experiences at school.

- **Quarters/$ on Plus Card** - possibly one of the highest-demand items on a college campus. Grab a roll or two before you go.
- **Detergent and fabric softener** - if you buy a big box because it's cheaper in bulk, make sure you have a way to carry it down a little bit at a time so you don’t carry it down 3+ flights of steps.
- **Laundry basket, hamper, or bag** - Given that space is usually at a premium for college students, this should double as a way to carry your clothes from your room to the laundry room.
- **Febreze** - Speaking of that dirty laundry . . .
- **Shower caddy** - You'll most likely need to carry your shower items (soap, shampoo, conditioner, razor, etc.) from your room and back.
- **Shower shoes** - The showers at school may not be as clean as the ones you're used to. Make sure you have something to prevent catching (or stepping in) anything nasty.
- **Robe** - Not everyone wants to walk from the shower to their room in only a towel.
- **Small toolkit** - These can be a little hard to find, but are worth the effort. A basic toolkit with a small hammer, screwdriver (with different kinds of tips), wrench, tape measure, and a few other essentials will come in very handy during your time at school.
- **Hangers** - It's no fun to arrive at school with tons of clothes that have to live on your bed or closet floor for the first few days.

WHAT SHOULD I WEAR?

Definitely the basics to cover the following:
**Class** (jeans, t-shirts, etc.).
**Date/Dinner** out with friends (guys: nice top/pants, girls: dresses/cute skirts/etc.), **Something really nice** (guys: not necessarily a suit but a button-down, tie, and nice pants, girls: little black dress for sure, but leave the prom dress at home).

**Other Basics:**
**Jackets, Sweaters, Gym Clothes, Pajamas, Robe** (not everyone likes to walk from the bathroom to their room in a little towel), and a **Swimsuit**, and lots of **Underwear**… unless laundry is your thing.

You can get more ideas on the SSS website: http://www.uky.edu/Diversity/SSS

The important thing is the educational experience itself...how to survive it.
~Donald Barthelmew
A lot of people get impatient with the pace of change. ~James Levine

Always remember that the future comes one day at a time. ~Dean Acheson

- **Cup, bowl, plate, fork, knife, and spoon** - One set should work for grabbing pizza late at night, sharing the 2-liter soda your RA bought during midterms week, and eating healthy snacks while studying between meals
- **Can opener** - There's just no way to get that can of soup open without one, especially when it's really late and you're really hungry.
- **Small items for clean-up** - Depending on what you prefer, this could be Clorox wipes, paper towels, a rag or two, or a few sponges. But that cup of soda is inevitably going to spill.
- **Sheets** - Check with your school before buying sheets.
- **Flash/thumb drive** - Understood...Easy saving of documents
- **Power strip with surge protection** - Residence hall rooms are notorious for not having enough plugs. Make sure you can safely plug in what you bring.

This is a starter list, I am certain that you will forget something. We all do. If you have further questions, call 859-257-9797. See You Soon.

**WHAT YOU DO NOT WANT TO MISS!**

**T-SHIRT SWAP**  
Friday August 23 10 a.m – 4 p.m. (North and South Campus residence hall courtyards)

**T-Shirt Swap**  
Saturday 9am -3pm Outside Worsham Theater in the Student Center

**DONUT AVOID THE STUDY**  
Saturday August 24, 10am – 12pm  
The Study, 3rd floor of the Complex Commons

**CSF COOKOUT**  
Saturday August 24 12:00-3:30  
CSF Building, corner of Woodland & Columbia at stoplight by W.T. Young Library

**NEW STUDENT INDUCTION CEREMONY**  
Saturday August 24, 3:30 pm – 4:30pm Memorial Coliseum  
(all students welcome)

**Student Center Spectacular,**  
Sunday August 25, 8pm-12am Student Center

**UK FUSION,**  
Monday August 26 9:30am-4pm  
Johnson Center Field

For a list of activities for K Week you can go to [www.uky.edu/StudentAffairs/KWeek/pdf/KWSchedule.pdf](http://www.uky.edu/StudentAffairs/KWeek/pdf/KWSchedule.pdf)