

Transition to College

The
College
of Saint
Rose

10 Tips for Students

Explore: Explore new interests, discover new places, and meet new people. These experiences contribute to college life, although getting an education should remain the student's foremost purpose.

Get involved: Student organizations are a fun way to interact with other students and faculty. Meeting people with similar interests and goals is an exciting way to make friends and participate in social activities.

But...take your time: Before committing to any one group or trend, students should take their time getting to know other students, investigating different activities and deciding what makes them feel most comfortable. Affiliations change a great deal over the course of the first year as students become more knowledgeable and confident.

Participate and prioritize: No one can do everything. When students narrow their focus they often feel less overwhelmed. Finding a passion is one of the most exciting aspects of the college experience.

Personalize the experience: It's easy for students to feel lost in the crowd. Students who take responsibility for their education by seeking out particular adults often have the best experience. Getting to know professors will personalize college and help the student feel connected to an institution that may seem impersonal.

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Be patient: It takes time to understand the rhythm of a new academic life and to develop a personal learning/studying style. Over the first semester it becomes easier to understand the flow of work and realize how to accommodate different teachers' standards and course requirements.

Connect with other students: If you talk to other students, you are likely to discover that they share similar questions and concerns. Your R.A. is an excellent person to go to when issues arise. She/he is equipped to help you solve problems and refer you to appropriate resources.

Never ignore a problem: Both academic and emotional challenges are most successfully managed early.

Know where to turn for help: There are numerous resources on campus designed to create a rewarding college experience. A range of offices and programs, such as cultural houses and the LGBTQ office, are offered to assist diverse campus needs. In addition, there are numerous sources of support such as the Office of Dean of Students, the Counseling Center, the Career Center, your Academic Advisor, financial aid programs, and mentoring/tutoring programs offered to address various student needs.

Care for yourself: The foundation for a productive college career is a healthy lifestyle. Take the necessary steps for proper nutrition, getting adequate rest, socializing, and physical activity. There are a number of campus facilities that strive