

- No one cares what you're doing so do what makes you happy and try new things. Take risks
- Every freshman is looking for friends, reach out to people when school starts
- Ask questions about anything and everything. No one is judging you
- Know it's okay to have lunch alone sometimes!  
Know how to be okay with eating alone
- Leave your door open for people to walk in the first week or so - I met my best friend this way
- You need alone time and it is important you make that for yourself
- Do NOT date before Thanksgiving
- You don't have to meet your soulmate in college
- Don't limit yourself to a friend group or think the first people you meet are going to be your only friends throughout college
- Everyone will be home sick but they will also do a really good job hiding it
- NOBODY has their life together. We are all faking it till we make it
- You are going to learn things about yourself that might feel uncomfortable, but important
- Don't be discouraged if it's not immediately the time of your life like you're told it would be
- College might not be everything you dreamed of, and that's okay. Truly. Can't go to college without knowing that. Don't box yourself into a narrative
- Get a college job as soon as you can - it'll help you manage your time
- Don't be scared when you don't do as well grade wise as in high school
- You might miss home more than you think
- BE YOURSELF because this is the first time in life you have the chance to live on your own terms
- Don't expect to stay bffs with your first semester friends throughout all of college
- Don't get caught up in sorority and fraternity tiers! You'll end up with your people!
- Stay true to yourself, people will LOVE and embrace all those little quirks you think you have
- Don't go home with someone on the first night. Just don't
- And don't drink at parties. Pregaming is much safer
- If your school has Greek life - rush if you want to, don't if you don't want. Do what works for you
- If you've been dating someone in high school, it's important to remember that starting school while being in a relationship is not for everyone and it is okay! Don't be scared to



end or put a relationship on pause to focus on yourself. College is YOUR time. It is good to get to know yourself too and put yourself first

- It's okay to cut yourself some slack - college is hard
- You can't study the same way you did in high school
- Take a break from your computer - you will be using it a lot - or wear blue light glasses when you work on it
- Go easy on yourself and don't get caught up in what everyone else around you is doing. Feel free to take some off days to have time for yourself
- Workout with friends!
- Join clubs and get involved - it will help keep you busy and you won't have time to be homesick
- Go on an errand run and bring a friend. It's a good way to bond
- Or, take time to go run errands by yourself
- Learn how to cook
- Wash your sheets regularly
- Things don't fall into place right away. It's super tough in the beginning but you will find your people and your place
- Don't feel pressured to live up to the college experience stereotype
- Somehow, everyone knows everyone
- Buddy system! Never go somewhere alone. Especially at night
- Don't buy your books before class starts (you might not need them) or find PDF versions of them online!
- There are always other options
- If you get in trouble with the authorities or with the school or your RA, you are not the first person it has happened to and it is NOT the end of the world even though it may seem like it
- Spend money on comfortable bedding and a foam topper
- During the first weekend and orientation, don't be on your phone texting your high school friends until you're going to bed because it's so crucial to get out and meet people
- The first few weeks may make some people sad because it's a hard adjustment to leave everything behind even though it's exciting at the same time
- There is no popularity in college like high school - you can really create your own path with a bunch of different types of friends
- Learn the bus schedule
- Don't go out as much as you are going to. Most nights aren't as "unmissable" as they might seem
- The most important thing is to always go to class no matter how badly you want to sleep