



Preparing for College Life

School. Friends. Activities. Family. Only a few weeks ago you had it all figured out. Remember the scared freshman you used to feel sorry for in high school? In just a few weeks, the roles will reverse and you will now be the college freshman trying to get acclimated to your new surroundings. You are no longer just touring the college, you'll be moving in for good. Do not fear! It won't take you long. In just a short time, you'll have made plenty of friends, know every corner of campus and be in a daily routine as if you've been in college for years.

But until then, here are the **Top Ten Survival Strategies for College Freshmen** to help you make the adjustment to college life!

- 10 Respect your roommate.** Wash your dishes, pick up your dirty clothes and use your own stuff! Living with someone new may be an adjustment. You may find that you are on different schedules. One of you may like to stay up late and the other likes to get up early. Be respectful of your roommate's way of doing things and he or she will likely be respectful of yours. Do everything you can to make it a smooth transition.
- 9 When choosing classes, focus on core classes, but take electives, too.** You can learn a whole lot about things you never imagined and it may help you choose a major in the long run. So, go ahead, sign up for photography, art history, mathematics and journalism! Check with your academic advisor to be sure that your selected classes will meet the requirements for graduation.
- 8 Learn to use your time effectively.** Despite an active social life; you are there to learn. You don't want to end up on academic probation after one semester because you spent too much time partying or too much time sleeping in. Stay organized and keep a consistent study schedule. Students who have a work-study job or participate in an on-campus activity such as a sport or club often find balancing their time easier than the student who has a lot of free time on his or her hands.
- 7 Don't skip classes!** This may be the first time your mom isn't dragging you out of bed to catch the bus. It may be tempting to skip a class with no attendance policy but missing too many classes will hurt your grade. If you have to be out of class, call the professor and schedule a time to pick up any missing assignments.
- 6 Don't skip meals!** You may find yourself in a different routine than you are used to and it may be tempting to skip breakfast to get a few more minutes of sleep. But skipping meals can cost you in the end. You will be paying for a meal plan, but if you miss meals you may find that you are also using extra cash or debits from your card to pick up snacks to satisfy yourself. Skipping meals can also lead to a lack of energy when you need it in the classroom.

Center for College Planning at the NHHEAF Network Organizations

The Center for College Planning at the **NHHEAF Network Organizations** is dedicated to providing students and families with valuable information about the college planning process—from savings options and college admissions requirements, to applying for financial aid and scholarships. We serve all student populations: traditional, continuing education, graduate and adult learner. We offer college planning materials and coordinate speakers for schools, businesses and community organizations free of charge. We provide dynamic small group workshops in our Concord, New Hampshire office. We also provide a toll free college planning hotline and comprehensive Web site. Our goal is to promote higher education as the means to achieving personal, career and life goals.

The NHHEAF Network Organizations

The **NHHEAF Network Organizations** are comprised of three active 501(c)(3) nonprofit agencies:

New Hampshire Higher Education Assistance Foundation (NHHEAF), **Granite State Management & Resources (GSM&R)** and **New Hampshire Higher Education Loan Corporation (NHHELCO)** - which provide outstanding college access programs for New Hampshire students, families and schools. Located in Concord, New Hampshire, the funds generated by the Organizations' loan operation make its charitable mission possible as earnings are reinvested in programs and services that benefit citizens of our State.



The NHHEAF Network Organizations
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Websites for Students

- Grammar Girl** - Quick and easy answers to common grammar questions
- Knight Cite** - Ideal for when you need to cite a paper in MLA, APA or Chicago style
- Google Calendar** - Organize your life! Map out assignment due dates, class schedules, work hours, and time for fun. Also will text message you reminders.

- 5 **Find out if your bank at home has an ATM on campus.** You don't want to pay a service fee every time you withdraw cash. If your bank doesn't have a cash machine on campus, consider opening an account in a local bank.
- 4 **A credit card may be a great idea for an "emergency."** If your parents are footing the bill be sure you have a clear understanding of what constitutes an emergency. Think twice before getting your own credit card. You don't want to graduate with credit card debt.
- 3 **An internship in your major is a great way to get to know people and network.** Impressing important people in your field may give you a leg up on the competition when you graduate and hit the job market.
- 2 **Take advantage of everything that your campus has to offer.** Read the campus bulletin boards to find out about clubs, activities and opportunities to try something new. See what your college has to offer for studying abroad. A semester abroad could be an unforgettable experience.
- 1 **If you budget your time wisely, open yourself up to new experiences and stay focused, college will be one of the best experiences of your life.**

Major Decisions

Are you starting school with a major already in mind or like 2/3 of the freshmen in your class, are you undeclared? If you're undeclared, don't panic. It's okay to start school without a major just as long as you are finding ways to learn more about how your strengths and interests could translate to possible programs of study. Some students describe that attending campus undeclared allowed them to 'test drive' some different fields and find a good fit. Just be sure you have some ideas about what interests you and what you may want to pursue in order to ensure that you are attending a campus with a wide range of degree offerings. And remember that college majors are not always an indication of the career you may eventually pursue but they should prepare you for life beyond the classroom. While it is true that transferring is always an option, it can be difficult to leave a campus once you establish connections. By doing the hard work of self-reflection and learning about different careers early, you'll be in a better position to judge if a major or a career is right for you.

So what do people major in?

The top ten college majors according to *Campusgrotto.com* are:

1. Business
2. Social Sciences & History
3. Education
4. Psychology
5. Nursing
6. Communications
7. Biology
8. Engineering
9. English
10. Computer Science

Wondering what to pack for college? Check out the last page of our newsletter for a great checklist!

News Around the Nation

Betcha' Didn't Know

You just finished the whole college search process. You probably learned some interesting facts about many college campuses in the process. But sometimes the best college facts aren't found in the guidebooks. We found these, and more, fun facts [here](#).

- Research scientists at Rutgers University in New Brunswick, NJ are credited with the creation of Cheez Whiz, the delicious cheesy product we put on crackers.
- At Pace University in Pleasantville, NY there is a building donated by a wealthy woman who had only one requirement. That it remain pink!
- Students at Stetson University are reported to be haunted by the spirits of a former president, his wife and their dog. The spirits have been rumored to stroll on many late evenings, especially around Halloween. (For those of you attending Keene State College, make sure to ask about Harriett Huntress!)

Did You Know?

Campus Spotlight

Summer is a great time to explore and gain experience. College students often engage in summer programs at their own or other college campuses to learn more about their chosen major, enhance their learning experience or gain leadership opportunities. This summer, a diverse group of young women attended the

Leadership New England summer program at the New Hampshire Institute of Politics at Saint Anselm College. The program is designed to train young women for positions of leadership. Students attended workshops on such skills as public speaking and networking, as well as presentations from politically active women throughout New England. Check out the opportunities available through your campus for next summer!

At **Boston University**, college students from all over the country can attend a 12-week program which provides academic credit and the opportunity for hands-on work experience. The Summer Study Internship Program enrolls students in two six-week courses and a full-time six-week summer internship in the Boston area.

As you begin your college career, remember there are many ways to engage in the learning process - some traditional, some not-so-traditional. Keep an open mind and explore opportunities that will enhance your college experience!



Packing It All Up

Soon you'll be packing your bags for college. But packing them with what? Check in with your school to see if they have a suggested list of things to bring. In case they don't, here's our list of things to consider bringing with you to college:

Bed & Bath

Alarm clock, Bedside Lamp, Blankets, Comforter, Fan Hangers, Iron and Ironing Board, Laundry Bag/Basket, Laundry Detergent and Fabric Softener, Laundry Drying Rack, Mattress Pad, Pillows, Sheets and Pillow Cases, Stain Remover, Towels

Desk & Office Supplies

Desk & Office Supplies, 3x5 Index Cards, Bulletin Board, Push Pins, Dry Erase Board/Calendar, Desk Calendar, Desk Lamp, Dictionary and Thesaurus, DVD-Rs and CD-Rs, Flash Drive or USB Drive, Hanging Files and Folders, Highlighters, Labels, Notebooks and Folders, Paper Clips and Rubber Bands, Pens and Pencils, Pencil Sharpener, Phone/Address Book, Planner/Assignment Book, Post-it Notes, Printer paper and Toner, Ruler and Scissors, Stamps and Envelopes, Trash Can

Electronics

(Check with your roommate on the shared stuff so you don't both bring the same thing - and don't forget the power cords and chargers!)

CDs, DVDs, and MP3s, Computer/Laptop/Printer, DVD Player, Ethernet Cable or Modem Phone Cord, iPod or MP3 player, Surge Protector, Extension Cords, Cell Phone, TV

Toiletries

Acetaminophen, Aspirin - Ibuprofen, Band-Aids, Neosporin, Brush and Comb, Cologne/Perfume, Cough Drops, Dental Floss, Flip-Flops (for the shower stalls), Hair Dryer, Hairstyling Products, Lotion/Moisturizer, Nail Clippers, Tweezers, Q-tips, Razors, Shaving Cream, Aftershave, Shampoo, Conditioner, Shower Tote, Soap, Toothbrush and Toothpaste, Vitamins

And don't forget...

ATM card, Umbrella, Flashlight, Batteries, Sports/Recreation Equipment, Snacks for your room!



Congratulations! Your journey through the college prep process is complete. The Center for College Planning has enjoyed helping you meet your goals. Since we last saw you at Destination College in March 2009, you have successfully climbed to new heights. We wish you the best of luck in this next chapter. If we can help you in the future with FAFSA, the scholarship search, grad school options or career information, do not hesitate to contact our counselors at (800) 525-2577 x119 or email collegeplanning@nhheaf.org

The NHHEAF Network Organizations are comprised of three active 501(c) (3) nonprofit organizations that provide students and families with the resources and funding to pursue higher education aspirations. Funds generated by the Organizations make their charitable mission possible as student loan earnings are reinvested in programs and services that benefit citizens of New Hampshire. For more information, visit www.nhheaf.org.