

Top tips for new students



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You are responsible for meeting your program requirements, accessing services and support, finding answers to your questions and following through with your commitment to yourself to succeed in your program. Below please find some tips to get you started.

1. Prepare well.

Preparing for your role as a student is important from the very first day. Be sure to purchase your required textbooks as soon as possible to avoid difficulties in finding them later. Print out and familiarize yourself with your timetable and course outlines. Get into the habit of previewing your textbook and reviewing class notes before class and maintain good attendance in order to stay on top of your course material.

2. Develop your organization skills.

Organization is a skill that will serve you well in college and in your future career. Use separate binders for each course and dividers within each binder to organize lecture notes, handouts and assignments. When taking lecture notes, always include a title and the date at the top of each page. Keep your deadlines and other important dates at your fingertips by creating a master calendar for the semester and adding new due dates as you receive them. Review and update this calendar regularly.

3. Plan your time well.

Be aware of deadlines to plan and use your time effectively. Aside from your master calendar, you should create and regularly review a weekly calendar to plan out your time. You will find that while your class schedule remains the same throughout the semester, your time demands will vary depending on assignments and tests. The weekly calendar will help you plan enough time for these variances.

4. Develop a routine.

Set aside time for reading every day. Find a comfortable place to study. Develop routines for everything from study to leisure time.

5. Establish a support network.

The college represents a community of people who will become part of your experience and getting to know the people who form your social and academic support networks will help you get the most from it. Find out

the name and location of your student advisor. Join a club through the Student Association and participate in school events.

6. Build a rapport with your professors.

Your professors are your first line of academic support and building a rapport with them will help you integrate into your classes and raises your comfort level when you need to ask for help. Smiling at and greeting your professors is a good start but asking questions, either during or after class, shows your professors that you are engaged and taking responsibility for your own learning.

7. Manage your stress.

Stress is a fact of college life as you face the multitude of new challenges students generally experience. There is a fine line between helpful and hindering stressors. Balance your time to allow for some rest and relaxation by doing the things you like (e.g. fitness, socializing, participating in a club, etc.), all of which are available on campus. If the stresses of school get to be too much to deal with on your own, the Campus Health Centre has people available to help.

8. Reach out for help.

At the first sign of academic trouble, don't be afraid to reach out and ask for help as the college offers many services to support your success. Adjusting to the demands and expectations of college can be challenging, but don't let that stop you from getting the assistance you need.

9. Know your academic resources.

There are many academic resources available to help you get the grades you want. Your professors are your first line of academic support, but help is also available through classmates, peer tutors, the Campus Library, your student advisor and Student Academic Learning Services (SALS). Be sure to investigate all of these academic supports.