

## **Happily Handling Pacific**

### *Adjusting to College Life*

#### 8 TIPS

Tip #1 **GET INVOLVED:**

*There are many activities on campus, so go ahead and get involved! Don't wait. Check with ASUOP for clubs, activities, events and excursions. This is a great way to meet new people, be a part of a social group and make a difference.*

Tip #2 **STAY ON CAMPUS:**

*Going home is fine, but you will adjust a little quicker, meet more people and get involved with the heartbeat of the campus if you get involved on the weekends. There are plenty of students who live too far away to go home and are looking for a friend. How about befriending an international student – expanding yourself, while helping someone else feel more connected is a great way to Happily Handle Pacific.*

Tip#3 **EAT and SLEEP REGULARLY:**

*Those late nights/early mornings are inevitable, but try and get to bed at an hour that allows you 6-8 hours of solid sleep. Eat at regular meal times; if your class schedule prevents you from having breakfast or lunch, make sure you carry plenty of snacks in your backpack. Also, coffee, alcohol and other caffeinated beverages can dehydrate you, so make sure you drink plenty of non-caffeinated drinks and water.*

Tip#4 **MANAGE STRESS:**

*College is stressful, and for first year students it can be overwhelming! So, manage your stress with: working out, taking a walk, practicing yoga, listening to music, deep breathing, talking to friends, and any other method that you find helpful. You can also talk with someone at Counseling and Psychological Services (CAPS) for other tips. And certainly visit CAPS if the stress becomes unmanageable for you.*

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### Tip#5 ATTEND EVERY CLASS:

*If you skip classes, you will find it more difficult when writing papers or taking exams. A lot of information is absorbed during lecture and in-class times. Plus, students who skip a lot of classes tend to feel "out of it" and fall behind their peers in getting homework done. In the event you must miss a class, let your professor know why and ask a classmate for any lecture notes.*

### Tip#6 COMMUNICATE:

*If you are unable to attend class, **talk or e-mail** your professors. If you are feeling overly stressed or homesick, **go talk** with someone at CAPS. If you are feeling overwhelmed by academic material, **go talk** to someone at Academic Support Services. If you are.....**go talk** with someone! You get the idea; it's so important to **talk** with people who can support your path, here, at Pacific.*

### Tip#7 LOOK ON THE BRIGHT SIDE:

*Keep a positive attitude when it comes to adjusting to college. Look at college as an adventure. Become aware of any negative thinking like: "I'll never make friends; this class is a nightmare..." and others. Try to replace this kind of catastrophic thinking with more soothing, rational thoughts like: "Making friends takes time; I'll join a club or ask a classmate to study; this class is hard, so I will study a bit more and do the best I can." If you are a negative thinker and worrier and find it difficult to change this pattern on your own, visit someone in Counseling Services.*

### Tip#8 HAVE FUN!!

*College is known for activities, friends and parties. If you follow the above tips, you will have time and energy to hang out with friends and party. Remember to always be safe.*