



Get SCHOOLED:



A FRESHMAN'S GUIDE TO
SURVIVING AND THRIVING
DURING YOUR FIRST YEAR

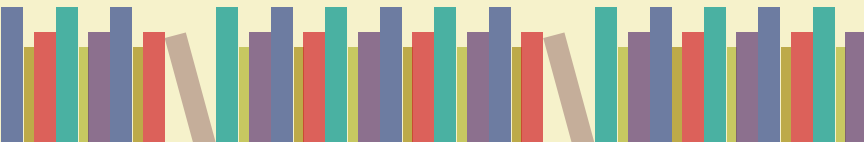


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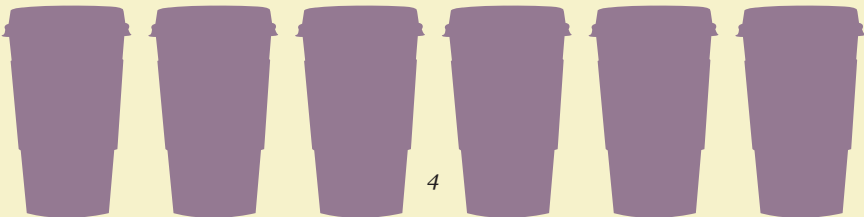
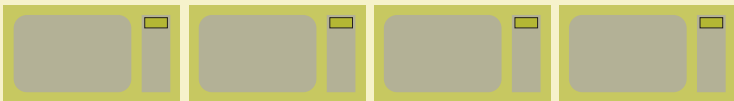
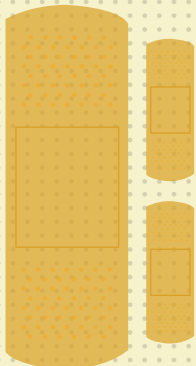
Get College Literate...39

Learn the academic lingo you need to navigate your first year.



Get PACKED.

Comforters, laptops and backpacks...oh my! With a college packing list a mile long, it's easy to forget some of the basics. Here are some essential items that are often forgotten during the big move.





Rolls of Quarters

From parking meters to washing machines, and even vending machines, this currency is a college student's best friend.



Basic Tools

A hammer, screwdriver, wrench, and pliers are all handy to have.



Umbrella

Be prepared for bad weather. Sitting in class with wet clothes is almost as bad as finals week.



Salt and Pepper Shakers

For those in-room meals that could use a little extra spice.



Book Light

Lets you keep studying, even though your roommate is sleeping.



Reusable Tupperware

Save time by taking meals to go while on campus. Make your own in your room, or fill up in the school cafeteria if you have a meal plan.

Ear Plugs

Whether you're taking on a snoring roommate or trying to study over your neighbor's music, ear plugs will provide some much needed peace and quiet.





Bandages and First-Aid Kit

Better safe than sorry.

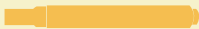
Rain Boots

The only thing worse than wet clothes is wet clothes *and* shoes.



Reusable Water Bottle

Save money and time by filling up before you head out.



Stain Remover Stick

Spills happen.

Plastic containers with tight lids for storage

Because there's never enough room in a dorm. Keep items you don't use often or store food in these sealed containers for a more organized space.



Extra Sheets

Although everyone is determined to do their laundry regularly, there are weeks it just won't happen. Most dorms have extra long twins so be sure to check the bed size before buying.



USB Flash Drive

Whether you're printing on the go or presenting a PowerPoint, you should never leave home without one!



Sewing Kit and Safety Pins

Patch up any problems in a hurry.



Dishwashing Detergent and Sponge

Conquer the aftermath of late-night snacks and in-room meals.



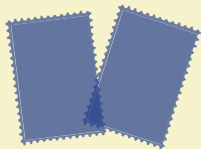
Paper or Plastic Plates and Utensils

For those times you just don't feel like doing dishes.



Batteries

Keep your electronics going with a reserve supply of batteries.



Postage Stamps

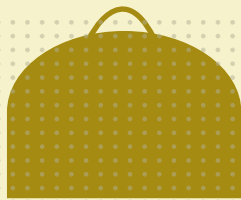
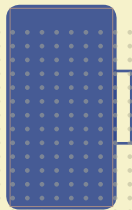
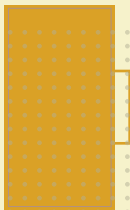
Keeping connected with friends and family from home is important, so send letters or cards often.

Important Documents

It's always best to be prepared. When and if you get a job, or apply for programs and activities, you may need certain documents.

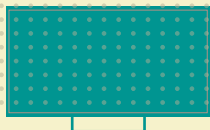
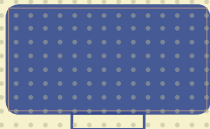
- Driver's license or state ID
- Health insurance card
- Social security card
- Health records





Get MOVED.

You only move to college once, so make the experience one you'll remember as fun, not frantic. Follow these simple tips for a stress-free move-in day:



Get Smart.

Prepare yourself as much as possible before move-in day. Pack with moving in mind, keeping your belongings in labeled boxes sorted by type of item. Not only will they be easier to carry up stairs or through tight hallways, but unpacking and organizing your room will go quicker, as well. Read through all instructions ahead of time on the University Housing website so that you know what to expect during your move-in day. Pay attention to staff directions and instructions when you arrive and throughout the day to make sure you're on track.



Get Hydrated.

The weather is hot, and the day is long, so make sure you stay hydrated during move-in! Bring your own water and take frequent breaks in air-conditioned areas if you feel overheated.



Get Comfortable.

Comfort is key to the success of move-in day. Wear loose and light clothing with close-toed athletic or walking shoes to make sure you can safely and successfully survive the hard work of the day.



Get Vocal.

Don't be shy — if you have questions or need help during move-in day, ASK! Rather than stressing about lifting a heavy television alone or where you are supposed to plug in your Internet, ask a staff member or even a fellow freshman for help. Everyone is in the same situation, so work together to get settled in.



Get Excited!

They don't call them "the best years of your life" for nothing! This is the beginning of an amazing experience, so make sure to have a smile on your face and enjoy the day for what it is. There's no need to worry, no matter how frustrating the day may seem, it will be over all too quickly, and then the real fun begins!



Get STARTED

Arriving on campus can be completely overwhelming. With so much to take in, it can be difficult to prioritize and decide what needs to be done. Here are some tips on what to do during your first week to get a smart start to your semester.

Get Comfortable.

Home is where the heart is, so learn to love your new school! Start by locating the basics so you feel comfortable navigating on your first day. Walk your way through your schedule and make sure you can find essential locations, such as the library, bookstore, student health center, gym and dining hall. Then wander around campus or the town itself and look for unique restaurants, interesting shops or a cozy place to study on the quad.

Get Your Books.

Your campus bookstore has everything you need for all of your classes in one convenient place. In the college world, the sooner you buy your books - the better! Because Used Book titles can save you an additional **25%** off the bookstore's already discounted new book prices, they tend to go quickly! You can get your books two ways: either print your schedule and head to the bookstore's textbook department to pick them up on your own, or sign up for the campus bookstore's pre-pack program, where all your books are conveniently packaged together and ready for pick-up at no extra cost!



Get Connected.

Keep in mind that everyone is new, so there's no need to be shy. Take initiative from day one to get to know your fellow first-year students and connect with those who share similar interests, live near-by or have the same class schedule. Leave your door open during move-in day so others feel free to introduce themselves, and make an effort to start up conversations with those you pass in the hall or see in the elevator. Check out Facebook to see if a common online group has been made for students at your school to interact before the semester begins or create one yourself!



Get Involved.

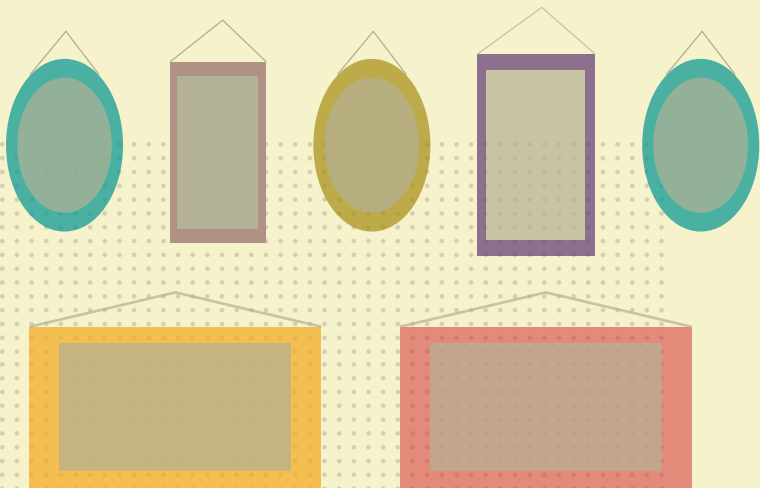
We all know stress is an inevitable part of the college experience, so creating a fun and relaxing outlet for your anxiety early on is essential. The start of the semester is the best time to find others who share your interests and can help you through those tough times. Join a club or intramural sports team, find a hobby, create an exercise plan or even choose a designated night for time with friends, so when things get intense, you have a way to mentally check-out.

Get Organized.

Start out strong by finding an organizational system that works for you. Whether it's a planner, calendar or sticky note, figure out how you're going to manage your time and make sure you have all the supplies you need to start the semester off right. Set up a filing system for papers and assignments, make a budget to manage expenses and create a detailed to-do list to keep you on track. The campus bookstore has a wide variety of organizational tools to help you get started!

Get Personal.

White walls and bare floors aren't exactly inspiring. Make your dorm a place you enjoy by adding your own personal touch. Check out your campus bookstore for distinctive décor or look up campus events, such as poster sales, to find those extra touches that let your unique taste shine through. Don't forget removable wall hangers, too, because tape and nails are usually not allowed in dorm rooms.



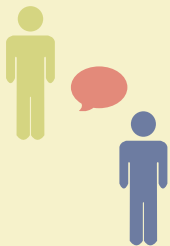


Get Down to Business.

Don't forget about the basics. Set up a plan with your parents for dealing with the miscellaneous. Open a bank or student charge account, submit a change of address to the Post Office, drop off prescriptions at the pharmacy and make copies of necessary records, such as insurance cards.

Get Real.

Be prepared to feel utterly unprepared. No matter how much time you spend getting everything together, there will still be moments when something goes wrong with so many changes happening at once. Expect to occasionally feel completely overwhelmed and learn to accept it. If you feel like you're sinking, just remember everyone else is in the same boat!



Get **FAMILIAR.**

For most students, sharing a bunk bed with their younger brother in elementary school is the closest they've ever come to having a roommate. Younger brothers, however, are forced to love you no matter what you do – college roommates, not so much. Here are some guidelines to building a successful roommate relationship:

Be Respectful.

Make a strong effort to respect the values, beliefs and religion of your roommate even if they don't line up with your own. It's important to always be open-minded and not judge them based on your differences. Instead, look for things in common with your roommate and bond based on these aspects. Just because you live together doesn't mean you will become instant best friends. Don't feel bad if you and your roommate don't hit it off, but remember; keeping the relationship polite will make your life much easier.



Set Rules.

Everyone has certain habits that get under their skin. Whether you hate sharing your toothpaste or can't stand to go to bed without the TV on, make sure you let your roommate know about

your routine right away. Talking about these issues ahead of time and discussing how you're going to handle them is an easy way to set boundaries that will make you both more comfortable. Within the first week, you and your roommate should also set up a cleaning and organization schedule to decide who is in charge of what responsibilities and how they will get done to eliminate any future conflict.

Be Considerate.

Always ask yourself, 'How would I feel if the situation was reversed?' before doing something. If you know that your roommate is trying to rest, don't play your music too loud or invite friends back to your room. When in doubt, always ask before doing to avoid any unnecessary arguments.

Start Talking.

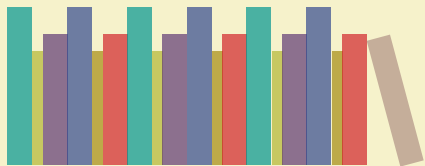
If something your roommate is doing is still bothering you after you set down rules, don't be afraid to bring it up. If you keep quiet, you'll probably explode over the issue and cause an even bigger fight. Talking about the problem calmly and rationally is always a better solution.

All Things in Moderation.

Even if you and your roommate become best friends, it's still important to keep the relationship balanced. Spending all your time together can ultimately cause more conflict. Make an effort to make friends outside of your roommate, and balance your time equally with everyone in your inner circle.



Get BOOK SMART.



Buying textbooks probably doesn't make your top 10 most exciting moments in college, but it is definitely an important part of the experience. Understanding how textbook pricing works, and how you can get the most bang for your books, will help you both reduce stress and benefit your bank account! Following these easy steps throughout the year will help you get the best value for your textbooks:

Get The Basics.

Understanding the basics of how the textbook cycle works will make buying your books as simple as basic math.

1

The professor selects the textbook for your course.

2

The college bookstore orders and stocks the book.

3

You buy the book from the bookstore.

Besides these basic steps, factors like timing, and if the book is being used again for a class, can change how much you pay in step 3 and how much you get back in step 5. These factors are based on faculty adoptions.

If a faculty member re-adopts a textbook, which means they decide to use it again for their class the next semester, and lets the bookstore know by the set deadline, the store can pay more for the book at buyback, **saving the student about 30 to 35 percent**. Plus, students next semester have more Used Books to choose from, saving them money too!

If the professor misses the adoption deadline, doesn't adopt the book for the next semester, or adopts a new edition, students will receive less money back at buyback and less Used Books will be available the following semester, causing you to pay more at the checkout counter.

4

You use the book during the semester.

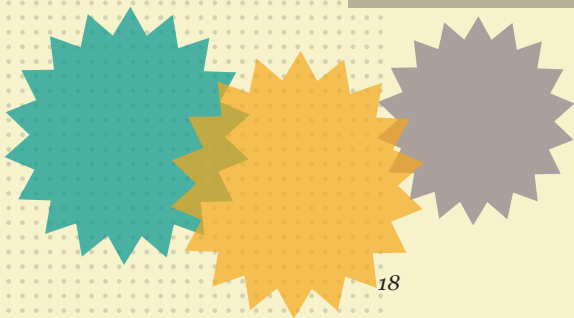
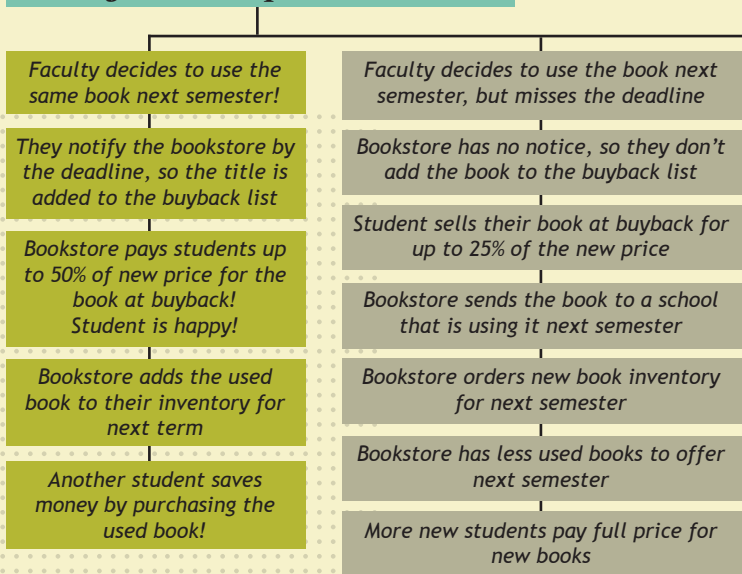
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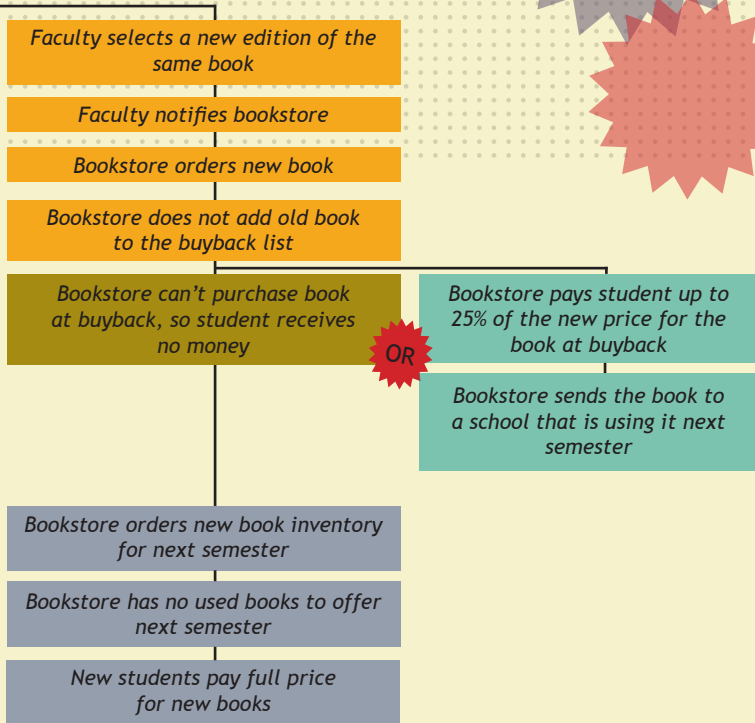
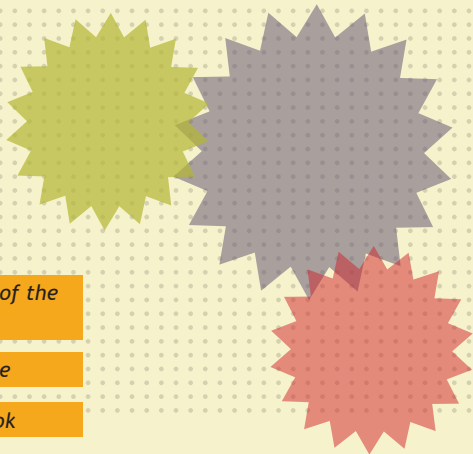
After finals, you sell your book back to the bookstore and get a percentage of the price back in cash.


The Textbook Adoption Cycle

Learn the role of faculty in the textbook cycle.

Faculty Makes Important Decision





 Content based on information from the Used Textbook Association

Book Used Next Semester on Campus:

	New Textbook	Used Textbook	eBook	Rented Textbook, New	Rented Textbook, Used
Student Cost @ Purchase	\$100	\$75	\$66	\$65	\$49
Student Earnings @ Buyback; book used again on campus	\$50	\$50	\$0	\$0	\$0
True Cost @ Purchase	\$50	\$25	\$66	\$65	\$49


Book NOT Used Next Semester on Campus

	New Textbook	Used Textbook	eBook	Rented Textbook, New	Rented Textbook, Used
Student Cost @ Purchase	\$100	\$75	\$66	\$65	\$49
Student Earnings @ Buyback; book NOT used again on campus	\$20	\$20	\$0	\$0	\$0
True Cost @ Purchase	\$80	\$55	\$66	\$65	\$49

10

New Edition, Bundle, etc. Issued and Adopted

	New Textbook Term 1	Used Textbook Term 1	New Textbook Term 2	Used Textbook Term 2
Student Cost @ Purchase	\$100	\$75	\$105	N/A
Student Earnings @ Buyback	\$0	\$0	\$52.50	N/A
True Cost @ Purchase	\$100	\$75	\$52.50	N/A

 Prices are examples

Content based on information from the Used Textbook Association

Get Your Books.

Before the first week of classes, you should head to the bookstore to pick up your books. But before buying, make sure you understand the basics of where your textbooks come from, and how your shopping decisions impact your campus.

Get it ALL.

Your campus bookstore stocks ALL the titles you'll need to pick up for every single course at your school, so there's no shopping around. Unlike online retailers, your bookstore also **guarantees that you'll receive the right book** you need for your classes, making it a completely hassle-free experience. If you drop the class, there's **no need to deal with shipping charges** to return it either. Just bring in your receipt and the book, in the allotted amount of time. With a full variety of school supplies, there's no need to go anywhere else. Can you say convenient?

Get Value.

Did you know your campus bookstore offers you discounts? By supplying the largest selection of used books, your bookstore is **saving you an extra 25% off already discounted new book prices.** We check through each book to make sure they are **top quality** for our students and guarantee their condition. Shop early, because Used Books are highly demanded and go quick! Just look for the sticker on the spine to tell you which books qualify as Used.

Get the Most Bang For Your Book.

Get the most money possible at your bookstore's next buyback by keeping these guidelines in mind:

Come Early:

The bookstore can offer the best buyback prices to customers who show up first. The bookstore purchases a set amount of specific textbooks based on campus demand. Once that amount is reached, the textbooks purchased afterward may not have the same value.

Accessories:

If your textbook came packaged with a CD or DVD, make sure to bring those accessories to the buyback. Some of these items are essential and often times the bookstore can't buy the textbook back without them.

Don't forget an umbrella:

Unfortunately, the bookstore can't accept water-damaged textbooks at buyback. Make sure you keep your textbooks dry and in good shape. **Remember:** if you wouldn't want to buy your textbook, another student probably will feel the same way.



NEW

- Be the first to highlight and write notes
- Enjoy that 'new book' smell!
- Might have buyback value



RENTAL

- Upfront savings
- No buyback value



USED

- The best value
- 25% off the new book price
- Top-quality guaranteed
- Might have buyback value



DIGITAL

- Interactive features
- No heavy books to carry!
- Eco-friendly option
- No buyback value

Get Options.

2 Ways to Shop:

1 Stop in to the textbook department at the campus bookstore with a copy of your schedule and pick up your books with the help of our staff.

2

Sign up for the campus bookstore's Textbook Reservation program to save time and money.

The bookstore will package all your books together using your class schedule, and all you have to do is pick them up the first week of class – for no extra cost! **This option gives you the best chance of getting the lowest price because you get the first pick of Used Books** (unless you specify otherwise) which saves you 25% and guarantees you'll have your book when you need it!

Get Ca\$h Back.

What is Textbook Buyback?

At the end of each semester, the campus bookstore hosts an event to recycle titles that will be used again in the future. Buyback is a triple-win situation where current students get cash for selling their books, bookstores get in-demand used titles to put on their shelves, and future students are offered money-saving used editions next term. Buying and selling used books benefits everyone involved by cutting costs and reducing the environmental strain of additional textbook printing.

How Does Buyback Work?

It's as simple as 1-2-3.

1

Bring your books to the Bookstore during designated Buyback Days.

2

The Bookstore checks the national used book databases so they can pay you the highest buyback prices available.

3

The Bookstore gives you instant cash back for your books, up to 50% of the purchase price if the textbook is needed on campus again next semester.

Why Should I Sell To The Bookstore?

When selling your book, the best place to go for the most money back and most convenient service is your campus bookstore. Selling your books at your bookstore has major advantages:

**CASH
NOW!**

**FAIR PRICES
on 125,000
Titles**

The textbook stays on campus, so there are more used books that students can **PURCHASE FOR LESS**

The bookstore pays the **MOST MONEY** for your used textbooks

The bookstore buys **MORE TITLES**

Get Educated.

What About Those Other Guys?

Though other sellers on campus and online may claim to buy your textbooks for more money, think twice before you hand them over. These mobile textbook purchasers often make promises, such as offering the most money for your used textbooks, on which they fail to deliver. And by the time you realize you were shortchanged, these purchasers are nowhere to be found.

Unlike these other sellers, you'll notice the campus bookstore has its benefits:

- No Fees, No Shipping, No Packing, No Hassle
- The bookstore is local - while the vans just drive off to the next campus
- The bookstore has a permanent location - you know where to find us if you have a question or complaint

So, at the end of this year's term, visit your bookstore's official buyback event.



Although the social part is great too, the most important component of the college experience is obviously classes. Learn how to get ahead and stay ahead with these tips for a smart start to the semester:

Get THE GRADES.

Keep Track of Your Time.



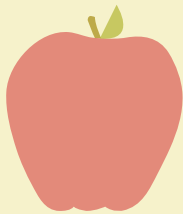
Many students go into college thinking that because they spend less time in class and have more breaks in between courses than they did during high school, they don't have to study as much. Don't fall into this time trap. Make sure you manage your time effectively and keep up on your assignments. As a guideline, schedule two hours of studying for every hour in class.

Up Close and Personal.

Make the dreaded front row your new best friend. It may sound like something only a brown-noser would do, but it works really well for getting the most attention from your teachers and TAs. By seeing your face every day, professors are more likely to recognize you as a student who has good attendance, and will be more likely to help you should you have any problems in the class down the line. Plus, in the back of the room, it's easy to get caught up in what the student in front of you is posting on Facebook rather than focusing on the lesson of the day.

Make Friends with Your Professors.

At some point, you will probably need a letter of recommendation for an internship, job or even study abroad program. A professor who knows you is much more likely to agree to write you a letter and make it much more personalized than an instructor who barely knows your name. Take advantage of office hours, participate in lectures, or stay after class and ask questions. It's never too soon to start networking; you never know how those connections might benefit you in the future!



Use Your Resources.

Sometimes the way a professor explains something just doesn't sink in, so seeing the concept presented differently can give you a fresh perspective on the material. Many content management sites offer resources on topics for nearly every subject imaginable. If you're stuck on the allegory behind the novel in English class or just can't seem to understand a theory in Sociology, simply search for a keyword in the site and get access to thousands of documents, PowerPoint slides, videos, and even note cards submitted by different users, including other professors, for a different point of view on the topic.

Master the Art of Triage.

With so many different assignments and deadlines, it can be hard to figure out where to start. One way to organize your schedule is to rank your assignments based on their point value or relation to your major. For instance, if two assignments fall on the same due date, work on the one that's worth the most points first. If they are both of equal value, start with the one that is most career-specific. This way, you invest your energy in those materials that will most affect



Get CREATIVE.

Sure, cafeteria food is usually pretty good. But there are always those days when you just don't feel like getting out of your slippers to head down there. And let's face it, Easy Mac™ and Ramen™ will only cut it for so long! With just a few basic utensils and ingredients, you can whip up some delicious meals without ever stepping foot outside your dorm.



Get the Tools.

These essential utensils are all you'll need:

• Mini-fridge

• Microwave

• Microwavable bowl - Use Pyrex™ or Plastic

• Potholder

• Plates and cups

• Cutlery - The basic knife, fork, and spoon will do

• 8in glass baking dish and/or a 2 quart Casserole dish

• Measuring Cups

• Can opener

• Cutting board

Smart Snacking.

Falling victim to the Freshman Fifteen is all too easy with endless supplies of ice cream and cookies in the cafeteria. Combat your hunger pains and those extra pounds by keeping these healthy snacks on hand:

- Fresh or dried fruit
- Nuts
- Yogurt

- Rice cakes
- Peanut butter and crackers
- Pretzels

Get Cookin!

Effortless Scrambled Eggs:

Beat two eggs in a bowl and add 2 tablespoons of milk, and salt and pepper. Melt 2 teaspoons of margarine in a 1-quart casserole dish in the microwave (30 seconds). Pour egg mixture into dish and cook uncovered 3 to 4 minutes. Remove and let stand covered for 2 minutes. Vary the dish by adding any of the following: 1/4 teaspoon Worcestershire sauce, 1/3 cup chopped and peeled tomato or onion, 1/4 cup finely shredded cheese or 1/2 cup spinach.

Magnificent Mini Pizzas:

Toast 4 English muffins and top with 1 can (8 oz.) tomato sauce, 1/2 teaspoon oregano, a dash of garlic powder and mozzarella cheese. Cook uncovered 1 to 2 minutes. Add any of your favorite toppings to complete the meal!

Awesome Pasta Alfredo:

Put 1 quart of hot tap water and 1/2 teaspoon of salt in a 2-quart casserole dish. With the lid on, heat 10 to 12 minutes. Add 4 oz. of pasta. Cook 6 to 8 minutes. Drain water from pasta. Add a small jar of Alfredo sauce or the pasta sauce of your choice, stir and cook 1 to 2 minutes. Add Parmesan cheese.





Sensational Hamburger Stroganoff:

Put 1 pound of ground beef and a large onion, peeled and chopped, into an 8-inch square glass baking dish. Cover with waxed paper. Cook 6 minutes or until meat is no longer pink, stirring several times during cooking. Drain fat. Add 1 teaspoon of salt, a dash of pepper and a can of condensed cream of chicken soup to the meat mixture. Cook uncovered 6 to 8 minutes. Stir in 1 cup of sour cream. Cover with plastic wrap and let stand 2 minutes. Serve over cooked noodles or baked potatoes. Serves 4.

Tasty Chicken Teriyaki:

Stir together $\frac{1}{4}$ cup soy sauce, 2 packets of ketchup, 2 tablespoons garlic powder and 3 individual packets of white sugar in a bowl. Defrost 1 skinless, boneless chicken breast half and cut into strips. Toss chicken in the sauce to coat and place on a microwave safe plate. Cover with plastic wrap and cook on High for 5-8 minutes, or until chicken is opaque in the center and no longer pink.

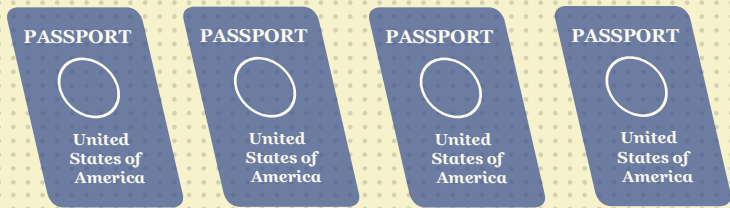
Impress Your Roommate Risotto:

In a 3 quart microwave-safe casserole dish combine 3 tablespoons butter, 1 clove garlic, minced, and 1 onion, chopped. Place dish in microwave and cook on high for 3 minutes. Place 1 $\frac{1}{2}$ cups vegetable broth in a microwave safe dish. Heat in microwave until the broth is hot but not boiling (approximately 2 minutes). Stir 1 cup uncooked Arborio rice and broth into the casserole dish with the onion, butter and garlic mixture. Cover the dish tightly and cook on high for 6 minutes. Stir $\frac{3}{4}$ cup white grape juice or apple juice into the rice. Cook on high for 10 minutes more. Most of the liquid should boil off. Stir $\frac{1}{4}$ cup grated Parmesan cheese into the rice and serve.



Get EXPERIENCED.

With countless class hours, study sessions, and extracurriculars, college is busy enough as it is. So, tacking on extra effort for other activities can sometimes seem impossible. But with competition for jobs high after graduation, employers are looking for added extras on your resume more and more. Here are some experiences you should definitely fit in to your four years to put you on the path to your dream profession:



Study Abroad.

Immersing yourself in a new culture, learning a different language, becoming independent and seeing famous historical sites are only the beginning of the opportunities studying abroad can bring you. Employers are always looking for candidates who stand out, and being able to describe a unique experience in a foreign country is a great way to differentiate you from other applicants. No matter how studying abroad impacts your life, it is sure to be your most memorable semester!

Take a Class That's Not Required.

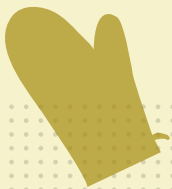
Class schedules can be tricky, but try to fit in at least one class that's all about your interests rather than just graduation requirements. Unlike your regular course schedule, these classes can help you develop life skills, such as communication and understanding your personal values. Plus, learning about something you're passionate about is always easier, so you can relieve some unwanted stress!

Join an Organization.

Experience is key to getting your dream job after graduation, and one way to add to your resume is to take on a leadership role in a club or campus organization. Keep in mind, however, that sometimes, less is more. Being involved in too many organizations can not only drain you mentally but take away from your effort in the eyes of an employer. Instead, focus on one organization related to your academic major or minor and one that suits your personal interests and commit to them long-term. That way, you can not only incorporate some of your personality into your resume but also meet people with similar interests which is great for future networking.

Get a Good Internship.

There's no better way to get your feet wet in your future career and gain experience than getting an internship. Concentrate on developing important skills, such as time management and interpersonal communication, that will be useful in your transition into the working world. Choose an internship that's similar to a job you'd like to have after graduation to help you narrow your interests and make connections you can use later on in your job search.



Know Your Strengths.

While it's good to know where you need to improve, what really matters is what you're good at. Being able to acknowledge your strengths shows an employer that you have confidence and are willing to work to benefit the company. Many colleges offer comprehensive assessments that recognize students' strong points and provide options for future careers within these skill sets, such as Strengths Quest. Check with your school's Career Center to see what they offer.

Learn to Cook One Good Meal.

Although microwaveable meals may be your food of choice for the time being, everyone should know how to cook one decent meal as they enter the real world. Dinner parties are not only fun but also a great way to get to know your co-workers once you're in the working world. Whether you get recipes through your family, or even online, learning to master one impressive dish will help you come off as professional.



Get GREEN.

Double the Fun.

Every piece of paper has two sides, so use them! Even if you think the paper you wrote for English class last week is garbage, don't toss it in the trash just yet. Cut old papers into squares and use the other side as a cheap alternative to post-it notes. Use a three-hole punch to put the backside of printed papers in your binder for future note-taking or even file it in a special place for scrap paper when you feel like doodling. Getting the most use possible out of your paper will save you trips to the store and the recycling bin.

Buy Used.

Save money and the environment by purchasing used textbooks each semester. Giving you the best value, used textbooks cost about 25% less than a new textbook at the beginning of the semester but they are still in good quality. As the semester comes to an end, remember to

Supporting sustainability is easier said than done on a strict budget. Follow these suggestions to stay green without breaking the bank on your college campus:

resell your textbooks back to your bookstore. Keeping books on campus means a larger supply of Used Books next semester saving other students money and wasting less paper for the reprinting of books.

Think Inside the Box.

Put a fresh spin on old items and give them a new purpose for free and unique storage options. Turn empty plastic bottles into flower vases or cut off the tops to create convenient paperclip holders. File old papers or organize photographs in shoeboxes and decorate cans with pieces of cloth or colored paper for a unique pencil holder.

Shop Smart.

Nearly all grocery stores, and even some retail shops, now have reusable canvas bags available for purchase as low as fifteen cents in some locations. Scrape together some loose change and purchase a few to use in place of plastic or paper bags. Make sure you get your money's worth; canvas bags are convenient not only for groceries, but for carrying your books, laptop or even gym clothes around campus.

Sip Some Savings.

Invest in a reusable mug and/or water bottle in lieu of disposing of plastic water bottles every time you get thirsty. Many coffee shops, including major chains such as Starbucks™, offer discounts for bringing in your own drinkware, making this eco-friendly solution both convenient and cost-efficient. Pick one up at your campus bookstore!



Watch Your Water.

Taking basic steps to reduce your water use can have a big impact and even its own personal benefits. Cutting five minutes off your shower time gives you a few extra minutes of sleep in the morning, and washing your clothes only when you have a full load means fewer trips to the laundry room!

Ease Up on the Energy.

Whenever possible, turn off lights or other appliances in your dorm room. Put your computer in the sleep setting and turn down the heat or up the air conditioning at least a few degrees before you leave for the day to conserve power. Avoid the busy laundry room by hanging clothes on hangers or a drying rack rather than using the dryer each time.



Get ACCOUNTABLE.

Being on your own and independent is an exciting experience, but don't let the freedom outweigh why you're here. Without Mom there to remind you, it can sometimes be hard to remember all the things that need to get done. Be accountable to yourself by keeping these things in mind during your first semester to make sure your covering all your bases.

Rise and Shine.

Set at least 3 alarms during the first week of classes so you get into the routine of getting up on time in the morning – then there's no excuse for not waking up!

Learn Your Digits.

Memorize your Student ID number and the last four digits of your social security number as soon as possible. From filling out exams to financial aid paperwork, you'll need them a lot.

Keep an Eye on Your Email.

Check your email as much as possible, especially right before you leave for the day. Your professors may make last minute changes and finding out class is cancelled or an assignment was revamped is no fun after the fact.

Watch the Weather.

Just because the sun is shining now doesn't mean the rain clouds aren't coming in. Check the daily forecast before you leave class so there are no surprises and dress accordingly!



Learn Laundry Basics.

Remember to change the water temperature for each load of laundry. Wash all your white clothing in hot water and add bleach if necessary. Colored clothes should usually be washed in warm water, but always read the tag to make sure because some directions vary. When it's time to wash, remember everyone always flocks to the laundry room midday during the weekends. Avoid the crowds and try to go either early in the morning or late in the evening if you don't want to wait.

Look Ahead.

Set up a weekly calendar in your dorm room where you and your roommate can fill in any big events that are happening each week. Whether your roommate has a big test or you're going out of town for the weekend, you'll both know each other's schedule ahead of time so there are no surprises.

Find a Study Buddy.

Introduce yourself to at least one person in each of your classes and exchange contact information or take a class with a friend. If you're ever sick or absent, you'll have someone to catch you up with notes and class details, and if you need extra help on homework you'll know who to ask for help.

Don't Play The Waiting Game.

Though you may have been a prize-winning procrastinator in high school, the same strategies could land your GPA in the garbage in college, and bringing your grades back up from there is no easy feat. Rather than relying on all-nighters, make an effort to study for an exam a little bit each day for at least a week before. Not only will it reduce your stress, you'll also be much more successful!

Be a Tourist.

There's a whole world outside your college campus, and too many students are so busy studying they neglect to take notice. Put down the books for a weekend and explore what your city has to offer. Try out unique ethnic restaurants, explore historical sites and browse eccentric shops. Check out the local visitors center or look at local guides for points of interest. Knowing your surroundings will enhance your college experience and give you ideas of places to look for future employment close to campus.



Travel in Packs (or at Least Pairs).

It's better to be safe than sorry. When going out at night or even walking across campus after dark, stick to the buddy system. Don't let friends walk home alone, and make sure if you're heading out to bring along at least one friend. Only walk in well-lit areas and know your school's security system as well as a number to call in case of an emergency.

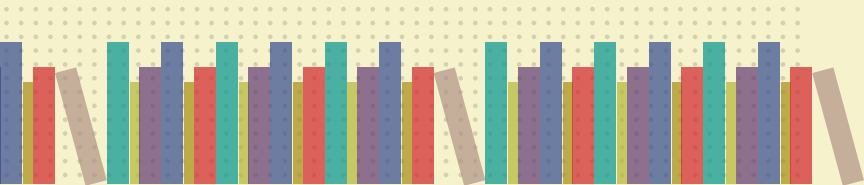


Keep it Clean.

If you feed them, they will come. Don't let bugs or rodents take over your room. Keep any food in your dorm in sealed storage containers, pick up your dishes or leftovers after each meal and try to sweep once a week. As a basic rule, if the trash starts to become a living organism, you should probably take it out.

Remember the Requirements.

Whenever possible, meet with your advisor before your registration date to get an idea of what classes you need for the next semester. Keep an organized list of what classes you've taken, and what you still need so you have a plan of how to meet your general education requirements. It can be easy to lose track and miss a class, and you don't want to end up in English 101 your senior year of college! So, plan it out as much as possible from the start.



Get COLLEGE LITERATE.



With a whole new set of terms, reading through descriptions of courses or instructions within residence halls can feel a bit like a vocab test. Here are the basic ABCs of the academic world that you'll need to know:

Adjunct Professor:

Usually part-time or not on campus, an adjunct professor doesn't have a long-term contract with the school, so they aren't eligible for tenure.

Board of Directors/Board of Trustees:

Comprised of a variety of members, usually including alumni, faculty, staff, community leaders and in some cases students, the Board of Directors oversees the campus as a whole. Though their duties may vary from campus to campus, they generally are in charge of hiring a President and managing campus finances, as well as creating and implementing policy changes.

Discipline:

Used as another word for major, your discipline is your field of study.



FAFSA:

A common abbreviation for the Free Application for Federal Student Aid, this form is extremely important! Make sure you fill it out by the deadline, as it is required by all students to be considered for any type of federal aid.

Graduate Student Instructor (GSI):

You may notice an extra person in each of your classes helping your professor with various tasks. Usually a graduate student, a GSI assists instructors with tasks such as grading papers, leading smaller group discussions or teaching class if the professor is unable to attend.

Hall Council (HC):

Also known as a Residence Council, this group functions as the student voice by helping make decisions or plan events for your residence hall or living community.

Instructor:

Unlike a Professor, an instructor teaches at a college or university but does not have a PhD, though they are still very knowledgeable in their fields and have the same authority.

Living-Learning Community (LLC):

Though the name may vary by campus, this is a program where students are grouped into a certain residence hall and also take at least one class together. Usually accompanied by weekly activities within the residence hall, an LLC provides a unique opportunity to create friends within both your dorm and classes.

Office Hours:

Office hours are a time in which students are able to meet with their professors on a walk-in basis. Professors each hold specific office hours based on their schedule and usually announce these times during the first few class periods. This is an ideal time to meet with instructors to discuss grades, assignments or gain extra information on a difficult topic.

Professor:

Unlike high school, teachers in college are most often referred to as Professors, meaning that you are being taught by an individual with a PhD.

Resident Adviser (RA):

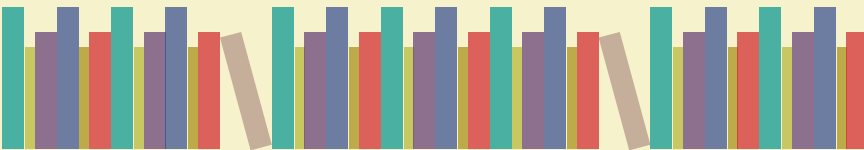
Usually in charge of a smaller section of a residence hall, such as one floor, the RA is an undergraduate student who provides supervision and support to students within their area.

Teaching Assistant (TA):

Often a graduate student, the TA fulfills the same duties as a GSI.

Visiting Professor:

A Visiting Professor is one who has a PhD but is not directly associated with the college or university. Generally only there for a semester or academic year, they often are on campus to do research or another type of work.



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