



## Compass Academic Advising Syllabus

### Learning Outcomes

#### The Mission of Oglethorpe University

Oglethorpe University provides a superior education in which liberal arts and sciences and professional programs complement each other in a small-college environment within a dynamic urban setting. Oglethorpe's programs emphasize intellectual curiosity, close collaboration among faculty and students, and engaged learning in relevant field experiences. Oglethorpe educates students to be citizens in a global world, readies them for responsible leadership, and empowers them to pursue meaningful lives and productive careers.

#### What is Compass Academic Advising?

Compass Academic Advising is a collaborative educational process whereby students and their advisors are partners in meeting the essential learning outcomes, ensuring student academic success, and outlining the steps for achievement of the students' personal, academic, and career goals. This advisor/student partnership requires participation and involvement of both the advisor and the student as it is built over the student's first-year educational experience at Oglethorpe University. Both the student and the advisor have clear responsibilities for ensuring the advising partnership is successful.

<http://fye.oglethorpe.edu/advising/>



I will...

- Understand the value of having a relationship with my academic advisor and being comfortable talking with them about any issues I am experiencing.
- Ask my advisor for help when I need it, and celebrate my successes with my advisor when they happen.
- Collaborate with student organizations, engage in campus activities, and earn Petrel Points.
- Learn to advocate for myself, and locate and utilize available resources.
- Manage my time effectively, attend every scheduled class, turn in my assignments on time, and get to know my professors during class and office hours.
- Develop the interpersonal skills necessary to become a critical thinker, a concerned citizen, and a successful professional.
- Take a broad array of coursework and learn about the diversity of human experiences in relation to myself, society, and the broad historical/cultural landscape.
- Become more aware and engaged in understanding the challenges that our global realities require.
- Connect with co-curricular learning opportunities such as study abroad and civic engagement to acquire the skills and commitment needed to seek out opportunities for lifelong learning beyond college.
- Learn how a multidisciplinary education can expand personal and professional competencies.
- Interact with students and faculty within my major.



## Student Responsibilities

- Attend scheduled appointments.
- Make regular contact with your advisor each semester.
- Come prepared and on-time to each appointment with questions or material for discussion.
- Be an active learner by participating fully in the advising experience.
- Ask questions if you do not understand an issue or have a specific concern.
- Complete all action items and recommendations from your advisor.
- Gather all relevant decision-making information.
- Become knowledgeable about college programs, policies and procedures.
- Accept responsibility for your decisions.
- Don't wait to register. It is your responsibility to get in early and register for the classes you need!

## Advisor Responsibilities

- Maintain confidentiality pursuant to FERPA.
- Be accessible and on-time for each appointment.
- Provide support and collaborate to ensure academic success and personal well-being.
- Explain academic policies and procedures.
- Encourage and support development of the skills necessary to achieve personal, educational, and career goals.
- Guide decision-making and responsible development of educational and career plans.
- Assist in identifying and using relevant university resources.
- Teach the value of a liberal arts education in relation to work and personal habits/attitudes.
- Monitor and accurately document progress.

### U.S. News and World Report Top 5 Soft Skills Every College Student Needs\*

- Collaboration
- Communication and interpersonal skills
- Problem-solving
- Time management
- Leadership



<https://www.usnews.com/education/blogs/college-admissions-playbook/2014/05/12/hone-the-top-5-soft-skills-every-college-student-needs>

## Oglethorpe University Fall 2018 Academic Calendar

### Traditional Day Session Dates & Deadlines: Course Sections Numbered 001-099

Monday, April 2	Registration for courses begins
Friday, August 17	Orientation for new students
Sunday, August 19	Residence Halls open for returning students
Monday, August 20	First day of classes
Monday, August 27	Last day to drop or add a course – 5pm; Last day to receive 100% refund on all withdrawals and drops – 5pm
Monday, September 3	Labor Day – NO CLASSES
Friday, October 12	Midterm grades due – 12 noon
Monday, October 15 – Tuesday, October 16	Fall Break – NO CLASSES
Monday, October 22	Last day to withdraw from individual session courses – 5pm; Last day to receive automatic “W” grade on individual course withdrawals – 5pm
Tuesday, October 23	No individual session course withdrawals allowed; Full session withdrawal from all courses allowable; grade of “W” or “WF” assigned by instructor
Monday, November 5	Registration for Spring 2019 courses begins
Wednesday, November 21 – Friday, November 23	Thanksgiving Holiday – NO CLASSES
Friday, December 7	Last day of classes; Last day for full session withdrawal from all courses; grade of “W” or “WF” assigned by instructor
Saturday, December 8	Reading Day
Monday, December 10 – Friday, December 14	Final Examinations
Wednesday, December 19	Final grades due – 12 noon. Grades should be available in OASIS sometime the next business day.

### Evening Session 1 (8 Weeks) Dates & Deadlines: Course Sections Numbers 100-199

Monday, August 20	First day of classes
Monday, August 27	Last day to drop or add a course – 5pm; Last day to receive 100% refund on all withdrawals and drops – 5pm
Monday, September 4	Labor Day – NO CLASSES
Saturday, September 15	Required Saturday midterm class meeting for all Evening Session 1 courses
Wednesday, September 19	Midterm grades due – 12 noon
Friday, September 21	Last day to withdraw from individual session courses – 5pm; Last day to receive automatic “W” grade on individual course withdrawals – 5pm
Saturday, September 22	No individual session course withdrawals allowed; Full session withdrawal from all courses allowable; grade of “W” or “WF” assigned by instructor
Thursday, October 11	Last day of classes; Last day for full session withdrawal from all courses; grade of “W” or “WF” assigned by instructor
Friday, October 19	Final grades due – 12 noon. Grades should be available in OASIS sometime the next business day.

### Evening Session 2 (8 Weeks) Dates & Deadlines: Course Sections Numbers 200-299

Wednesday, October 17	First day of classes
Wednesday, October 24	Last day to drop or add a course – 5pm; Last day to receive 100% refund on all withdrawals and drops – 5pm
Monday, November 5	Registration for Spring 2019 courses begins
Saturday, November 10	Required Saturday midterm class meeting for all Evening 2 Session courses
Thursday, November 15	Midterm grades due – 12 noon
Wednesday, November 21 – Friday, November 23	Thanksgiving Holiday – NO CLASSES
Tuesday, November 27	Last day to withdraw from individual session courses – 5pm; Last day to receive automatic “W” grade on individual course withdrawals – 5pm
Wednesday, November 28	No individual session course withdrawals allowed; Full session withdrawal from all courses allowable; grade of “W” or “WF” assigned by instructor
Thursday, December 13	Last day of classes; Last day for full session withdrawal from all courses; grade of “W” or “WF” assigned by instructor
Wednesday, December 19	Final grades due – 12 noon. Grades should be available in OASIS sometime the next business day.

For all Residence Life dates and deadlines, please see: <http://reslife.oglethorpe.edu/>



## Academic Advising Appointment Matrix

Feel free to contact your advisor and make as many appointment as you like to talk about anything at all.

You are expected to see your advisor at least **4 times** during the fall semester.

<p>Initial visit - Required</p> <p>“What can I expect?”</p>	<p><b>August</b></p>
<p>1<sup>st</sup> Follow up</p> <p>“How am I doing?”</p>	<p><b>Early September</b></p>
<p>2<sup>nd</sup> Follow up</p> <p>“I want to talk about my midterm grades and spring registration.”</p> <p>The earlier you come the better course schedule we can plan together.</p>	<p><b>Mid-October</b></p>
<p>3<sup>rd</sup> Follow up</p> <p>“Finals are coming up, what do I do?”</p>	<p><b>Early November</b></p>



## Resources

Academic Calendar	<a href="http://hub.oglethorpe.edu/registration-records/academic-calendars/">http://hub.oglethorpe.edu/registration-records/academic-calendars/</a>
Academic Success	<a href="http://success.oglethorpe.edu/">http://success.oglethorpe.edu/</a>
Accessibility Services	<a href="http://success.oglethorpe.edu/accessibility-services/">http://success.oglethorpe.edu/accessibility-services/</a>
Atlanta Laboratory for Learning	<a href="http://alab.oglethorpe.edu/">http://alab.oglethorpe.edu/</a>
Athletics	<a href="http://oglethorpe.edu/athletics/">http://oglethorpe.edu/athletics/</a>
Campus Life	<a href="http://oglethorpe.edu/life/">http://oglethorpe.edu/life/</a>
Campus Safety	<a href="http://safety.oglethorpe.edu/">http://safety.oglethorpe.edu/</a>
Career Services	<a href="http://alab.oglethorpe.edu/professionaldevelopment/">http://alab.oglethorpe.edu/professionaldevelopment/</a>
Civic Engagement	<a href="http://oglethorpe.edu/experience/civic-engagement/">http://oglethorpe.edu/experience/civic-engagement/</a>
Counseling Center	<a href="http://counseling.oglethorpe.edu/">http://counseling.oglethorpe.edu/</a>
Directory	<a href="http://oglethorpe.edu/about/offices-departments/">http://oglethorpe.edu/about/offices-departments/</a>
Financial Aid	<a href="http://hub.oglethorpe.edu/financial-aid/">http://hub.oglethorpe.edu/financial-aid/</a>
HUB	<a href="http://hub.oglethorpe.edu/">http://hub.oglethorpe.edu/</a>
Library	<a href="http://library.oglethorpe.edu/">http://library.oglethorpe.edu/</a>
Moodle	<a href="https://moodle.oglethorpe.edu">https://moodle.oglethorpe.edu</a>
Oasis	<a href="https://oasis.oglethorpe.edu">https://oasis.oglethorpe.edu</a>
Oglethorpe Bulletin	<a href="http://bulletin.oglethorpe.edu/">http://bulletin.oglethorpe.edu/</a>
Residential Life	<a href="http://reslife.oglethorpe.edu/contact/">http://reslife.oglethorpe.edu/contact/</a>
Social Media Directory	<a href="http://oglethorpe.edu/about/offices-departments/social-media-directory/">http://oglethorpe.edu/about/offices-departments/social-media-directory/</a>
Student Engagement/Leadership	<a href="http://sel.oglethorpe.edu/">http://sel.oglethorpe.edu/</a>
Title IX Reporting	<a href="http://conduct.oglethorpe.edu/sexual-misconduct-policies/">http://conduct.oglethorpe.edu/sexual-misconduct-policies/</a>

NOTES:





## IMPORTANT CONTACTS

### **Academic Success Center**

Campus Location: TLCC, A\_LAB, 2nd Floor  
Phone Number: 404.504.1445  
Email: [success@oglethorpe.edu](mailto:success@oglethorpe.edu)  
URL: <http://success.oglethorpe.edu/>

### **Atlanta Laboratory for Learning (A\_LAB)**

Campus Location: TLCC, 2nd Floor  
URL: [alab.oglethorpe.edu](http://alab.oglethorpe.edu)

### **Bookstore**

Campus Location: TLCC, 1st Floor  
Phone: 404-364-8361  
Email: [bookstore@oglethorpe.edu](mailto:bookstore@oglethorpe.edu)  
URL: [www.bkstr.com/oglethorpestore/home](http://www.bkstr.com/oglethorpestore/home)

### **Campus Safety**

**Campus Location: TLCC Student Commons**

**Phone Number: 404.504.1998**

**URL: [safety.oglethorpe.edu](http://safety.oglethorpe.edu)**

### **Counseling Center**

Campus Location: Goodman Hall  
Phone Number: 404.364.8456  
Email: [counselingcenter@oglethorpe.edu](mailto:counselingcenter@oglethorpe.edu)  
URL: [counseling.oglethorpe.edu](http://counseling.oglethorpe.edu)

### **The Hub**

Campus Location: Lupton Hall, Garden Level  
Phone Number: 404.504.1500  
Email: [hub@oglethorpe.edu](mailto:hub@oglethorpe.edu)  
URL: [hub.oglethorpe.edu](http://hub.oglethorpe.edu)

### **Campus Life**

Campus Location: TLCC Student Commons  
Phone: 404.364.8321  
Email: [campuslife@oglethorpe.edu](mailto:campuslife@oglethorpe.edu)

### **SmartCare Urgent Care**

Phone: 404.814.9199  
URL: [smartcareuc.com](http://smartcareuc.com)

### **Information Technology Services (ITS)**

Campus Location: Lowry Hall, Basement  
Phone Number: 404.364.8880  
Email: [helpdesk@oglethorpe.edu](mailto:helpdesk@oglethorpe.edu)  
URL: [itservices.oglethorpe.edu](http://itservices.oglethorpe.edu)

### **Library (Philip Weltner Library)**

Campus Location: Lowry Hall, 1st floor  
Phone Number: 404.364.8511  
Email: [librarian@oglethorpe.edu](mailto:librarian@oglethorpe.edu)  
URL: [library.oglethorpe.edu](http://library.oglethorpe.edu)

### **Parking**

Campus Location: TLCC Student Commons  
Email: [parking@oglethorpe.edu](mailto:parking@oglethorpe.edu)  
Phone Number: 404.504.1188  
URL: [safety.oglethorpe.edu](http://safety.oglethorpe.edu)

### **Residence Life**

Campus Location: TLCC Student Commons  
Phone Number: 404.364.8520  
Email: [residencelife@oglethorpe.edu](mailto:residencelife@oglethorpe.edu)  
URL: [reslife.oglethorpe.edu](http://reslife.oglethorpe.edu)

### **Student Engagement & Leadership**

Campus Location: TLCC Student Commons  
Phone Number: 404.364.8363  
URL: [activities.oglethorpe.edu](http://activities.oglethorpe.edu)

### **Title IX**

Title IX Coordinator: [cvaivos@oglethorpe.edu](mailto:cvaivos@oglethorpe.edu),  
404.364.8479  
URL: [conduct.oglethorpe.edu/sexual-misconduct-policies](http://conduct.oglethorpe.edu/sexual-misconduct-policies)

### **Weather Updates**

URL: [weather.oglethorpe.edu](http://weather.oglethorpe.edu)



## STUDENT ENGAGEMENT & LEADERSHIP

### Want to get involved on campus?

Oglethorpe offers over 50 active student organizations and activities. At Oglethorpe, all clubs and organizations are created and led by students. These organizations offer students the opportunity to find people with similar interests, get involved in a cause that is important to them or learn about something new!

**Don't see what you're looking for? You can always start your own!**

#### **Academic & Honorary >**

Accounting Society

Mock Trial

National Society of Leadership and Success

Omicron Delta Kappa

Oglethorpe Student Affiliates of the American Chemical Society (SAACS)

Phi Delta Epsilon

Psi Chi

Sigma Zeta

Thalian Society

#### **Campus Publications & Media >**

The Odyssey at Oglethorpe

The Storm

The Stormy Petrel

The Tower Literary Magazine

#### **Campus Recreation >**

Khayos

Residence Hall Association

Oglethorpe Strength Club

OU Historical Martial Arts Union

OU Outdoors Club

#### **Men's Fraternities >**

Alpha Phi Alpha, Inc.

Chi Phi

Delta Sigma Phi

Sigma Alpha Epsilon

#### **Women's Sororities >**

Alpha Kappa Alpha, Inc.

Alpha Sigma Tau

Chi Omega

Epsilon Iota Psi

Sigma Sigma Sigma

#### **Multi-Cultural >**

German Club

Hispanic Scholarship Fund Chapter at Oglethorpe University

Oglethorpe Heifer International

Society of Japanese Language Students

#### **Political & Advocacy >**

Black Student Caucus

College Democrats

College Republicans

OU Diversity Board

Student Government Association

#### **Religious >**

COEXIST Oglethorpe

Oglethorpe Catholic Student Union

Oglethorpe Christian Fellowship

Students For Christ

Team United

#### **Special Interest >**

Anime Anonymous

Arabic Club

Art Club

The Chess Club

D20

Environmentally Concerned Oglethorpe Students

Go GΣΣk Club

Oglethorpe Debate Council

Oglethorpe Veterans and Auxiliary Club

OUTlet

OU Cheerleading Team

OU HEROs

Rehearsal Room C

Sigma Sigma Sigma, Epsilon Theta Chapter

Student Athletic Advisory Committee

Student Safety Advisory Council

#### **Volunteer & Service >**

Alpha Phi Omega (APO)

Global Medical Brigades

Rotaract Club

Students Today, Alumni Tomorrow





### THE HUB FOR ENROLLMENT SERVICES

Your one-stop shop for all enrollment matters, including financial aid, billing, registration and academic records! Here you can apply for aid, browse scholarships, pay your bill, request a transcript and more. You'll find us in the garden level (basement) of Lupton Hall.

**Visit our website (<http://hub.oglethorpe.edu/>)  
for access to the following forms:**

#### **Records**

Student Information Release Authorization

Transcript Request Form

Enrollment Verification Request

Change of Address

Change of Advisor

Change of Information

Change of Major/Minor

#### **Registration**

Transient Application

Request for Course Overload

Individually Planned Major (IPM) Application

Individually Planned Minor Application

Independent Study Application

Individual Course Withdrawal

Incomplete Grade Petition

Grade Change Form for Faculty

ARCHE Cross Registration Application

Official University Withdrawal

Registration Worksheet

#### **Graduation**

Application for Degree



## PETREL PARTNERS

Simply present your valid Petrel Pass at any of the following participating Petrel Partner businesses to receive your deals. **Thank you, Petrel Partners!**

Questions about Petrel Partners? Please contact the Office of Campus Life at 404-364-8335.

### ENTERTAINMENT

- Little House of Art  
10% off freestyle art classes
- Treetop Quest  
\$39 (normal price = \$45)
- Double A Management  
Discounted event planning and discounted talent booking

### HAIR AND NAIL SALONS

- Dresden Hair Studio  
10% off services only
- Eighteen Eight Fine Men's Hair Salon  
20% off Services
- European Wax Center at Town Brookhaven  
Buy three of any service and receive the fourth service for FREE
- Fantastic Sams  
15% off products and services any day
- New Look Barbershop  
\$5.00 off

### HEALTH & WELLNESS

- Cyc Fitness  
20% off rides
- Julian's Cosmetics & Skincare  
10% off products & services
- Natural Body Spa  
15% services Mon-Thurs/10% off products every day
- North Atlanta Urgent Care  
\$10 off students; concierge services for clinic needs
- Nuts N' Berries  
10% discount on every purchase
- Reflections Eyecare  
10% of sunglass purchases/20% off any prescription glasses or sunglasses
- Thrive Fitness  
15% off any services
- Atlanta Medical Institute  
Chiropractic Consult, Exam, and X-Rays for \$10

### HOME & HOUSEWARES

- Cook's Warehouse  
10% off on all merchandise except wine, beer, knife sharpening, gift cards and large appliances
- Brookhaven Home  
10% off

### HOTELS

- AC Hotel Atlanta Buckhead at Phipps Plaza (AC Hotels by Marriott)  
\$139 for weekdays (Mon-Wed) and \$105 for weekends (Thurs-Sun)
- Atlanta Marriott Century Center  
\$99.00 weekend rate
- Holiday Inn – Perimeter  
\$89.00 plus tax – with a hot breakfast.
- Hyatt Atlanta Perimeter at Villa Christina  
\$119 – Fri/Sat/Sun
- Quality Suites Buckhead Village  
\$110-129 – 1 or 2 bedroom suites with free breakfast, parking, fitness center and business center
- The Ritz-Carlton, Buckhead  
\$249 per night

### RESTAURANTS

- Baci  
15% off
- Brookhaven Bistro  
10% off
- Bua Thai & Sushi  
10% off food (no alcohol)
- Copper Coin Coffee  
20% off food and drinks (excluding alcohol and specials)
- Corner Pizza  
10% off
- Dunkin' Donuts  
10% off food and beverage, excluding ground coffee
- Flying Biscuit  
15% off OR 1 FREE cup of coffee with any purchase

- Frosty Caboose  
\$.50 off cups and cones, \$1.00 off shakes and sundaes
- Galla's Pizza  
10% off dine-in and pick-up
- Hudson Grille  
10% off food
- J. Christopher's  
20% off Monday through Friday
- Lucky's  
10% off (excludes alcohol)
- Jo's Grill  
10% off food
- Marble Slab Creamery  
10% off any item
- Mellow Mushroom  
15% off food
- Moe's Southwest Grill  
10% off individual purchase, free wi-fi in restaurant
- Pub 71  
15% off all food purchases
- Slice of Brookhaven  
20% off food orders
- Sufi's Atlanta  
10% off total bill
- Sugar Shack  
10% off (no alcohol)
- Terra Terroir Grille  
15% off ticket over \$40.00
- Which Wich  
10% off purchase

### OTHER

- Community and Southern Bank  
Free checking
- Esquire Cleaners  
10% off
- Kimbel – Smith Consulting  
20% off all services
- Phone Fixation  
10% off all phone repairs (everyday)
- 15% off all computer repairs (software and hardware) everyday.
- UPS Store  
10% off shipping, 20% off packaging



**OGLETHORPE**  
UNIVERSITY

**KNOWLEDGE  
THEORY  
IDEAS  
THINK  
LEARN**

**+ ACTION  
+ PRACTICE  
+ OPPORTUNITIES  
+ DO  
+ EXPLORE**

..... **WORKSHEET**

**S**pecific

*What exactly do I want to do?*

**M**easurable

*How will I track my progress?*

**A**ttainable

*Is this realistic for me? Do I have what I need to make it possible?*

**R**elevant

*Why am I doing this? Does it matter to me?*

**T**ime-oriented

*When will I have this completed?*

NOTES:



## Strategies and Tips to Help You Survive and Thrive Your Freshman Year

<https://www.livecareer.com/quintessential/first-year-success>

**Get to know your roommate and others in your residence hall.** The people you live with, most of whom are going through similar experiences and emotions, are your main safety net — not only this year, but for all your years. You may change roommates after the first semester or you may stay roommates for all four years — just take the time to get to know your fellow first-year students.

**Get Organized.** In high school, the teachers tended to lead you through all the homework and due dates. In college, the professors post the assignments — often for the entire semester — and expect you to be prepared. Buy an organizer, use an app, or get a big wall calendar — whatever it takes for you to know when assignments are due.

**Find the ideal place for you to study.** It may be your dorm room or a cozy corner of the library, but find a place that works best for you to get your work done — while avoiding as many distractions as possible.

**Go to class.** Obvious, right? Maybe, but sleeping in and skipping that 8 am class will be tempting at times. Avoid the temptation. Besides learning the material by attending classes, you'll also receive vital information from the professors about what to expect on tests, changes in due dates, etc.

**Become an expert on course requirements and due dates.** Professors spend hours and hours preparing course syllabi and calendars so that you will know exactly what is expected of you — and when. One of the lamest excuses a student can give a professor: "I didn't know it was due today."

**Meet with your professors.** Speaking as a professor, I can assure you there are only upsides to getting to know your professors, especially if later in the semester you run into some snags. Professors schedule office hours for the sole purpose of meeting with students — take advantage of that time.

**Get to know your Compass Advisor.** This person is a key resource for you — and should be the person you turn to with any academic issues or personal conflicts.

**Seek a balance.** College life is a mixture of social and academic happenings. Don't tip the balance too far in either direction.

**Get involved on campus.** A big problem for a lot of new students is a combination of homesickness and a feeling of not quite belonging. A solution? Consider joining a select group — and be careful not to go overboard — of student organizations, clubs, sororities or fraternities, or sports teams. You'll make new friends, learn new skills, and feel more connected to your school.



**Strive for good grades.** Another obvious one here, right? While good grades could have come naturally to you in high school, you will have to earn them in college — and that means setting some goals for yourself and then making sure you work as hard as you can to achieve them.

**Take advantage of the study resources on campus.** Just about all colleges have learning labs and tutors available. If you're having some troubles, these resources are another tool available to you. Another idea: form study groups.

**Make time for you.** Be sure you set aside some time and activities that help you relax and take the stress out of your day or week. Whether it is enlisting yoga techniques, watching your favorite television shows, or writing in a journal, be good to yourself.

**Don't feel pressured to make a hasty decision about a career or a major.** It doesn't matter if it seems as though everyone else seems to know what they're doing with their lives — believe me, they don't — college is the time for you to really discover who you are, what you enjoy doing, what you're good at, and what you want to be. It's not a race; take your time and enjoy exploring your options.

**Take responsibility for yourself and your actions.** Don't look to place the blame on others for your mistakes; own up to them and move on. Being an adult means taking responsibility for everything that happens to you.

**Make connections with students in your classes.** One of my best students said his technique in the first week of classes was to meet at least one new person in each of his classes. It expanded his network of friends — and was a crucial resource at times when he had to miss a class.

**Find the Career Services Office.** Regardless of whether you are entering college as undeclared or have your entire future mapped out, seek out the wonderful professionals in your college's career services office and get started on planning, preparing, and acting on your future.

**Don't procrastinate; prioritize your life.** It may have been easy in high school to wait until the last minute to complete an assignment and still get a good grade, but that kind of stuff will not work for you in college. Give yourself deadlines — and stick to them.

**Stay healthy/Eat right.** A lot of problems first-year students face can be traced back to an illness that kept them away from classes for an extended period of time that led to a downward spiraling effect. Get enough sleep, take your vitamins, and eat right. If you haven't heard the jokes about college food, you soon will. And without mom or dad there to serve you a balanced meal, you may be tempted to go for those extra fries or cookies. Stay healthy and avoid the dreaded extra "Freshman 15" pounds by sticking to a balanced diet.

**Learn to cope with homesickness.** It's only natural that there will be times when you miss your family, even if you were one of those kids who couldn't wait to get away. Find a way to deal with those feelings, such as making a phone call or sending some email home.





**Stay on campus as much as possible.** Whether it's homesickness, a job, or a boyfriend or girlfriend from home, try not to leave campus too soon or too often. The more time you spend on getting to know the campus and your new friends, the more you'll feel at home at school. And why not take advantage of all the cultural and social events that happen on campus?

**Seek professional help when you need it.** Most colleges have health and counseling centers. If you're sick or feeling isolated or depressed, please take advantage of the many services these offices provide students. You don't have to face these issues by yourself.

**Keep track of your money.** If you've never had to create a budget, now is the time to do so. Find ways to stretch your money – and as best you can, avoid all those credit card solicitations you'll soon be receiving. The average credit card debt of college grads is staggering.

**Don't cut corners.** College is all about learning. If you procrastinate and cram, you may still do well on tests, but you'll learn very little. Even worse, don't cheat on term papers or tests.

**Be prepared to feel overwhelmed.** There's a lot going in your life right now. Expect to have moments where it seems a bit too much. Be prepared to feel completely unprepared. The trick is knowing that you're not the only one feeling that way. If you are feeling this way, go see your Compass Advisor.

NOTES: