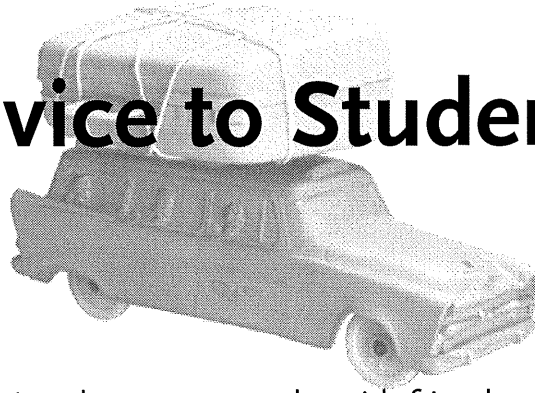


# Advice to Students



- 1** Leave time during the summer to be with friends—to say goodbye.
- 2** Fill out roommate and housing questionnaires carefully. Open and answer all mail from your college.
- 3** Bring part of home with you—pictures of friends and family, yearbook, posters.
- 4** Get to know physical environment of campus and campus services.
- 5** Seek out faculty members and your advisor. Take advantage of office hours.
- 6** Remember, being independent doesn't mean you have to do everything yourself. Seek help when you need it.
- 7** Explore academic options. Most college freshmen do not know what they want to major in. Most will change ideas about majors; not to know is normal.
- 8** Remember, new friends can't immediately fill the gap left by separation from long-standing friendships.
- 9** Get involved in at least one campus activity first semester.
- 10** Make time in your schedule for exercise, sleep, and “sit-down” meals.

Additional information can be found in *Letting Go: A Parents' Guide to Understanding the College Years* by Karen Levin Coburn and Madge Lawrence Treeger (paperback, \$14.99, 9780061665738).

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