

10 TIPS TO THRIVE

Your 1st Year of College



1 Remember Your Why

Why are you in college? For many, the why is to get an education. Therefore, your main focus should be on your classes and educational experiences.

2 Use Your Resources

There are many resources on campus to support you as you transition to college. Talk to your Area Coordinator, Resident Advisor, Academic Advisor, Professors, counselor, librarian and writing center staff for assistance with living on campus and academics.

3 Ask for Help

Asking a simple question can lead you in the right direction to getting what you need to be successful in college.

4 Create a Circle of Supportive Friends

Learn what supportive (healthy) and unsupportive (unhealthy) friendships/relationships look like. The group you surround yourself with can greatly impact your college transition and overall experience.

5 Attend Campus Events and Clubs

To build your circle of supportive friends, get out of your room and interact with your peers on campus. Go to a basketball game or join a club that interests you.

6 Limit Drama

Drama can distract you from why you came to college, which is to get an education. Remove yourself from “he said, she said” conversations. This will limit drama in your life so you can focus on more important things.

7 Get Organized

Staying organized with your classes, time and social life can help limit drama and stress from your first year in college. This skill can also help you throughout your career and life.

8 Read Your Student Handbook

Your student handbook provides you with NCWU’s policies. Knowing these policies can help you make better decisions while living on campus.

9 Make Time for Self-care

Self-care is a necessity to maintain a balance between school, work and life. Self-care can simply be taking time to watch your favorite show or getting some sleep.

10 Have Fun!

College is about having fun, but fun comes with responsibility. Having fun responsibly leads to growth as you transition to college and adulthood.

HEALTHY FRIENDSHIPS & RELATIONSHIPS



Signs to help you determine if you have an unhealthy friendship.

<i>Healthy</i>	VS.	<i>Unhealthy</i>
Not one-sided and both people benefit from knowing each other		One person always seems to give a bit more than the other
Based on mutual respect		Ridicule one another, gossip, spread rumors, or act mean to each other
Allows each other to grow and change		One person feels threatened when you grow or change
Relationship is not possessive		One person feels or acts threatened by you interacting with others
You each nourish and add to one another's' life		The relationship leaves you or the other person feeling empty and drained
You each accept one another for who they are		A person requires the other person to act a certain way to be accepted
Each respects the other's differences		Demands conformity
Allow each other to have whatever feelings		Only accept certain feelings
You both feel safe and secure		Trust is broken, secrets are shared and confidentiality are betrayed
You both are committed		Only one person is committed
The relationship is not about power or status		A person takes advantage of another person's social standing for their own selfish gain

Cited: Dr. Jane Bluestein Instructional Support Services, LLC

Residence Life staff is here to support you in your journey at NCWU. If you have questions or concerns, email reslife@ncwc.edu.