

Adjusting to College Life

GET INVOLVED

Before classes begin...

- Leadership Safari
- Learn about leadership skills & opportunities at CMU
- Living and Learning Communities
- Live with people who have similar career paths and common interests
- Sign up ASAP!

When you arrive at CMU...

- Volunteer!
- Join an RSO!
- Attend programs and meetings within your residence hall!

TIME MANAGEMENT

- You will need to learn to balance the time commitments of class, studying and a social life.
- Utilize a system to keep track of everything, such as a planner, white board, to-do lists, etc.
- Spend adequate amounts of time working on schoolwork, but keep in mind that you need breaks and you need to have a social life and down time, as well!

GETTING AROUND CAMPUS

- Take a tour and get to know campus before you arrive.
- Find buildings you will have classes in during the few days before classes start.
- Time the walk from your residence hall to your classroom to make sure you will make it to class on time.

HOMESICKNESS

- Seek out opportunities to talk with someone if you are feeling homesick, like your RA, MA or RHD.
- Stay in Mount Pleasant and get involved instead of going home every weekend.
- Weekly phone calls or Skype dates will help you keep up with your friends & family back at home!

CLASSES & PROFESSORS

- Find your course syllabus & put it somewhere safe! It states important information for each class, like the grading scale, attendance policy and due dates of assignments.
- Use proper email etiquette when writing to professors and call them by their title—such as Dr. or Professor, rather than Mr. or Mrs.
- Make sure your professor remembers you in a good way by attending and participating in class.
- Keep track of your assignments for each class by using a planner or assignment list.

LIVING WITH ROOMMATES

- Be friendly and take part in the open door policy to meet new people.
- Be flexible and open-minded to other's opinions and ways of living.
- Be assertive and address issues when necessary.
- Be respectful of your roommates' space and belongings.
- Have fun and enjoy your time together!

START STRONG

- Your first year may be an "adjustment period," but that's no excuse not to try your hardest!
- Be sure to keep up with your classes and work hard.
- Keep the end goal – graduation & a degree – in sight!

KNOW YOUR RESOURCES

There are many resources available at CMU to help you with the social and educational adjustment to college life, including:

- Residence Hall Directors (RHDs)
- Resident Assistants (RAs)
- Multicultural Advisors (MAs)
- Academic Advisors
- Counselors
- Professors
- Success Coaches

CENTRAL LINK

Use your Global ID (ex. stude1ab) to log into Central Link for access to many features, including:

- Email
- Blackboard
- Grades
- Course registration & search
- Academic history
- View/pay your bill
- Registrar
- Advising Workbench

Through Central Link, be sure to check your email and Blackboard once a day!

HEALTHY HABITS

- Eat healthy foods, drink lots of water and get adequate sleep.
- Stay active by participating in IM sports or working out at the SAC!
- Have a routine to relieve stress!
- If you get sick, head to University Health Services – (989) 774-5693 – located in Foust 200.

VISIT A SUCCESS COACH

Together with a Success Coach, you can set some goals and begin to work toward them to become more successful at CMU!

Success Coaches work with students on many skills, including...

- Time management
- Test anxiety
- Four year planning
- Goal setting
- Note-taking
- Study skills
- Test taking
- Prioritization
- Procrastination
- Campus involvement
- And much more!