FYI
Adjusting to College Life

GET INVOLVED
Before classes begin...
• Leadership Safari
• Learn about leadership skills & opportunities at CMU
  CentralLink Keyword: LI
• Living and Learning Communities
  CentralLink Keyword: ResLife
• Live with people who have similar career paths and common interests
When you arrive at CMU...
• Volunteer!
  https://www.cmich.edu/ess/volunteer
• Join an RSO
  http://www.rso.cmich.edu
• Attend programs and meetings

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.

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.

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 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
• Tutors
• Peer Mentors

VISIT A SUCCESS COACH
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:
• Maximize personal potential.
• Plan you academic journey.
• Change dreams into accomplishments.
• Improve study skills; reduce test anxiety.
• Create campus connections.
• Enhance time management.
• Gain financial wisdom.
• Engage intellectually.

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!

CENTRAL LINK
Use your Global ID (ex. stude1ab) to log into CentralLink for access to many features, including:
• Email
• Blackboard
• Grades
• Course registration & search
• Academic history
• View/pay your bill
• Registrar
• Advising Workbench
Through CentralLink, be sure to check your email and Blackboard once a day!

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.

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. You need to have a social life and down time, as well!

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!