

# MAKING THE MOST OF YOUR COLLEGE EXPERIENCE

**College & Career Leadership Conference**

**South Central Scholars**

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## **SOME COLLEGE ADJUSTMENT ADVICE**

**Expect your adjustment to college to be somewhat challenging.**

- It is not uncommon for freshmen to struggle academically or to have bouts of homesickness in their first academic term.
- If you are having a rough adjustment, don't be ashamed – be patient with yourself and reach out for help.

**Be prepared to take responsibility for your own success.**

- Don't count on having professors or others hold your hand in college.

**Start networking with experienced students right away.**

- These students can answer basic questions and help shepherd you through the critical adjustment period.

**Make your academics your top priority (especially early on).**

- Do not let parties, work or extracurricular activities get in the way of your academic success.

**Take time to get settled into your classes before you get too involved in extracurricular activities.**

- Make sure you are doing okay in classes before focusing on the extras.

**Get well acquainted with your academic advisors and professors.**

- Important sources of support for class scheduling and classroom success.

**Get your information from the source.**

- Don't strictly rely on your peers to give you accurate information – go to the source to confirm (e.g. academic advisors, professors, career center).

**Start exploring student organizations to join.**

- A great way to network with other students with similar interests.
- Do not commit yourself too deeply to an organization until you have settled into your classes (e.g. don't pledge for a fraternity/sorority in your first semester).



## **SOME ADVICE ON CHOOSING A MAJOR**

- Review your college's course catalog – read the description of the major(s) you are interested in.
- Look for majors that line up with your career interests (after you have assessed your V.I.P.S.).
- Talk to academic advisors and professors.
- Take career interest assessments.
- Consider taking a minor – allows you to explore a group of focused courses outside of your major.



## WHY USE COLLEGE RESOURCES?

You will significantly increase your chances of having a very satisfying and successful college experience.

You will expand and deepen your career exploration.

You will gain experience, knowledge, and skills that will make you more attractive to potential employers and graduate schools.

## TYPICAL COLLEGE RESOURCES

**Academic Advisors/Support Centers:** assistance with class scheduling/academic success

**Alumni:** can help provide internship and job opportunities; potential mentors

**Career Centers:** career preparation and employment leads: *career interest assessments; resume writing; interview preparation; internship/job information; workshops/events (including career fairs)*

**Counseling Centers:** assistance with various issues: *college transition; stress management; depression; anxiety; relationship difficulties; body esteem; substance abuse; suicidal feelings*

**Leadership Programs:** opportunities for leadership development; potential connections with campus and community leaders

**Multicultural Centers:** exposure to cultural differences; support based on diversity

**Professors:** potential allies for your academic success; can provide career guidance and employment leads; can provide letters of recommendation

**Recreational/Intramural Sports:** a way to have fun and stay fit; another way to bond with your peers; opportunity to build leadership and teaming skills

**Resident Advisors/Directors:** guidance and support if you're living in college housing

**Student/Campus Activities Offices:** gateway to campus opportunities: *student organizations; concerts; cultural activities; athletic events; leadership programs; speaker events*

**Student Organizations:** affiliation with peers around similar interests (e.g. academic, cultural, social, religious, community service, political); leadership development opportunities

**Study Abroad/International Exchange Programs:** international exposure; opportunity to expand your network globally

**Volunteer Opportunities:** opportunity to positively impact communities and build skills

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