



## Tips for Self-Care while Transitioning to College

- Reflect on what you did for self-care prior to coming to College.
- Make a list of the things that worked and make a commitment to continue them by allocating time in your schedule to do so.
- Make connections and maintain those connections.
- Try to keep a balanced schedule in which there is both work and play.
- Get sufficient sleep, eat a balanced diet three times a day, exercise.
- Share your struggles with someone; do not sit in isolation. Everyone has struggles; know that you are not alone.
- Use the official supports that are available to you, i.e. Class Dean, Resident Director, Cultural Advisor, Academic Advisor, PLTC, Counseling Service, Health Service.
- If you received accommodations in high school, please connect with those respective offices so that you can continue to get the support that you need. It is ok to receive support and/or appropriate accommodations.
- Find time for rest and relaxation.
- Get off campus at least a couple of times a month.
- Do not wait until the last minute to do work; put a study plan in place.
- If you cannot study in your room, find a more conducive place on campus.
- Illicit the support of a peer as a study partner.
- Stay in touch with family and keep them abreast of important things that are going on in your life and on campus, so they will understand your experience.
- Get involved in your residence community; attend the study breaks and other activities that are planned in the residence hall.
- Try to go home for Thanksgiving, or devise an alternate plan to be with friends on or off campus.
- Find a niche on campus to become a part of, so that you can expand your community and social network.
- Do not overload yourself by being involved in too many extracurricular activities.
- Test out organizations and clubs and take your time before making major commitments such as chairing an event or running for a major office. You have four years, there is no need to do it all the first semester or year.
- Expect changes in yourself, i.e. ideas, values, interests, career goals.
- Keep in mind that this is a time of growth, self-knowledge and personal development.
- Try something new, explore, take some risks, while maintaining your safety; expand your knowledge base and areas of interests.
- Have fun, enjoy your friendships.
- Enjoy your College experience!