

FRESHMAN

Don'ts

You're in college and you've got freedom to do whatever you want, which can be good and bad. If you want to make it through your first year of college, there are some things you'll want to avoid.

do this

College isn't all about the don'ts. Here a couple of things you should remember to do.

try new things

Dorm rooms are cool, but not cool enough to stay inside them all day. College is the best time to stretch your comfort zone and challenge your mind. The people that get the most out of college are the people that aren't afraid to try new things. Save the couch potato Olympics for Christmas break.

get some sleep

Sleep is totally underrated in college. If you can manage 6 to 8 hours a night, you'll have more energy, retain more information, and you'll keep those pesky pounds from adding up. Take a break from the all night study-thons (or Halo matches) and get some sleep.

make new friends

Unless your entire high school goes to the same college, there's a good chance you'll meet a lot of new people as a freshman. Now is the perfect time to step out of your comfort zone and make some new friends from some new places.

call your parents

Remember those old folks that dropped you off on the first day of school? It might be nice to check in every now and then and let them know how things are going. Make sure to update your parents often, you're still their kid after all.



don't do this

Freshman 15

Just because the cafeteria has an all you can eat buffet doesn't mean you should eat all you can. Many freshmen fall into this trap and end up 15 pounds heavier by the end of the semester. Avoid the freshman 15 by staying active and practicing moderation with those double cheeseburgers.

Over commit

There are a ton of things to get into in college. Social clubs, fraternities and sororities, student associations, intramural sports teams, and more. It can be easy to spread yourself too thin, and your grades can slip because of it. You're going to be in college for at least four years so there's no need to try everything in your first semester.

Hook up too early

A lot of people meet their spouses in college, but most of those people didn't meet on the first try. Dating is great, but don't go to college looking for a spouse. Instead, use this time

to learn about yourself. Finding someone to spend the rest of your life with isn't something to take lightly. Your future spouse is out there somewhere; let him/her come to you.

Skip class

It's easier to skip class when the teacher doesn't take attendance, but think of it this way, you're paying for those classes, so every time you skip it's money down the drain. Yeah it's nice to not have to get a note from the doctor if you want to skip class, just don't make it a habit if you want to pass.

Give up

A lot of teachers will try to prepare you for college during your final year of high school, but no matter how hard they try, there's nothing like the real thing. College is going to be very different than what you're used to, but change isn't a bad thing. You might be homesick, but don't give up too early. Give yourself at least one full semester before throwing in the towel.