THE ORANGE BOOK

COLLEGE SUCCESS GUIDE
Take Stock in Children was established in 1995 as a 501(c) 3 non-profit organization that provides a unique opportunity to deserving youth throughout the state of Florida. We offer our students college scholarships, caring volunteer mentors from the community and hope for a better future. Our comprehensive services start in middle school, continue through high school and extend through the student’s post-secondary education.

Take Stock in Children works because of its holistic approach in providing students with advocacy, volunteer mentorship, and scholarship dollars toward their post-secondary education. This success is the result of a unique public-private partnership which includes collaboration between private citizens, state government, businesses, school systems, social service agencies and civic and religious organizations.

Take Stock in Children is proud to serve thousands of students from all of Florida’s counties.
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**Academic Assistance**
Professors are available to answer class-related questions. Academic advisors can assist in selecting courses for your major. Tutors are available for assistance in various subject areas.

**Counseling and Health Centers**
Counseling and health care centers often work together with the goal of maintaining students’ overall wellness. Colleges generally offer free and confidential services to students for a set number of sessions or semesters.

**Religious Centers**
Most colleges have clergy members with whom you can speak, as well as religious organizations that hold services and sponsor activities.

**Career Centers**
Staff members are available to help you with career exploration, resume writing, and preparation for interviews.

**Information Technology Support**
Staff members are available to help you with your internet connection and network access. Computer labs are also equipped with computers and printers to meet your needs.

**Residential Services**
College residences usually have a resident assistant or resident advisor (RA) who can address issues outside of your regular classes.

**Financial Aid Resources**
Financial aid counselors know the options and can introduce you to opportunities you may not have previously considered.

**Fitness Centers**
Campus fitness facilities are available to students such as the gym, swimming pool, and the track. Most colleges even offer free fitness classes.
## PACKING CHECKLIST

### BATH
- Bath Towels
- Bathrobe
- Brush & Comb
- Cosmetics
- Dental Floss
- Deodorant
- Hair Dryer & Iron
- Hand Lotion
- Mouthwash
- Nail Clippers
- Razor
- Shampoo & Conditioner
- Shower Caddy
- Shower Flip-Flops
- Soap
- Tissues
- Toothbrush & Toothpaste

### MEDICAL
- Aspirin
- Contact Lens Solution
- Cotton Balls
- Decongestants
- Eye Glasses
- Eye Drops
- First Aid Kit
- Prescription Medications
- Q-tips
- Vitamins

### CLOTHING
- Accessories
- Jackets
- Jeans
- Pajamas
- Shoes
- Shorts
- Socks
- Sweaters & Sweatshirts
- Swim Suit
- T-shirts
- Underwear

### LAUNDRY
- Laundry Bag
- Clothing Hangers
- Detergent & Fabric Softener
- Iron
- Quarters
- Stain Remover

### BED
- Bed Sheets
- Blankets
- Comforter
- Mattress Pad
- Pillow & Pillowcase
- Under-the-bed Storage Box

### CLEAN UP
- Dish Washing Detergent
- Disinfectant Spray
- Dish Towels

### PERSONAL
- Bank Checks/Info.
- Debit or Prepaid Cards
- Financial Aid Forms
- Medical Insurance Card
- Registration Information
- Renter’s Insurance
- Social Security Card
- Student ID

### DORM
- Alarm Clock
- Area Rug
- Dry Erase Board & Pens
- Night Light & Lamp
- Storage Trunk with Lock (for valuables)
- Waste Basket

### MISC
- Chargers for All Electronics
- Batteries
- Extension Cords
- Flash Light
- Light Bulbs
- Outlet Strip
- Camera
- DVDs & Videos
- Earplugs
- Fan (can block out noise)
- Sewing/Repair Kit
- Beach Towel
- Insect Repellent Spray
- Umbrella
- Sunglasses
- Calling Cards

### SCHOOL
- Calculator
- Calendar
- Desk Lamp
- Highlighters, Pens, Pencils
- Index Cards
- Notebooks, Notepaper
- Paper Clips, Postits
- Ruler, Scissors
- Stapler & Staples
- Staple Remover
- White Out
- Three Hole Punch

### KITCHEN
- Can/Bottle Opener
- Coffee Pot & Mug
- Dorm Refrigerator
- Hot Plate
- Eating Utensils
- Microwave
- Oven Mitt
- Paper Towels
- Plastic Food Containers
- Plastic Plates, Bowls, & Cups
- Toaster Oven

### COMPUTER
- Computer & Cables
- Printer & Ink Cartridges
- USB Drive
- Keyboard/Mouse
- Printer Paper
- Surge Protector
- Modem
With some schools offering thousands of classes, deciding what to take can be mind-boggling. The following tips and strategies will help you with your course selection.

**CHOOSING YOUR CLASSES**

- **REVIEW** the course catalog.
- **GET** requirements out of the way.
- **BALANCE** hard and easy courses among subject areas.
- **PREPARE** alternative classes should your desired schedule be unavailable.
- **MEET** with your academic advisor frequently.
- **USE** AP credits, placement exams, and more toward college credit.
- **TAKE** a writing course to strengthen your writing skills for future courses.

**AVOIDING THE “FRESHMAN 15”**

Legend has it that the average student gains fifteen pounds during their first year in college. Urban myth or not, keep these tips in mind to ensure you eat and stay healthy as you adjust to life on campus.

**GET PHYSICAL**

- **WALK** whenever and wherever you can.
- **JOIN** an intramural sports team.
- **USE** the campus gym.
- **GET** a workout partner.
- **DO** something physical every weekend.
- **CHOOSE** diet soda instead of regular.

**EAT SMART**

- **REPLACE** unhealthy sides with fruit or vegetables.
- **AVOID** going long periods without eating.
- **KEEP** healthy snacks in your room.
- **PASS** on dessert now and then.
- **MAKE** smart choices when ordering “takeout.”
- **LET** yourself splurge every once in a while.
- **DRINK** plenty of water throughout the day.
- **EAT** a healthy breakfast.

Adapted from collegeboard.com
Adapted from About.com: College Life
Many students experience test anxiety. In order to overcome it, it’s important to understand its symptoms and causes.

### What Causes Test Anxiety

**Lack of preparation:**
- Cramming
- Poor time management
- Poor study habits
- Failure to organize text information

**Worrying about the following:**
- Past performance on exams
- The negative consequences of failure
- How friends and other students are doing

### Physical Signs of Test Anxiety

- Perspiration
- Upset stomach
- Rapid heart beat
- Sweaty palms
- Tense muscles
- Headache

### Effects of Test Anxiety

- Nervousness
- Difficulty reading and understanding the questions on the exam
- Difficulty organizing your thoughts
- Difficulty retrieving key words and concepts
- Doing poorly on an exam even though you know the material
- Mental blocking; going blank on questions
- Remembering the correct answers as soon as the exam is over

### How to Reduce Test Anxiety

**Study and learn the material well.**
- It is better to study in a cooler area than a warmer area, so crank up that A.C.!
- Use relaxation techniques like taking long deep breaths to relax your body
- Create an efficient study environment by minimizing noise and interruptions
- Do not get too cozy—your bed is for sleeping, not studying

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Use the chart below to help keep track of your monthly income and expenses.

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>MONTHLY BUDGET</th>
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<tbody>
<tr>
<td><strong>INCOME: Money Coming In</strong></td>
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<td>Jobs</td>
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<td>Parents</td>
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<td>Student Loans</td>
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<td>Scholarships</td>
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<td>Financial Aid</td>
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<tr>
<td>Miscellaneous Income</td>
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<td><strong>EXPENSES: Money Going Out</strong></td>
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<td>Rent or Room &amp; Board</td>
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<td>Utilities</td>
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<td>Telephone</td>
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<td>Groceries</td>
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<td>Car Payment/Transportation</td>
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<td>Insurance</td>
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<td>Eating Out/Vending</td>
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<td>Tuition</td>
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<td>Books</td>
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<td>School Fees</td>
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<td>Computer Expense</td>
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<td>Savings</td>
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<td>Miscellaneous Expense</td>
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<tr>
<th>EXPENSES SUBTOTAL</th>
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<td>$COMING IN (INCOME)</td>
<td>$GOING OUT (EXPENSES)</td>
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<tr>
<td><strong>NET INCOME</strong></td>
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Preparation for your first test should begin after the first day of class. This includes studying, completing homework assignments and reviewing study materials on a regular basis. Use the tips below to make sure that you are ready for your next exam.

BEFORE YOUR TEST

- Go to the class right before the test; it is another prime time for the instructor to give out more hints or the format of the test.
- Ask the instructor to specify areas that will be emphasized on the test.
- Budget your study time.
- Go over any material from practice tests, HW, sample problems, review material, the textbook, class notes, etc.
- Get plenty of rest.
- Set your alarm clock.
- Eat a good breakfast.

DURING YOUR TEST

- Arrive on-time and prepared with pens/pencils, erasers and calculator.
- Survey your test.
- Write down important formulas, facts, definitions, and/or keywords in the margin first so you will not worry about forgetting them.
- Read the directions slowly and carefully.
- Do the easiest problems first, followed by those that have the greatest point value.
- Pace yourself and stay positive!
- Ask the instructor for clarification, if needed.
- Write legibly.
- Always read the whole question and all possible answers.
- If you are not sure of an answer, skip it. Go on with the rest of the test and come back to it later.
- Do not worry if others finish before you.
- When you are finished, make sure that you have answered all the questions and that your full name is on the test.
- Watch out for careless mistakes and proof read your essay and/or short answer questions.

AFTER YOUR TEST

- When you get your test back look it over and make sure that there are no grading mistakes.
- Look over the test and make sure that you understand your mistakes. If you don’t know the answer to a question, look it up, ask a classmate or ask the teacher.
- If the teacher reviews the test in class, be sure to take notes on what the teacher wanted for an answer on the questions/problems that you got wrong.
- If you aren’t satisfied with your grade, go to your instructor and see if there’s a make-up exam or any extra credit work you can do.
- Save the test as study material for future cumulative tests.

Adapted from testtakingtips.com
Worried about how you will finish that paper while working and keeping up with homework in your other classes? Take a look at the tips below on time management.

**TIPS FOR TIME MANAGEMENT**

- Make a “To Do” list every day.
  - Put things that are most important at the top to do first.
- Use spare minutes wisely.
  - Get some reading done between classes or while you are having lunch.
- It is okay to say, “No.”
  - Turn down social invitations when you have school work to complete.
- Find the right time.
  - Figure out what time of day you do your best work.
- Review your notes every day.
  - Reinforce what you have learned, so you need less time to study later.
- Get a good night’s sleep.
  - Rest. Being well rested keeps you energized to complete your daily tasks.
- Minimize distractions.
  - Avoid things that interfere with completing your tasks in a timely manner.
- Become a taskmaster.
  - Figure out how much free time you have each week and plan your activities accordingly.
- Avoid procrastinating.
  - Instead of agonizing and procrastinating, just do it.
- Keep things in perspective.
  - Set goals that are challenging, yet reachable.

Feeling stressed and overwhelmed is common for college students. However, there are ways to keep your stress under control. Follow the tips below to keep your stress in check.

**DON’T STRESS ABOUT BEING STRESSED!**

**BEFORE YOU TAKE THE TEST**

- **SLEEP.**
  - Power naps are great for re-energizing.
- **FOOD.**
  - Fuel your body appropriately. Eat balanced and healthy meals.
- **EXERCISE.**
  - Go to the gym or take a walk to release some steam!
- **QUIET TIME.**
  - Stepping out from the crazy college environment for a few minutes can do wonders!
- **SOCIAL TIME.**
  - Take some time for yourself, hang out with friends, or watch a movie.
- **DISTANCE.**
  - It is okay to take a step back and focus on yourself for a little while, especially if your academics are at risk.
- **HELP.**
  - Talking with a friend may help to process what you need to do and help you realize that things are actually pretty manageable.
- **PERSPECTIVE.**
  - Balancing college life can be overwhelming. Keep school-work as your first priority.

Adapted from collegeboard.com

Adapted from About.com: College Life
It is important to know the value and meaning of the degree you are working towards. The specific degree awarded may vary depending on your school and area of study. Below are basic descriptions of the major degrees awarded.

**Doctoral Degree** - is the highest college degree awarded. It takes approximately five years to complete and requires completing a course of study, original research and a written publishable thesis.

**Master’s Degree** - is awarded for successfully completing a graduate curriculum at a four-year college or university. Admission normally requires holding a Bachelor’s degree, although relevant work experience may be considered.

**Bachelor’s Degree** - is awarded for successfully completing an undergraduate curriculum at a four-year college or university. It requires completing 120 college credit hours, meeting the College Level Academic Skills Test (CLAST) or the alternative, and completing any other degree program requirements. They include:
- Bachelor of Arts (BA)
- Bachelor of Science (BS)
- Bachelor of Applied Science (BAS)
- Bachelor of Fine Arts (BFA)

**Associate’s Degree** - is awarded for successfully completing a course of study at a two-year college. It is designed to prepare students for progress toward a Bachelor’s degree or entry into the workforce. They include:
- Associate in Arts (AA)
- Associate in Science (AS)
- Associate in Applied Science (AAS)

**Certificate Programs** - are not considered college-level degree programs. They relate to a specific employment area and usually take one year or less to complete. They include:
- Career and Technical Certificate (CTC)
- College Credit Certificate (CCC)

It is important to know the value and meaning of the degree you are working towards. The specific degree awarded may vary depending on your school and area of study. Below are basic descriptions of the major degrees awarded.
College is a time to learn valuable life skills while preparing for your future career. You may have a career path in mind or you may still be weighing your options.

1. Go to flchoices.org and click on “Create an Account” to save your work.

2. From the Career Planning tab, click “Learn About Yourself”, take the “Interest Profiler” assessment and get your results with matching careers.

3. Click on the title of a career to explore that career salary range, outlook, educational requirements and other great information.

Also use:
- Career Finder
- The Scholarship Finder
- Resume Builder
- Job Interview Practice

- Cover Letter/Creator
- Career Plan Builder
- Thank You Letter builder

The CAREER PLANNING includes information on career clusters, assessments, and ready-to-work activities.

The COLLEGE PLANNING includes information on post-secondary schools, programs, and majors.

The YOUR PORTFOLIO TAB includes information on your stored self-assessment results, saved work, and plans.

When considering a potential career, it is important to do as much research on the field as possible so you can make an educated decision and an action plan that will help you achieve your desired results. Follow the links below to assist you in your career exploration.

Websites for career exploration:
- Occupational Outlook Handbook – bls.gov/ooh
- America’s Career InfoNet – acinet.org
- World-of-Work Map – act.org/wwm/index.html
- Salary Information – cbsalary.com
- Automatic career information search – careerbuilder.com

Use the following questions to help you gain information on each career you choose to explore.

- What are the duties?
- What is the job setting?
- How many hours a day/week are required?
- Work alone or with people?
- What’s the average salary?
- What education and/or training is required?
- What are the opportunities for advancement?
- What are the future outlooks of these fields?

Source: flchoices.org

Adapted from Integrating Career Awareness into the ABE & ESOL Classroom
Job fairs are an excellent way of exploring opportunities and making contacts with people. To find out when the next fair is coming to your school, visit your school’s website or call your campus career resource center. Below are some tips that will help you get the most out of your next job fair.

**PREPARING FOR THE JOB FAIR**
- Research the companies and employers attending.
- Determine which employers you want to visit.
- Bring 20-30 copies of your resume and a notepad for taking notes.
- Dress professionally.
- Prepare a “two minute summary” of your qualifications.
- Anticipate interview questions and prepare your responses.
- Prepare questions you want to ask potential employers.

**DURING THE JOB FAIR**
- Go alone. If you go with friends or family, walk the job fair by yourself.
- When greeting a recruiter, introduce yourself and show confidence by initiating a handshake with a smile.
- Express your interest by demonstrating knowledge of the organization.
- Relate your skills, interests, and experiences to the specific needs of the employer.
- Relax, speak slowly, and be confident.
- Listen and ask relevant questions about the company and positions available. This is not the time to ask salary related questions.
- Get appropriate contact information and ask for a business card.
- Conduct yourself professionally at all times. You never know when a potential employer is watching.

**AFTER THE JOB FAIR**
- Send a “Thank You” card to each potential employer and reconfirm your interest in their company. Highlight important points made during the conversation.
- Within a week, follow up with a phone call if you have not heard from them.

Internships and job shadowing are practical ways to gain experience for your future.

**TIP**
An internship is a short-term paid or unpaid professional development experience related to your career goal or your area of study. It generally involves working in a professional setting under the supervision and mentorship of a professional.

**TIP**
Job Shadowing occurs when you visit a business to observe various positions. This provides you with a realistic view of one or more occupations.

Below are some tips that will help you make the most of internships and/or job shadowing experiences.
- Research the companies or organizations in which you are interested.
- Take advantage of every opportunity that comes your way.
- Make an effort to meet as many people as possible.
- Attend as many professional events as you can.
- Work on a variety of projects.
- Ask for feedback.
- Show up on time.
- Dress professionally. Dress pants and shirt/blouse is usually acceptable.
- Ask questions throughout the day and write notes.
- Get involved and be positive.
- Write a “Thank You” note to the employer after your work experience.

Find out about internships and job shadowing opportunities through:
- Your campus career center
- Friends of the family who work in your career of interest
- Company websites
- Take Stock in Children website
CAREER READINESS

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Let your resume represent the best YOU, highlighting your education, experiences and unique qualities. Below is a basic resume format.

**Resume Format**

**Your Contact Information:** Include your full name, full address, telephone number and email address.

**Objective (optional):** Link your skills and experience with those required by the company. Focus on the goals of the organization and how you address them.

**Career Highlights/Qualifications (optional):** List career-related achievements, skills, traits, and experience relevant to the position for which you are applying. It lets the prospective employer know you are qualified for the job.

**Experience:** Include your work history. List the company’s name with dates of employment beginning with the most recent first, next list the positions you held with a bulleted list of what you did for your employer/volunteer organization/community.

**Education:** List the colleges you attended and the dates of attendance, in order of most recent first. Next list the degrees you attained and any special awards and/or honors you received.

**Skills and Personal Interests:** List the skills related to the position/career field for which you are applying, i.e. computer skills, athletic abilities, or talents.

**Honors/Awards:** List any pertinent honors/awards you have received that show your qualification for the position.

**Languages:** List any languages you speak, read, and/or write along with your level of proficiency.

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Your cover letter expresses how your skills and experience specifically will benefit the company to which you are applying. Below is a basic cover letter format.

**Cover Letter Format**

**Your Name:** Include your full name and mailing address.

**Date:** Use today’s date.

**Address:** Address your letter to a specific person at a specific company. If you are unaware of the person’s name, be sure to state the name of the department.

**Salutation:** This letter should be written to whom you have addressed. If you are unaware of the individual’s name, an alternative could be “Hiring Committee” or “Human Resource Manager.”

**Body:** This should include three paragraphs:

1. **1ST** Should demonstrate how your experiences align with the position to which you are applying and establish a connection to the company’s goals and objectives.

2. **2ND** Should state your top skills that highlight the benefits you will bring to the company.

3. **3RD** Should initiate action by explaining what you will do next (e.g., follow up) or prompt the employer to contact you to set up an interview. Close with a “thank you.”

**Closure:** “Sincerely” or “Respectfully” usually work well.

**Signature:** Allow space for your handwritten signature and type in your full name below.

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To view a sample cover letter go to: [takestockinchildren.org](http://takestockinchildren.org) and click on “STUDENT RESOURCES.”
BEFORE YOUR INTERVIEW

- Research the company and become well informed on their mission, goals, and future plans.
- Prepare by predicting questions that may be asked of you.
- Prepare questions you want to ask during the interview.
- Prepare your clothes making sure they are business-like, clean, pressed and conservative. Make sure your hair and nails are trimmed and clean.
- Bring a fresh copy of your resume and a notepad to take notes.
- For a list of questions a potential employer may ask, go to takestockinchildren.org and click on “STUDENT RESOURCES.”

TOP RESUME MISTAKES TO AVOID

Your resume is often the first impression you make on an employer. This is why it is a must to have a well written resume. Take the time to visit your Career Services Center on campus where they can provide assistance. Below are some of the most common mistakes to avoid.

**Typos and Grammatical Errors**
Your resume needs to be grammatically correct and free of spelling errors.

**Lack of Specifics**
Employers need to understand exactly what you have accomplished and the skills you have developed.

**Attempting One Size Fits All**
Your resume should reflect how and why you fit the specific position in a specific organization.

**Highlighting Duties Instead of Accomplishments**
Employers are most interested in what you have accomplished in your various activities, not job duties.

**Going on Too Long or Cutting Things Too Short**
Generally, your resume should fit on one page.

**A Bad Objective**
Employers do read your resume’s objective and are most interested in specific and, more importantly, something that focuses on their goals as well as your own.

**No Action Verbs**
Use action verbs when listing specific accomplishments.

**Leaving Off Important Information**
Include the work skills you have gained even from part-time jobs (e.g., work ethic, time management).

**Visually Too Busy**
Stay away from edge-to-edge text and use of many fonts. Use one standard font and structure your resume in a clean, organized manner.

**Incorrect Contact Information**
Make sure your information is current; avoid “cute” email addresses.
AFTER YOUR INTERVIEW

• Send a neatly written “Thank You” note to the individual(s) who interviewed you. Summarize the points you made in your interview or add a brief but crucial point you might have forgotten.

• Do NOT call the employer back immediately. If the employer said they would have a decision in a week, it is okay to call them in a week to thank them for the interview and reiterate your interest.

• If you receive word that another candidate was chosen, you may send a follow-up letter to the employer thanking them for the opportunity to interview for the position. Let them know that, should another or similar position open in the future, you would be interested in interviewing again.

DURING YOUR INTERVIEW

• Be on time or arrive 10-15 minutes early.
• Extend your hand when you are being greeted and shake hands firmly.
• Treat everyone you encounter with professionalism.
• Make eye contact with your interviewer and smile when appropriate.
• Do not sit until you are invited to do so.
• Be positive and avoid any negative comments about past employers.
• If you have unanswered questions, wait and ask them when appropriate. This will show your interest and ability to think critically.
• Listen carefully. If you feel the question is unclear, ask politely for clarification.
• Pause before answering to consider all facts that may substantiate your response.
• Discuss only the facts needed to respond to the question.
• Focus and re-focus attention on your successes. Remember, the goal is not to have the right answers so much as it is to convince the interviewer that you are the right person.
• Be truthful, but try not to offer unsolicited information.
• Try not to open yourself to areas of questioning that could pose difficulties for you.
PLANNER

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Keeping in touch with Take Stock in Children is important throughout your college years. Make sure to keep us updated with regard to your contact information so that we can keep track of your progress and assist you with navigating through college. To find your local program contact information, follow the steps in the next page:

Your mentor wants you to succeed as well. Keep in touch with them!
There are a number of resources available to you that can provide additional assistance and guidance throughout your journey as a post-secondary student.

Visit the *Take Stock in Children* website and follow the steps below to explore additional helpful resources and much more!

**collEDGE**
An online resource that provides a 48-hour response to transition and retention questions to TSIC scholars, parent(s)/guardian(s), student advocates and mentors.

**Virtual College Tours**
Allows you to “visit” Florida state colleges and universities online.

**Educational Modules**
Brief informational videos on a variety of topics that provide valuable information to students during their path to success.

**Career Resources**
Includes helpful online information and guidance from career exploration to workforce readiness.

**Alumni Alliance**
Fosters a peer-mentoring culture among TSIC graduates and provides leadership opportunities, professional development, networking and career opportunities

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**Activating your Scholarship**

Upon graduation from high school, your scholarship was activated. You received a Florida Prepaid College Account from the *Take Stock in Children* Scholarship Program. You must complete the online Florida Prepaid Survey **at the end of each spring semester**.

Follow the instructions below:

1. Go to [myfloridaprepaid/foundation/](http://myfloridaprepaid/foundation/)
2. Click on “Annual Student Information Form”

**Using your Scholarship**

1. Each time you complete your Florida Prepaid Survey you will receive two account cards: one to carry in your wallet and one for you to put in a safe place. Please note that your local program may require you to pick up the Florida Prepaid Account card from its office.
2. Present your Florida Prepaid card to the cashier when you pay for classes.
3. Remember to let your school know that you want to use your Florida Prepaid card **FIRST**, before you use any other scholarships or grants. There is no cash value associated with your scholarship, therefore, it can be used only for tuition.

**Approved School**

Your Florida Prepaid scholarship is designed for use at a state-operated university, college or vocational-technical school. You can find a list of these schools on the Florida Prepaid website.

1. Go to [myfloridaprepaid.com/foundation/](http://myfloridaprepaid.com/foundation/)
2. Click on “Approved Colleges”.
3. Search by state universities, colleges, or technical (vocational) schools.

If you are considering a transfer to an out-of-state college or private institution, contact your local program. Many local programs do not allow use of the scholarship at a private institution, and the *Take Stock in Children* contract specifies that the scholarship must be used at a not-for-profit school. Keep in mind that attending a private university uses up more scholarship money per credit than your scholarship provides.

If you ever have an issue with your Florida Prepaid account, please contact your *Take Stock in Children* local program at [takestockinchildren.org](http://takestockinchildren.org).
FRESHMEN CHECKLIST

• Register for classes. Registration takes place in June and July. Contact an advisor for advice on the classes you should be taking.
• Complete all required paperwork and health documents before coming to school.
• Secure your housing preference.
• Mark orientation dates on your calendar and make it a point to attend all orientation sessions. Valuable information is shared during these sessions, like handling business, academic resources, and registration questions.
• Follow the dorm checklist if you plan on living on campus.

In the First Few Weeks

• Seek a balance and get involved on campus. Select a small number of clubs/organizations to participate in but don’t overdo it.
• Look ahead and get organized. You will be receiving a lot of information over the course of the semester. It is advisable that you keep your classes in separate folders and notebooks. More importantly, once you get your syllabi, you will need to keep a planner (with weeks and months) to write down upcoming significant dates, projects, and exams.
• Strive for good grades. Find tips on how to be a successful college student – time management, study skills, procrastination tips, etc.
• Find the ideal place for you to study. Living in a dorm or being a commuter leaves very little places to study in your living area. Find a place suitable to your learning style.

During Your First Semester

• Go to class. Professors will notice your absence and you’ll lose valuable information. Do not rely on others to provide the necessary information when you miss class. Every student understands the material different.
• Get support in your classes.
• Make connections with classmates. Create a study group for your classes.
• Look around campus to take advantage of study resources, workshops, and activities to help make your transition to college stress free.
• Schedule a meeting with your advisor to receive advice on your next semester courses.
• Get to know your roommate and others in your residence hall.

Other Useful Tips for Freshmen

• Make time for you.
• Don’t feel pressured to make a hasty decision about a career or a major.
• Take responsibility for yourself and your actions.
• Find the Career Planning & Internship Office.
• Stay healthy/eat right.
• Learn to cope with homesickness.
• Stay on campus as much as possible.
• Seek professional help when you need it.
• Keep track of your money.
• Don’t cut corners.
• Be prepared to feel overwhelmed.
SOPHOMORE CHECKLIST

• Watch for events regarding the major selection process – the Undergraduate Deans Office, Career Services, Pre-Major Advising, Pre-Health Advising and others will offer and advertise programs that can support your selection process!
  • Declare a major.
  • Degree Audit – Review your degree audit and watch for your degree requirements including:
    o specific course requirements
    o general education requirements
• Complete the language requirement.
• Complete the PE requirement (if you haven’t already done so).
• Cultivate relationships with faculty, staff, deans and administrators. Access them as mentors, and make sure they are getting to know you, so that you have someone to write letters of reference for you as you move forward in pursuing new opportunities.
• Apply for off-campus programs or exchange programs (remember – some have early deadlines).
• To rush or not to rush? Find out more about Greek Letter organizations and societies and the recruitment process.
• Be mindful of your own personal balance and wellness and continue to explore extracurricular activities and opportunities.
• Be proactive! Introduce yourself to your dean and explore other resources on campus:
  o Academic Advising
  o Social and Personal Advising

JUNIOR CHECKLIST

• Degree Audit - Review your degree audit and watch for your degree requirements:
  o Contact the Registrar’s Office to discuss any questions/discrepancies.
  o Check with your major/minor department or program about your progress towards completion of the major and/or minor.
• End the year with at least two faculty sources for letters of recommendation.

SENIOR CHECKLIST

• Degree Application – Apply for Bachelor of Arts Degree.
• Degree Audit – Review your degree audit carefully and confirm completion of degree requirements including:
  o Contact the Registrar’s Office to discuss any questions/discrepancies.
  o Check with your major/minor department or program about your progress towards completion of the major and/or minor.
• Commencement Information
  o Utilize your school’s web page – it will contain all the information you need!
  o Read all the mail and all emails that come to you.
  o Family Addresses – Make sure the addresses for your parents and/or guardians are correct so that they can receive important commencement information.
• Libraries – Return all borrowed books to the library from which they were borrowed and pay any fines.
• Letters of Recommendation
  o Contact professors, deans and/or employers early for recommendations, allowing for ample time prior to a deadline. It is helpful to provide a current resume. Recommendations can also be for future use.
• Student Financial Services
  o Make sure your account is in good standing.
• Transcript – request a copy of your transcript
• ENJOY YOUR SENIOR YEAR! Continue to take advantage of all that college has to offer. We wish you the best!!!
ACADEMIC DEAN: Head administrator over a specific academic college, school, or unit within a college or university
ACADEMIC NOTICE: Students with fewer than 30 credit hours, with a retention GPA of 1.7 to 1.99
ACADEMIC PROBATION: A status placed on students with low grade point averages. This status allows students the opportunity to raise their grades within a specified time period to avoid being dismissed from the college or university
ACADEMIC PROBATION: Students with more than 29 credit hours, with a retention GPA lower than 2.0
ACADEMIC SUSPENSION: Students on academic probation who do not achieve a term GPA of 2.00 must sit out one semester
ACADEMIC YEAR: The traditional annual cycle of academic terms that run August to July
ADD/DROP PERIOD: Period of time at the beginning of each semester when students can add or drop courses without financial or academic repercussions
ADJUNCT INSTRUCTOR: Part-time instructor
ADMISSION REQUIREMENTS: The necessary minimum criteria every applicant must have to be admitted. Many majors have additional requirements for admission as a junior
ADMITTED: Students who have applied and have been accepted to the university in a degree seeking status. Admission is not validated until the student registers for and attends classes
ADVISOR: A staff or faculty member of a college or university who assists students in both their educational and course scheduling plan
ASSISTANT PROFESSOR: A faculty member of a college or university who ranks above an instructor and below an associate professor
ASSOCIATE DEGREE: Typically requires 60-65 hours of courses to complete
ASSOCIATE PROFESSOR: A faculty member of a college or university who ranks above an assistant professor and below a professor
AUDITE: Permission to attend and to participate in a course without benefit of a grade or credit. CEUs (continuing education units) may be awarded at the discretion of the instructor
B

BACHELOR’S DEGREE: Typically requires 120-130 hours of courses to complete Blue book: literally a blue book containing writing paper, used for essay tests
BULLETIN: The college or university book which serves as the academic contract for undergraduate and graduate students who need information about the university’s academic programs, courses, policies, etc.
BURSAR: The senior financial administrator in a college or university to whom students pay tuition and fees

C

CALENDAR, UNIVERSITY: An annual publication listing all official dates and deadlines for the academic year
CATALOG YEAR: The year during which the regulations published in a specific edition of the Undergraduate Catalog apply
A student’s academic year, which begins when the catalog takes effect in the Summer B term, is governed by the regulations for academic requirements published in the catalog in effect at the time the student begins undergraduate studies
CERTIFICATE PROGRAM: An organized concentration of study in an approved subject area. These programs are not recognized on a student transcript
CLASSIFICATION/COLLEGE: A code indicating a student’s academic level (year) and college affiliation
CLASR: College Level Academic Skills Requirement mandated by Florida statutes and designed to measure communication and computation skills
CLEP (College-Level-Examination Program): Comprehensive tests in various subject areas that provide students with the opportunity to earn credit without having to take the course. Each college or university determines an acceptable score and the amount of credit granted for each examination
CLOSED CLASS: The limit on the number of students allowed in a specific course has been reached
COMBINED DEGREES: An accelerated program that allows students to count 12 graduate credits toward their undergraduate degree
COMMON COURSE NUMBERING SYSTEM: A statewide system of course prefixes and numbers developed to facilitate the transfer of credit by identifying equivalent courses
COMPLETE WITHDRAWAL: Withdrawing from every course in a particular semester
COMPREHENSIVE TEST: A test, usually given at the end of a course or entire degree program, that covers all the material taught
CONTINUOUS ENROLLMENT: Undergraduate students who register for and complete at least one course in one term in an academic year are continuously enrolled
COREQUISITE: Two courses that must be taken concurrently
COURSE NUMBER: Identifies the course with an abbreviation of the department and a number (ex. BIOL1114)
COURSE SEQUENCE: The specified order of enrollment for a series of courses, e.g., ENC 1101, 1102, 1145
CREDIT HOUR: Every course taught is designated a total number of credit hours. The number of credit hours for a class reflects approximately the total hours student spends per week in class
CUM LAUDE: Graduating with honors
CUMULATIVE GPA: Includes grades from every undergraduate course ever taken
CURRICULUM: A set of courses that fulfills an entire program of study

D

DEAN: Each college has one who is in charge
DEFICIENCY: Area of academics in which students are not proficient to the college level and must enroll in zero-level courses
DEFICIT POINTS: The number of grade points below a C average on hours attempted at the university. If the grade point average is less than 2.0, there is a grade point deficit. Refer to “Grade Point Averaging and Deficits” in the academic regulations section of this catalog
DEGREE AUDIT: A computerized evaluation of a student’s progress towards completion of a degree
DEGREE CHECK: Prior to graduation, this is a checklist to make sure students have completed all requirements
DEGREE SHOPPING: Exploring possible majors to determine your interest and to estimate whether the course work you have completed meets any of the degree requirements for a specific major
DEPARTMENT: Contained within a college, offers academic programs; for example Business department, Visual Arts Department, and Biology Department
DEPARTMENT HEAD: Every department has one who is in charge
DROP: To drop a single course from a given term after the drop/add period. Students are liable for fees for a dropped course
DROP/ADD: A period of time beginning the first day of classes when students can adjust schedules by dropping or adding courses or changing sections of a course. Courses dropped during drop/add are not subject to fees
DUAL ENROLLMENT: Simultaneous registration at two educational institutions

E

EARLY ADMISSION: Admission as a freshman following completion of the junior year of high school
ELECTIVES: Any course not required as part of the General Education requirement or a student’s major
ENROLLMENT: Registration for course work and payment of fees constitutes official enrollment
ESSAY TEST: A test where answers require students to respond in paragraph form. Also called a subjective test

F

FAFSA: Free Application for Federal Student Aid; required for students wishing to obtain financial aid
FALL SEMESTER: Traditionally August through December
FEDERAL LOANS: Loans awarded by the government; must be paid back
FEES: Required financial charges placed on student accounts upon enrollment in courses
FINALS: Last week of each semester, in which every course has a final test
FULL-TIME STUDENT: Enrolled in a minimum of 12 hours per Fall or Spring, or 6 hours in Summer

G

GENERAL EDUCATION: Courses every student is required to take, regardless of major, English, math, science, history, etc.
GENERAL EDUCATION REQUIREMENT: Universitywide requirement of basic studies that form the foundation of all undergraduate degree programs
GOOD STANDING: Eligible to continue to register for university course work

H

HONORS PROGRAM: Students with fewer than 30 credit hours, with a retention GPA of 1.7 to 1.99
HONORS PROGRAM: Students with more than 29 credit hours, with a retention GPA lower than 2.0
HONORS PROGRAM: Students on academic probation who do not achieve a term GPA of 2.00 must sit out one semester
HONORS YEAR: The traditional annual cycle of academic terms that run August to July
HUMANS: Theoretical knowledge needed to understand the human experience
HUMS 1100: College Composition I
GRADE POINT AVERAGE (GPA): A student's grade average from courses taken during a single term or semester. A student's GPA is figured by converting letter grades and multiplying them by the credits for each class, then dividing by total credit hours attempted.

GRADE POINTS: The number of points attributed to a grade (A=4, B=3, etc.) times the number of credit hours in the course.

GRADUATE STUDENT: A student who has earned a baccalaureate degree and who has been admitted to the Graduate School to pursue a graduate degree program (master’s, specialist, engineer, doctorate).

GRADUATION REQUIREMENTS: Universitywide and college-specific requirements that must be met for graduation.

GRANTS: Financial aid awarded by the government; do not have to be paid back.

LEARNING OUTCOMES: What students are expected to learn by completing a particular major.

Magna Cum Laude: Graduating with "high honors.

Major: A subject of academic study chosen as a field of specialization.

Matriculation: Enrollment as an admitted, degree-seeking student.

Minor: An officially recognized secondary concentration of study in an approved subject area, consisting of at least 15 credits of appropriate course work. Minors are optional.

Objective Test: A test mainly comprised of multiple-choice and true-false questions.

Ombudsman: The University Ombudsman assists all members of the university community to solve problems and conflicts. He will listen, discuss issues, answer questions, interpret policies, provide information and referrals, and help develop options for problem resolution. The Ombudsman serves as an advocate for fairness for all members of the university community.

Orientation: An event which introduces students to various aspects of a college or university.

Overall GPA: Cumulative GPA of all college level coursework completed.

Part-Time Student: Student who is enrolled in fewer than 12 credit hours in a Fall or Spring semester, or fewer than 6 hours in Summer.

Permanent Academic Record: The complete list of a student’s courses attempted, grades and credit earned, degrees awarded, and any other pertinent academic information.

Petition: A written request seeking a waiver of or an exception to a university regulation, policy or deadline. Petitions may be considered if the circumstances are beyond the student’s control.

Plagiarism: Using another’s work, whether directly quoted or summarized, without giving credit to the author; results in serious consequences.

Post-Baccalaureate: A student who has earned a baccalaureate degree and been admitted for continued study but who has not been admitted as a graduate or professional student.

Prerequisite: A condition that must be met to establish eligibility to enroll in a program or course.

Prerequisite Course: Sometimes referred to as a “pre-req” course that must be taken and successfully completed prior to enrolling in another course (ex. College algebra is a prerequisite for calculus).

Professional Student: A student who is admitted to pursue a Doctor of Dental Medicine, Juris Doctor, Doctor of Medicine, Doctor of Nursing Practice, Doctor of Pharmacy, Doctor of Physical Therapy, Physician Assistant or Doctor of Veterinary Medicine degree.

Professor: The highest ranking level of college teachers.

Readmission: The procedure for a previously admitted/enrolled student to re-enroll in a degree-seeking status after a break in enrollment of more than one term; a readmission fee is often required.

Registrar: The head college or university administrator responsible for student grade records and registration.

Registration: The process by which a student officially selects and enrolls in university course work. Registration is not complete until appropriate fees are paid.

Residence: A student’s tenure within the university and/or a specific college or school.

Residency: Classification of students as Florida residents or non-Florida residents for tuition purposes.

Scantron: Used for multiple-choice testing; has bubbles to be filled in with pencil.

Schedule: A student’s list of classes for a specified term. The schedule details the day(s), time(s), and place(s) of meeting for each class.

Schedule Adjustment: A period of time following advance registration before the beginning of classes when students can adjust their course schedules.

Schedule of Courses: Registration information provided online each term with academic regulations and a listing of all courses offered.

Scholarships: Financial assistance awarded based on academics or other criteria; do not have to be paid back.

Section Number: Identifies specific class (time, day, instructor) within a course (ex. General Biology may have section numbers of 001, 002, 003, etc).

Semester: A standard academic term (fall or spring) of approximately 16 weeks of instruction. Refer to “term.”

Semester GPA: GPA for each individual semester.

Spring Semester: January through May.

Student Learning Outcomes: What students are expected to learn by completing a particular major.

Subjective Test: A test where answers require students to respond in paragraph form. Also called an essay test.

Summa Cum Laude: Graduating with “highest honors.”

Summer Semester: Traditionally June through July.

S.U.S.: The State University System of Florida. The University of Florida is one of 11 state supported universities in the S.U.S.

Syllabus: A summary or outline of a course provided by the instructor. The syllabus can include topics to be discussed, assignments, due dates, instructor profile, etc.

Term: A period of instruction. During the fall and spring, the term is a standard 16-week semester. During the summer, various shorter length periods of instruction are offered: Summer A and Summer B are six-week terms; Summer C is a 12-week term.

Track: A detailed semester-by-semester plan for graduation.

Transcript: An official copy of the student’s complete course work, grades, credit and degrees earned.

Transfer Credit: Course work completed at another institution that is accepted at the entering institution and which may be applicable toward a specific major, minor or degree.

Transient Student: A student of another accredited institution who receives permission to register (for one term) as a nondegree-seeking student to earn credit to transfer back to his or her parent institution.

Tuition: Charges for classes applied to student account upon enrollment.

Undergraduate: Student who has not yet earned a Bachelor’s degree.

University Fees: Additional fees imposed by a college or university to students which pay for numerous student services (recreation facility fee, library fee, technology fee, health center fee, etc.)

Withdrawal: After the add/drop period, student receives a “W” on transcript; “W”s have no effect on a GPA.

Writing and Math Requirement: A state law requiring that all students complete 24,000 words of designated writing courses and six hours of designated math courses prior to earning 60 credits. Courses are identified by category in the Schedule of Courses.

Work-Study: Eligibility determined by FAFSA results; student is employed on campus.
1. **Listen Actively**
   - Listening is an essential, but often neglected skill.
   - **Move closer to the front**
     - It makes it easier to see, hear and pay attention
   - **Focus your attention**
     - Concentrate on what the speaker is saying, not on plans for the weekends or noises outside the classroom
   - **Evaluate what you hear**
     - Think about what the speaker’s words mean and how they relate to what you know about the subject
   - **Take thorough notes**
     - It’s impossible for even the best of listeners to remember all that has been said

2. **Take Good Notes**
   - The better your notes, the better your chances of doing well at exam time.
   - **Know what to record**
     - Don’t try to write down everything that’s said; record the speaker’s main point in your head
     - Listen for key words that tell you what’s important
     - Copy all information written on the board
   - **Know how to record it**
     - Use as few words as possible, make your own symbols or use common abbreviations
     - Leave a wide left margin to add additional notes and questions
     - Take notes in outline form, if possible
   - **Review your notes as soon as you can after class**
     - Highlight the points that seem most important
     - Go over your notes at least once a week, this helps keep information fresh in your mind
   - **Attend every class**
     - You can’t take notes if you’re not there

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**TOP 10 TIPS FOR SUCCESS IN COLLEGE**

1. Attend Every Class
2. Know Your Campus Resources
3. Make People Connections
4. Manage Your Time Effectively
5. Take Responsibility
6. Develop Effective Study Habits
7. Program Yourself For Success
8. Keep Yourself Healthy
9. Ask For Help Early
10. Stay True To Yourself

**STUDY SKILLS ARE THE KEY TO SUCCESS**
3 Get Involved In Class Discussions
This helps you exchange ideas and polish your communication skills.

- Be prepared
  - Complete assigned reading before class
- Ask questions
- Summarize in your own words what’s been said
  - This helps you understand what the speaker said and shows the speaker that you heard him or her
- Participate, don’t discriminate
  - Knowing when to listen is as important as knowing when to speak
- Respect other’s opinions
  - There are many ways to look at the same issue, be open to what others have to say
- Be polite
  - Allow others to speak without interruption, and encourage people who seem hesitant to speak to share their ideas

4 Budget Your Time Wisely
Your time is valuable. Use it well.

- Use a planning notebook or calendar
  - Write down all your regular activities (classes, a part-time job, meals, etc.)
  - Allow time for sleep, fun and fitness
  - Schedule review time before or after each class, if you can
  - Try to study the same subject at the same time each day
  - Plan time for exams and major projects, and break these big jobs into small steps (1. find source, 2. take notes, etc.)

5 Make the Most of Reading
It’s the foundation of academic success.

- Eliminate habits that can slow you down
  - Don’t move your lips, “say” words in your mind, or point your finger
  - Train your eyes to look for larger groups of words with each glance
  - Avoid backtracking
- Adjust your speed to your purpose
  - Skim material if you’re looking for the answer to a specific question
  - Slow down when you’re reading technical material
- Expand your vocabulary
  - Use a dictionary to learn definitions, synonyms and antonyms
  - Learn prefixes, suffixes and roots of word
  - Use new words that you learn
- Get help when you need it
  - Enroll in a reading improvement course, if your school has one
- Have a reading strategy
  - Preview the material, read the chapter’s introduction, headings, subheadings, boldfaced and italicized words, and the chapter summary and any review questions
  - As you read pay special attention to main ideas and supporting details
  - After you read think about what you’ve learned and note any questions you’d like to ask your instructor
- Take notes as you read
  - Underline or highlight key points
  - Make an outline
  - Write a summary in your own words
  - Make a map and diagram of the material that shows relationship between the main ideas
STUDY SKILLS ARE THE KEY TO SUCCESS

**1. The admissions office let me in by accident.**
Not true. And even if they did, they’d have told you by now.

**2. My roommate will be awful.**
This is, of course, a possibility, but very unlikely; the vast majority of college students get along really well with their roommates. There are things you can do to start off strongly with a new roommate, and ways to handle problems if they arise. Additionally, there are some important steps to take when first contacting your new roommate.

**3. I don’t know anyone there, and I’ll have problems meeting new people and making friends.**
One important thing to remember is that almost everyone there is new, and virtually no one knows anyone else. Even the friendliest first year college students know a small handful of folks, at most, before arriving on campus. Since everyone is looking to meet other people especially during orientation and your first week, take a deep breath and introduce yourself. And just in case that doesn’t work, there are lots of other ways to meet new people on campus.

**4. I won’t be able to cut it academically.**
Your college experience will likely be much harder, academically, than your high school. Your homework load will increase. Your assignments will be more heavily weighted and you’ll have less “filler” homework assignments that are easy points. None of these facts means, however, that you will not do well. It is pretty common for a student’s GPA to drop quite a bit from high school to college, but that doesn’t mean you aren’t doing well. It means you are taking more challenging classes in a college environment. Additionally, if you need help, there are resources on campus you can tap into.

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**Being Nervous about College Actually Means You’re Already Doing Everything Right**

By Kelci Lynn, About.com Guide

Being nervous about starting college is probably the most normal thing you can do. Your apprehension is a sign that you are already interested in doing well. Additionally, rest assured that most of your fears will probably go away after your first week and that even if they don’t, there’s always something you can do to change things.

**COMMON COLLEGE FRESHMAN FEARS**

1. **The admissions office let me in by accident.**
Not true. And even if they did, they’d have told you by now.

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This is, of course, a possibility, but very unlikely; the vast majority of college students get along really well with their roommates. There are things you can do to start off strongly with a new roommate, and ways to handle problems if they arise. Additionally, there are some important steps to take when first contacting your new roommate.

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**Score Higher on Exams**

Developing good study skills pays off

- Ask your instructor what you can expect
  - What material will be covered
  - What should you concentrate on
  - Will the test be mainly objective questions or essays
- Look up copies of old exam, if possible
  - These may be available in libraries. Old exams can give you an idea of what your exam may be like
- Try to predict test question
  - Prepare answers to these questions
- Carefully review your notes
  - Review any highlighted sections of your text
- Improve your memorization skills
  - Use flashcards
  - Try acronyms; make up a word using the first letter of each word or term you want to recall
  - Invent acrostics; these are sentences in which the first letter of each word is the same as the first letter of each word you want to remember
  - Break it up, then repeat it again

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**5 Tips on Conquering Your College Freshman Fears**
**TIPS ON CONQUERING YOUR COLLEGE FRESHMAN FEARS**

5. I’m really going to be homesick for my friends/family/boyfriend/girlfriend back home.
   This is probably true. You will miss all kinds of people back at home; even if you’re not going away to school, you’ll probably end up missing the time you used to have to spend with friends, family, and loved ones. Managing a long distance relationship can be hard, but it doesn’t have to mean you can’t stay. You can miss someone and still make it in college. There are also easy ways to keep in touch with your family, and even though things will change when you get home, your friends and family will still be the crazy, lovable people who are proud of you and your work at school.

6. I’m concerned about my finances.
   This is a very legitimate concern. College is expensive; your funds will be tight; you may be borrowing money to make ends meet. Knowing how to manage your money is one of the best things you can do. Additionally, being aware of the specifics of your financial aid package and getting a good on-campus job are smart ways to be proactive about your finances.

7. I don’t know how I’ll balance so many things.
   Time management is one of the biggest challenges for college students. By learning some important time management skills, however, you can stay on top of your game and learn how to handle a very demanding schedule while still having fun.

8. I’m nervous about being on my own for the first time.
   Good! You should be nervous being on your own, especially for the first time, is hard. But something inside of you knows you are ready or you wouldn’t have wanted to go to college in the first place. Sure, you’ll make mistakes along the way, but you’re ready to head off on your own. And if not, there are plenty of people and support mechanisms on a college campus to help you out.

9. I don’t know how to do basic things, like doing my own laundry or cooking for myself.
   While managing things like this is a common fear, there is also an easy fix. Before leaving for school, have someone teach you how to do laundry. If you’re already at school, learn by watching someone. If you don’t know how to cook, try watching some cooking shows or cooking with some friends. In no time at all, you’ll be a laundry-washing, dinner-cooking college pro.

10. My health is really important to me, and I’m worried about gaining weight and the “freshman 15.”
    Being healthy and staying healthy in college is really important. Most incoming students have heard of the dreaded fifteen pounds that every incoming first-year student (supposedly) gains when they start school. With a few small but simple choices, staying healthy and avoiding the freshman fifteen is actually a lot easier than one would think on a college campus.

11. I’m intimidated by professors but know I may need to go to them for help.
    In addition to being incredibly smart and, yes, even intimidating at times, most college professors are actually really nice and approachable. There are many easy, low-key ways to get to know your professors without coming off too aggressively.

12. I’m worried about being disconnected from my religious life, practice, and community.
    Being away at school doesn’t have to mean being disconnected from your religious life. In fact, there are multiple ways to keep your religious life and college life integrated while in school.

13. I’m worried about my safety now that I’m on my own.
    While your safety should always be on your mind, there are some ways you can be proactive about your safety in college.

14. I don’t think I can handle all of the stress.
    College is a very stressful place, but being in a stressful situation and being stressed are very different things. Managing college stress takes some practice, but is definitely manageable.

15. I have no idea what I want to do after college.
    This is a really common fear for incoming students. While you should still know how to pick your classes and eventually how to choose a major, you’ll have more time to explore your interests and be open to new ideas and career choices.
To our Take Stock in Children Graduates – Class of 2014:

Congratulations on your high school graduation! This is the beginning of a new and exciting journey into a world filled with opportunities. Take Stock in Children has been, and will continue to be, your partner to support you every step of the way – from college graduation and beyond.

I hope you will find “The Orange Book: College Success Guide” helpful in navigating your way through this exciting chapter of your life. The guide provides easy-to-follow steps to prepare for this new experience on your educational pathway to success.

Remember to immerse yourself in your college experience. Become a student leader or a member of an organization on your college campus. Stay committed to your studies, give back to your community and always challenge yourself to be passionately engaged in your future.

I wish you great success with all of your academic endeavors. I am confident as a Take Stock in Children Alumnus – you will make us proud!

Sincerely,

Madeline Pumariega