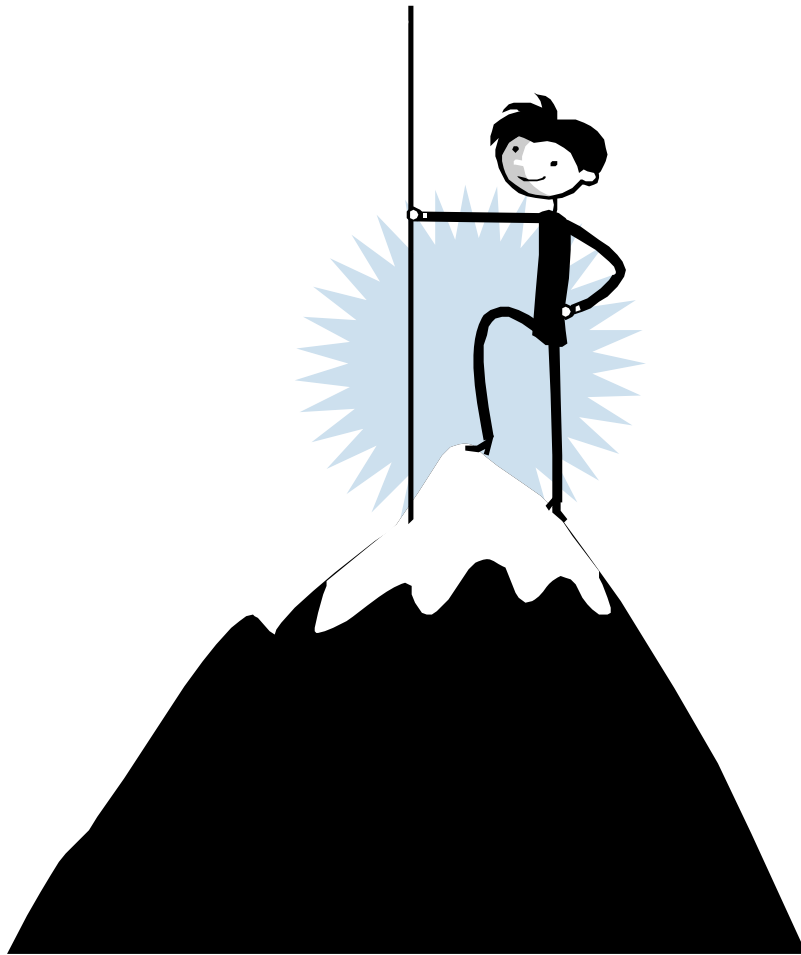


# ***Freshmen to Freshmen:***

## ***A Guide to Mastering Your Freshman Year***



**BROUGHT TO YOU BY FORMER FRESHMEN**

**Edited by the CAS Academic Advising Center**

**Congratulations on beginning the next leg of  
your educational journey!!**



**You have begun a new school year at a new place with new  
surroundings and new people. Wow! That's a lot of newness!**

**If you are feeling any of the following:**

<i>Nervous</i>	<i>Confused</i>
<i>Excited</i>	<i>Independent</i>
<i>Stressed</i>	<i>Confident</i>
<i>Happy</i>	<i>Overwhelmed</i>
<i>Homesick</i>	<i>Uncertain</i>



**Then read on! This book is for you!**

# What is this all about?

*THIS IS ABOUT YOU AND YOUR FRESHMAN EXPERIENCE!*



**I have enough to read!  
Why should I read this  
book too?**

**You should read on because this booklet contains something your other reading materials do not: REAL LIFE ADVICE from REAL LIFE PEOPLE who were in your very shoes just a short time ago. It is a wealth of advice from freshmen specifically for freshmen.**

**The academic advisors in the CAS Advising Center assembled this book in an effort to provide you with useful information that will help you make the most out of your freshman experience. The pages of this book are filled with facts, figures, advice and personal experiences brought to you by former freshmen. Additional materials cited from various resources developed through the CAS Advising Center have been included for your benefit. So grab a snack, find a place to get comfy, sit back and read on. This book is for you!**

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## Welcome to the University of Scranton!



*Welcome to the University of Scranton! Congratulations on graduating high school and deciding to make The University your home base for the next four years. You probably have a lot going through your mind as a student new to The University; rest assured that you are in a great place to learn, thrive and grow as a person. You will soon find that you are among friends and family here at The University. I cannot believe how much I have learned about myself as a person after only being here for one semester. You are about to embark on an educational journey of a lifetime in the place of a lifetime. Again, congratulations and welcome!*



**The Initial**

**Transition**

## The first thing to remember is...



### **YOU ARE NOT ALONE!**

*Take a look around you. There are so many students your age in the same position as you. Some students are far away from home, and some are a few minutes away, but each is at a new point in their lives. There are so many people on campus who are willing to help you and offer their help.*

### **EVERYONE ELSE IS IN THE SAME BOAT!**

*Believe me, everyone is feeling the same way as you. Don't let anyone fool you; these years are going to be the best years of your life. You will learn so much and you will also grow as a person. Remember, everyone is missing their family and friends too, befriend everyone you can, and help one another out.*



### **EVERYONE MUST FIND A WAY TO MAKE THE TRANSITION!**

*Two key parts in surviving the transition from high school to college are remaining levelheaded and not worrying about what other people think. It is true that everyone changes – even if it is not drastically – when they step into college life. Finding yourself, discovering exactly who you are and what you want to become, is one of the greatest challenges and one of the greatest fulfillments that will happen during these four years. It is crucial, though, not to rush this process. There are many people who come to college not knowing exactly where they're going. The answers will come eventually, so don't be too distressed if your neighbor has the course of her life carefully plotted out while you need to flounder for awhile.*



*The college transition is hard; there is no reason to lie about that. But, even though at times things can seem overwhelming, there are ways in which to make it easier. It helps to remember that you are not the only one who is new to this experience. Each time I would call my mom in a homesick state she would say to me, "Almost everyone is feeling the EXACT same way you are right now." Those words started to make so much sense for me. I found others who were feeling the same way I was by simply starting a conversation in my freshman seminar class or joining a club or asking if anyone wanted to grab a bite to eat. It is inevitable that there is going to be someone who feels like you do about this new experience, you just need to find them.*

**On the positive side...**

**FREEDOM AT LAST! FREEDOM AT LAST! THANK GOD  
ALMIGHTY, FREEDOM AT LAST!**



**Along with an increase in freedom comes an increase in responsibility.**

*College gives you the first chance to be independent. For me personally this was a shocking change that took a little bit of time to get adjusted to. For the first time in my life I had to take care of everything for myself.*

*Your first year here will be fun but you will also have an increase in responsibility. You will need to go to class and pay attention as well as do your work on time. You will meet new and interesting people. If you act responsibly during your freshman year, college is a great opportunity to grow both as a student and an individual.*

*The transition to college from high school brings many new challenges and responsibilities. These include studying when you are supposed to, time management, going to class and living on your own. These are just a few of the many new responsibilities you will encounter during your freshman year.*

*One of the greatest things about coming to college is the freedom you experience. One of the scariest things about coming to college is the freedom you experience. One of the most valuable lessons you will take away from your first semester as a freshman is the appreciation you develop for the word **responsibility**. Starting off as a new student is not always going to be easy, but it will be a lot easier if you act responsibly.*

*...Do not take the freedom for granted. Always remember that you are an adult now and you need to act like it. Go out and have fun but don't go crazy: it will come back to haunt you.*

**FREEDOM + RESPONSIBILITY = SUCCESS**

## **IT WILL BE DIFFERENT, AND IT MAY EVEN BE DIFFICULT, BUT HAVE FAITH!**

*Remember to believe in yourself! The transition to college is a big adjustment and you might hit some bumpy patches along the way. However, don't forget that hitting a bumpy patch here or there along the way is part of the learning experience. If you believe in yourself and act responsibly, you will make it through and you will have some of the best experiences with some of the best people that you will ever meet.*

## **YOU CAN DO THIS! IF YOU HAVE FAITH AND BELIEVE IN YOURSELF, YOU WILL DO THIS!**

*YOU CAN DO IT! I know you have a lot going through your head right now; the transition from high school to college is a major life change. A couple of months ago I was in your very shoes. I remember feeling very overwhelmed at the thought of leaving home and going to a new place with all new people. I was so nervous on moving day. However, once I had a few days under my belt and met some people, I realized that I was not the only person feeling nervous. Sooner rather than later I began to think, "Hey, I can do this." When I began to have confidence in myself, I began to see the transition to college as an amazing time in my life. I look back on the past couple of months, and I cannot believe how much I have learned in such a short period of time. I have learned that college is very different from high school in that school really is a full time job. I have learned that it is up to me to get my work done, keep my room and laundry clean and to take care of myself. Also, it is up to me to maintain a balance between my friends and my work load. Being on your own and calling the shots for the first time in a new place is a big step in life. Having faith in my ability to call the shots and make good decisions has helped me learn the true meaning behind the word responsibility. If you believe in yourself and your ability to make good, healthy decisions, your transition to life here will go a lot smoother. The University is a wonderful and enriching environment with something to learn along every step of the way; I am really very excited for you. The transition to college is exciting and fun while at the same time filled with uncertainty; if you hold strong to your faith, believe in yourself and act responsibly, I think you will enjoy this time as much as I have.*

*Amidst all the newness and uncertainty, don't forget to focus on your strengths and what has gotten you through in the past. Have confidence in yourself and embrace the new experiences and individuals that come your way; it is these new experiences and individuals that you will learn from.*

*Hold fast to your faith; faith in yourself, faith in those around you and most of all faith in God above. You are surrounded by a community that cares about you. Have faith and reach out to others when you need help.*





**YOU'LL MAKE IT THROUGH...TAKE IT FROM SOME PEOPLE WHO STARTED TO CLIMB THE LADDER NOT TOO FAR AHEAD OF YOU.**



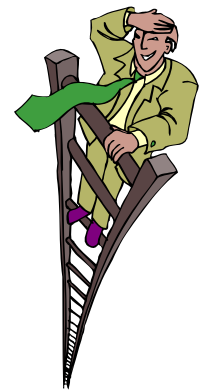
*When I first arrived on campus, I was very nervous and scared because I did not know what to expect. My parents dropped me off in a new place with strange people and for the first time I was on my own when just a week before I had a curfew of midnight. I remember wondering if I could handle this change, but I quickly realized that I was not the only one going through the experience of being on my own in a new place. Talking with others going through the same experience gave me hope. Looking back on it, by opening up myself to others and sharing in their experience, I learned that I could make it through all this newness. I have made it through and I have ended up loving every minute of it! I love this place; open up yourself to new people and new experiences and you will come to love it here also.*

**REMEMBER, YOU ARE HERE BECAUSE THE UNIVERSITY OF SCRANTON THINKS YOU CAN DO IT! BELIEVE IN YOURSELF AND YOU WILL DO IT!**

*You are here for a reason; a reason that says you can do any task that is given to you here. You wouldn't be here if you couldn't. Don't ever sell yourself short or back out of something merely because you are too afraid that you cannot do it. Take advantage of the opportunities that you have been given.*

**DARE YOURSELF TO REACH THE TOP!**

*I've been in your shoes and survived. So can you, even though you may think you can't. When I began my freshman year I was in a panic. I did not know what to do or where to turn. I was confused and scared. Now that the semester is almost over, I have found that I feel more comfortable being here, and that things are working out OK.*



# The 7 Secrets of Academic Success

**IF YOU WANT TO SUCCEED ACADEMICALLY AND MAYBE SNAG A SPOT ON THAT COVETED DEAN'S LIST, THESE 7 SECRETS ARE FOR YOU!**

## **1. Make Academics Your First Priority!**

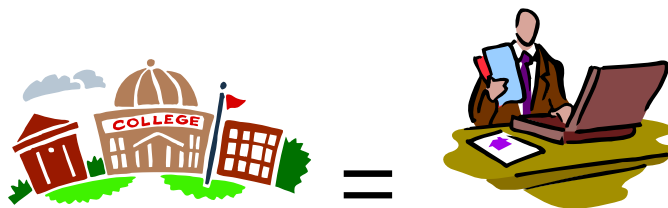
*Studying should be your top priority as you enter college. If you obtain a high GPA your first year, it's much easier to maintain that average throughout your entire college career.*

*If I new what studying I had to do in college I would have started reading all my books the day I moved in.*

*Understand that you are not in high school anymore, which means that your professors give you much more reading, less tests and quizzes and require much more responsibility overall. College is a fun and absolutely spectacular experience, just make your academics your number one focus, stay on track and keep yourself happy.*

*All I can say is that this is college. All your professors, especially your freshman seminar instructor will say that you need to devote 30-35 hours a week to your work and studying. My reaction at first (and your reaction right now) is probably yeah right. Honestly, you will find out that you do need to put in this kind of time to succeed. Academics do take up a lot of your time so make them your priority.*

**School is your full time job!**



## 2. Maintain a Healthy Balance Between Academics and Your Personal Life!



**Don't let your social life come first.**

*My biggest regret is that up until mid terms, I put my friends before my books. I spent so much time going out and having a good time with my friends that I quickly fell behind in my work. I had no idea how quickly I could fall behind if I did not keep up with my work. Luckily, I learned my lesson in time and realized that my studies would have to come first if I was going to pass my classes. I have realized that there are often going to be times that I have to say no to things like going to the movies or hanging out in the dorm because I have to study; my friends will still be there tomorrow. I was lucky that I learned the importance of making it a priority to hit the books when I did. Some of my friends never learned this lesson and unfortunately have ended up failing several classes because they put their social life first.*

*When you are tempted to put the social scene before your studies, just remember that your friends will still be there tomorrow. However, your ability to pass the upcoming exam may not. Don't blow off your studies to socialize. You are wasting too much money to put your personal life first.*

*Learn to prioritize. Good friends want you to succeed. They will understand if you need to stay in to finish some work. You may even serve as a positive example to them! If your friends don't understand then they're not very good friends at all.*



## **But don't let Academics become your sole focus either.**

*At first all I did was hit the books. I devoted day and night to my studies, I was afraid that I would fall behind if I didn't. I thought things like going out for dinner and hanging out with people on the commons were things that I did not have time for. After a couple of weeks of this, I realized that I was starting to feel burned out and my ability to focus on my work suffered. Plus I was not meeting people. I talked with my roommate about this and talking about this experience helped me realize that having a social life not only helps prevent burnout, but it is also a part of the educational experience; I learn just as much from my friends as I do from my books.*

*My advice would be to go to class, plan your work in advance, but also remember to leave time for a social life.*



## **Remember...the secret is to maintain a healthy balance.**

*It is just as important to learn from everyone we meet, as it is to learn from our textbooks. Don't devote your studies to one at the expense of the other.*

*You can receive an education from all parts of your college experience. You can learn from your friends and extracurricular activities as well as your books and your professors. To learn from the different parts of your college experience, learn to maintain a healthy balance between the different parts of your experience.*

*You are in charge now. Make an effort to manage your time so that you find a healthy balance between your schoolwork and the social scene.*

*The work is demanding and you need to be organized to stay on top of it. If you can balance your social life with your school work, you will have an amazing time here at The University of Scranton.*



## **You Need to Study But You Also Need to Meet New People and Have Fun!**

### **3. Learn and Utilize Effective Time Management Strategies!**

**Student, friend, employee, family member, significant other, volunteer, club member...so many roles and so little time.**



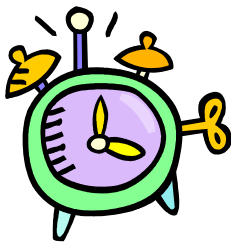
**Learning to manage your time will help you maintain these roles!**

*Effectively managing your time is the most important thing that you must do to start off your first semester. Unlike high school, you don't get a second chance to hand in assignments.*

**What makes managing time in college so different from managing time in high school?**

### **SCHOOL IS A FULL TIME JOB!**

Did you know that the University recommends that you average about two to three hours in studying (including library work, term papers, exams, themes, exc.) for each hour spent in the classroom? This means that if you are taking fifteen credits this semester, you should be scheduling thirty to forty five hours a week to study for these classes. This time does NOT include the time spent in class. In other words, the amount of time you spend preparing for your classes literally equals the amount of time a person devotes to a full time job. It is true.



**Alarmed? Don't worry. We are going to provide you with some time management tips that will assist you in using your time effectively so you can find that balance we have been talking about!**





## Tidbits to Manage Your Time

### ◆ Get yourself organized.

You need to have good organizational habits if you want to be able to manage your time effectively and stay on top of all the things that get thrown your way.

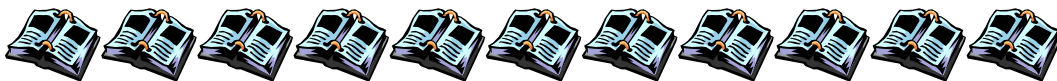
#### **The following tools are a must have:**

1. A semester overview – to list the due dates of all of your assignments for the semester.
2. A calendar/planner – to record assignments, deadlines, appointments, etc.
3. A folder or binder for each class – to keep all handouts and other materials for each course.

*A word to the wise, keep different materials for different courses separate from each other. For example, keep a different notebook for each course. Time spent sorting through materials to find what you need is valuable time wasted.*

## DISORGANIZATION = TIME LOST

### ◆ Start off your semester by creating a schedule and actually using it.



#### **When creating a schedule, plan for the long term as well as the short term.**

*Learning to plan for the long term as well as the short term is one of the secrets to my success. My strategy was to make a general schedule for the entire semester and then prepare a more specific plan for two or three days a week at a time.*

*To keep things organized, I made an overview listing the due dates of all of my assignments for the semester. On a daily basis, it helped me to keep a to do list. I made a general list of what I had to do every day and then I listed the time that I would aim to do each task. I also listed homework that I wanted to get done at night if possible.*

**Include enough time for studying.**

*One of the biggest mistakes that I have made this semester is not making enough time to study. Listen to your freshman seminar instructor and manage your time effectively so that you have two to three hours of study time to devote to your studies for every credit hour that you are in class.*

**Give yourself time for fixed, planned and recreational activities.**

*When making a schedule, begin by listing the activities that come at fixed hours and cannot be changed. Eating, sleeping, and the time that you attend classes are examples of such activities. Next, schedule your flexible time commitments; these hours can be changed with other hours if you find that your schedule must be changed during the week. Plan your recreational activities last. When you need to alter your schedule, you should trade time rather than steal it from the schedule you created. For example, if you have a friend pop in during a time you set aside for studying, you can trade an equal amount of study time for the period you set aside for recreation.*

**Leave some unscheduled time for flexibility.**

**◆ Once you have established a routine, stick to it!**

*The best way to avoid wasting your time is to establish your routine early and stick to it! If you create a schedule and stick with it during the first few weeks, it will become habitual and you will accomplish a lot without having to force yourself to do things.*



**◆ Use your free time wisely.**

*You will have a lot of free time; use it to get ahead in your studies. Don't waste this time and fall behind.*

*The difference in college is the amount of time that you have to do the work. You will have a large amount of down time and you need to use it wisely. Try not to leave all your work to the last minute because it will build up and cramming in college just does not work. One thing that you need to keep in mind is that you are working not only to get good grades, but you are trying to become more knowledgeable in an area that very well may become your profession.*

◆ **Do Not Procrastinate!**

**Procrastination = Last Minute = Poor Quality Work = Bad Grades = Stress**

*It is really important to do all of the assignments, which include readings, when they are assigned. Procrastinating in college just makes the situation a lot more stressful and that is definitely something that is not needed.*



*If I can help in any way, I would say manage your time! The overwhelming stress of getting work done last minute is horrible. Even if you just work 10 minutes a day on the assignment it is better than not time at all.*

*Do not procrastinate on assignments. I found that the easiest way to keep up with work is to do the work assigned that day after class. This way the work is done for the next class and you are not rushing the night before.*



◆ **Getting a head start is a great way to get ahead!**

*The advice that I would like to give you is to manage your time well. Study for things in advance so that you have time to learn from the information.*

*When it comes to the classroom, college is more like teaching the material to yourself rather than the teacher explaining every little detail to you like in high school. I have found that you must start to study and prepare for a class more than a week or two in advance to be able to cover the material thoroughly and understand it for an exam. Waiting for the night before to start studying will not work in college. If you start to fall behind, make an effort to seek out help with materials that you don't understand immediately.*

- Our discussion on time management includes information from the following website: <http://www.ucc.vt.edu/stdysk/stdyhlp.html>

**Who can help me with my time management skills if I need help?**

- **The Center for Teaching and Learning Excellence (CTLE)**
- **Your Academic Advisor**
- **Other Students**



## 4. Learn and Utilize Good Study Habits!

### YOUR STUDY SKILLS ARE IMPORTANT!



#### And why is that?

*Because at this level if you don't know how to study effectively, you won't make the grade. It can be pretty overwhelming when you have three six chapter tests and a major paper due all in one week and you don't know where to start.*

#### Take it from someone who has been there.

*The tests in college are different from high school. Instead of just knowing some of the material and getting by, in college you need to know everything to pass your test and every test counts. My first test in each of my classes was a real eye opener, the professors gave me my test and it looked alright but when I looked at it closer everything in the book that we ever read was on the test. Going into the classes you need to know your material inside and out.*

*My first test in my major was scary. In high school, we had tests virtually after every chapter. Now I have tests that include over seven chapters of material! At first it sounded impossible, but I was able to adapt with the help of my roommate and professors.*

**Don't just aim to study "harder," aim to study "smarter!"**



## **How?**

- **By taking the time to write down assignments on your calendar/planner and by giving yourself enough time to complete them. Break big assignments into day-by-day assignments.**
- **By outlining chapters, writing out problems, making a list of your questions and presenting them in class or privately to your professor during office hours. Do something for each class every day.**
- **By considering carefully what each different course requires. How is preparing for Theology different from studying for Math/Science?**
- **By working every day on your classes, even if it a weekend, even if nothing is specifically assigned.**
- **By keeping up with all of your assignments. Complete all of your reading on time. Divide long-term assignments into manageable units. If you know NOW that on October 11 there will be a Philosophy exam, begin NOW to prepare, little by little, every day...**

**Don't forget the role time management plays in your ability to study effectively.**

### **Tips for utilizing your time to study smarter**

- **Study at the same time every day.**
- **Make use of your free hours during the school day. If you have three hours to kill, use this time to get some work done in the library.**
- **Plan study periods to follow class periods. Whenever possible, review or rewrite your notes directly after the class has ended. This will help you process what you learned in class and it will help you make more sense out of your notes.**
- **Plan at least one hour of review time a week for each class. Weekends are a good time to review.**
- **Space your study periods. Fifty to ninety minutes of study time for each course works best. Relaxation periods of ten to fifteen minutes should be scheduled between study periods. It is more efficient to study hard for a definite period of time, and then to stop for a few minutes than to hold a study marathon.**

**Once you set aside the time, you must do the work! Remember, the University expects that you are devoting 2 to 3 hours of time to studying outside of class for every hour that you are in class.**

## **SCHOOL = FULL TIME JOB**

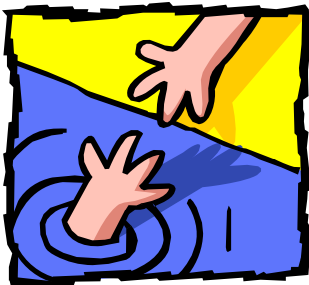
**You must do the work if you want to keep the job!**

**Take it from experience.**

*In the beginning, I didn't think I had to keep up with all the reading assignments. I thought I could make it up later. I was wrong. It all piled up and got to be too much. My tests came around and I was not prepared because I did not keep up with the work. I failed a few tests and got off to a real rocky start. I learned that you have to put in the time and keep up with the workload if you want to have a successful academic career. Since then, I have learned my lesson. I do all of the assigned readings and I break my bigger assignments into smaller ones so I can work on them as time goes along and I don't fall behind. Don't learn like I did. Put in the time and study smart.*

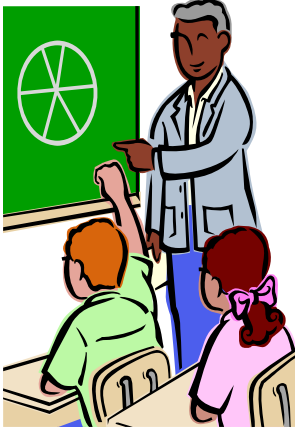
*Learning how to study correctly is key. Most people just glance over their notes and move on. In addition to just reading you have to interact with the text itself to help you understand the material, perhaps writing side notes or even paraphrasing helps. Flash cards are a wonderful tool as well!*

**Where do ask I for help if I need help with my study skills?**



- **Talk with your professor**
- **Talk with other students**
- **Consult with your academic advisor**
- **Receive help through The Center for Teaching and Learning Excellence (CTLE)**
- **Talk with your professor again**

## 5. Go to class and get actively involved in the lesson!



### Reasons to go to class

*Like your teacher has probably already stressed to you, if you do miss a class, you miss a lot of information in that one day.*

*The students who go to class regularly get better grades and get more out of the class. Plus they make a much better impression with the professor.*

*I found that attending classes has really benefited me and helped me achieve good grades.*

*Think \$\$ - So you get your money's worth! Duh!*

### Reasons not to skip

*I've discovered that skipping class is a quick ticket to failure.*

*A lot of work is covered in one class. If you miss class, you will quickly fall behind!*

*If you miss it is hard to catch up. I have observed some students who don't regularly attend class struggle more with the course material.*

*Missing class does not leave a favorable impression with your professor.*

*Classes usually have an attendance policy and if you skip class it could negatively affect your grade. Students have failed simply because they missed too many classes.*

### What about the absences you allowed for each class?

*These absences are given to you to use when you absolutely cannot make it to class, like if you become ill or get hurt.*

*Only use your allowed absences if you need them! Save them until then! You never know when an emergency will arise!*

### O.K. You need to miss a class. What should you do?

1. Contact your professor and inform him/her of your absence. Let your professor know you will be absent before class if possible.
2. Meet with your professor during office hours to find out what you missed.
3. Talk with other students about what you missed. Ask them for their notes.

And when you feel like skipping a class, remind yourself of the following facts:

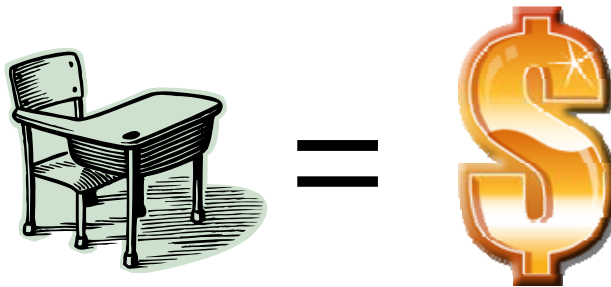
**IF YOU DON'T GO TO CLASS, YOU ARE WASTING TIME AND MONEY!!**



And Just How Much Are You Wasting?



- Tuition = \$712 per credit (Flat Tuition Rate of \$25,638/12-18 credits per semester) This amount does not include room and board.
- 3 Credit Course = \$2,136
- MWF Class = \$50.86 per class (14 week semester = 42 classes)
- TR Class = \$76.28 per class (14 week semester = 28 classes)
- 1 Day/week class = \$152.57 per class (14 class meetings)



**And the moral of the story is get yourself to class!**

## O.K. I'm going to class, so now what?



### Words of Wisdom on In-Classroom Behavior

- Turn off your cell phones, beepers, and anything else that makes noise before you get to class. Leaving those things on makes you look rude and distracts everyone else who is trying to learn.
- Arrive to class on time. If you are late, apologize for being late and explain why you were late to the professor.
- Get a seat towards the front of the classroom. Statistics show that the closer you are to the front the higher your likelihood of getting an A.
- Don't talk during class; it's disrespectful.
- Give your professor 100% of your attention. Be attentive in class, it doesn't look good when you look like you are falling asleep. Take a minute, and think what the professor might be thinking about your behavior. What message does it send?
- Participate in class! Raise your hand and ask questions and give answers. Show you are interested and putting an effort in learning the material. Some professors count class participation as part of the grade.

## **Don't forget that your behavior outside the classroom counts as well!**

### **Tips for Extending Your Classroom Etiquette Beyond the Classroom**

- Communicate with your professors and advisors on a regular basis. Go see your professors during their office hours. This is a good time to talk to them if you are having trouble or need assistance. Even if you don't have any questions it is a good time to stop by and introduce yourself.
- Check your Uof S email and campus mailbox regularly. Professors, advisors, RAs, and administration use this as a way of communicating important messages to students.
- Respond promptly to emails, phone calls, or notices you receive from your professors, advisors, RA's and administration. Don't ignore their attempts to contact you; it makes you look lazy and rude.
- If you attempt to contact a professor or another University professional and you get no response, try again! There is more than one way to contact somebody.
- Remember to treat every interaction with the professionals you encounter as if it were a job interview!

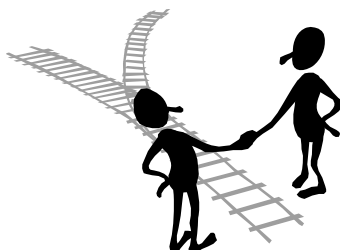
**Working to make a good impression is like putting chips in the bank. You never know when you will need to cash them in.**

**Remember to extend these good manners when interacting with ALL University professionals. A favorable impression is a good thing to have; you just might need one of these professionals to attest to the quality of your character someday.**



## Dorm Living

*Dorm life is far different than I could have imagined. Personally, living with someone else is still something that I am getting used to three months in. You really have to get used to compromising and being considerate of the fact that this is somebody else's room as well.*



### TIPS FOR SHARING A PEACEFUL LIVING SPACE

- ◆ Give your roommate a chance. You might hit it off, and you might not. First impressions are not always accurate. Remember, your roommate is also new to this arrangement.
- ◆ Set ground rules with your roommate from the beginning. It is easy to coexist peacefully when you know what is expected of each other.
- ◆ Be respectful towards those with whom you share a living space. Treat roommates how you would want to be treated.
- ◆ Be **considerate** towards your roommates' personal belongings.
- ◆ **Respect** your roommate's right to privacy.
- ◆ **Communicate** with each other regarding how your living situation is going.
- ◆ Don't be a back stabber. If you have a problem with your living arrangement, don't talk to other people about it. Talk to your roommate first.
- ◆ Learn to **compromise**.

### **YOUR RA IS THERE TO ASSIST YOU IN MAKING YOUR DORMING EXPERIENCE A POSITIVE ONE!**

- ◆ *Take time to get to know your RA. He/she may prove to be a good friend when you need one.*
- ◆ *Respect your RA. He/she is like an older sibling.*
- ◆ *If you have a question, don't hesitate to ask your RA. He/she has been around the campus longer than you have and may be able to provide you with some good advice.*
- ◆ *If you are having difficulty with your living situation, talk with your RA about it.*
- ◆ *Your RA works hard to make your dorming experience safe and enjoyable. Don't forget to show your appreciation.*



## GET TO KNOW OTHER PEOPLE IN YOUR DORM!

- ◆ *A great place to meet new people is in your dorm.*
- ◆ *Don't be shy. Try to be outgoing even if you are not naturally. When you get to your dorm, walk up and down your hall and introduce yourself. Ask if anybody needs a hand. You never know if the guy or girl in the room next door is going to be your new best friend. Extend yourself to others; it can't hurt, can it?*
- ◆ *Try to get to know the people around you. The place will seem like home a lot faster if you open yourself up to others.*



## KNOW THAT SOMETIMES DORM LIFE IS NOT IDEAL...

*I get along really well with my roommate, but I know a lot of people who have not been so lucky. If you do have problems you need to talk about them before making hasty decisions. It's better to discuss things with your roommate than with other people. Just try to stop any problems before they start or before you get in too deep.*

## DORM LIFE DIFFICULTIES...HOW DO I DEAL?

- ◆ *If you are experiencing difficulties in your current living situation, communicate directly with the individuals involved in whatever may be causing the problem.*
- ◆ *If communicating with others does not help solve a problem in your living environment, talk to your RA and ask him/her for suggestions.*
- ◆ *If you are experiencing problems with your living situation that you were unable to solve by pursuing options one and two, you may contact Residence Life @ 941- 6226.*



## The Commuter's Corner



### **ADVICE FOR COMMUTERS FROM COMMUTERS**

*The commute itself isn't the hard part. In fact, the most difficult aspect of being a commuter isn't traffic or gas prices or still living with your younger sibling...The immense social "learning curve" was, for me, the most difficult part of my initial freshman experience. When commuters first arrive, often the only social time they share with their peers is class time.*

*My best advice to incoming freshman commuters is to be around the campus as much as possible, whether it is at the library, the cafeteria, or just hanging out with friends. It is a good way to get the real college experience without actually living on campus. Although you might think you don't need to make new friends because you know enough people already, it is always better to make some new friends also. You will most likely not have too many classes with people you already know, so it is good to talk to people in your classes and get to know them.*

*...life as a Scranton commuter demands the constant expectation of delays, hassles, and, over the course of the semester, hours wasted in traffic. Be wary, then, of arriving late to class, or returning late from class.*

*Get involved in campus activities! Getting involved is a great way to meet people. The more involved you get, the more successful and meaningful your college experience will be.*

*If you have breaks in between your classes and you are hanging around campus, use that time to study in the library! You would be surprised how much work you can get done between your classes.*

*Pack a lunch or some food to snack on. Some days you might be on campus all day long. Eating out all the time can be expensive. Packing food to bring with you can save you a lot of money, which is hard to come by for us college students.*

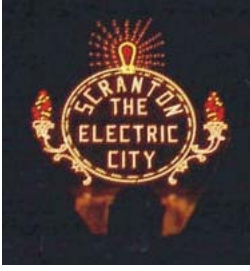
### **CAMPUS RESOURCES FOR COMMUTERS**

The Commuter On-Campus Life Association (COCA) is a student-run organization that provides programs and information for commuters and off-campus students at the University of Scranton.

**Location:** Gunster

**Phone Number:** 941-6335





## Living in Scranton



### **WORRIED YOU'LL BE BORED? THERE ARE A TON OF THINGS TO DO IN THE ELECTRIC CITY!**

*Scranton can be a very interesting city if you know the right places to go. The Scranton Cultural Center hosts some really great concerts and Broadway shows if you are interested in those types of events. The University has a Royal Ball that is good for people who like to get dressed up and dance. They also have some free concerts if you're a music junkie or lectures/debates if you are into that sort of thing.*

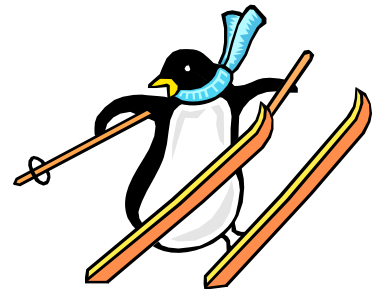


*If you're looking for a fun way to pass the time, check out the downtown movie theater. It's right across from the Steamtown Mall, so it's just a short walk from campus! Consider doing some shopping while you're there. The mall has a good assortment of clothing and electronics stores as well as, a Bath and Body Works.*

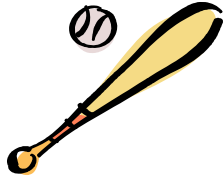
*There are many parks in Scranton where students can go to hang out when whether is nice. Nay Aug Park is just a fifteen minute walk up Linden Street. Nay Aug not only has pools, waterslides, and a small zoo, but it has many paths which are great for running/walking. There are several lookouts to watch the waterfall.*

*The actual "city" part of Scranton is just a few minutes walk from campus. Courthouse Square is basically the center of the city and many events take place here including the Italian Festival (which is on Labor Day weekend and sells great food!) and the finish of the annual Steamtown Marathon.*

*Since Scranton is known for its cold weather and snow, we have two major ski mountains nearby; Montage and Elk. Montage Mountain is only about a ten minute drive away, and Elk Ski Resort is about a half an hour drive from campus. Students can get discounts on lift tickets, and during the spring semester, students can take skiing at Montage as a phys ed class.*



*The actual "city" part of Scranton is just a few minutes walk from campus. Courthouse Square is basically the center of the city and many events take place here including the Italian Festival (which is on Labor Day weekend and sells great food!) and the finish of the annual Steamtown Marathon.*



*If you have a car, or can get a ride, you can go to the Red Baron's minor league baseball team (which is now the minor league team of the New York Yankees). You can also go to the Southside Bowling Alley, ice skating at the Lackawanna Stadium on Ice and Manning Ice Cream Shop.*

*Scranton is full of historical value and actually has a lot interesting places to spend an afternoon. Check out the Everhart Museum, for example. Located right in Nay Aug Park, the Everhart actually has a lot of different kinds of art work and artifacts. If you're interested in trains and would like to go on an excursion or just learn more about them, check out the Steamtown Historical Society located next to the mall.*

### **OR IF YOU'RE LOOKING FOR A GREAT PLACE TO GRAB A BITE OR A CUP OF COFFEE...**

*Cooper's is probably the most popular establishment in the entire city. It has even been mentioned on NBC's "The Office" on a few occasions. Bill Clinton even ate here while he was President of the United States! For anyone who enjoys great seafood or eating in a building shaped like a pirate ship (No, I'm not kidding.), this is the place for you.*



*Coney Island sells the best Texas wieners that money can buy...It's a great spot to grab a quick, yet delicious, bite to eat. Do not be turned away by its seemingly downtrodden appearance outside...Give it a chance and you won't regret it.*



*Osaka is a small restaurant at Courthouse Square. You have the choice of either sushi or a hibachi meal, both of which are cooked (or in sushi's case, sliced) to order right in front of you. Be careful if you decide to go with the hibachi though. You will have to deal with both fire and flying tails of shrimp if you end up with an interactive chef.*



*For coffee, check out Northern Lights on Courthouse Square. It has wireless internet and is popular hang outs for college students.*

*For Italian food, you can't miss with Café Classico on Mulberry! It's a small place but the food's great!*

# Making the Most of Campus Life

## **OPEN YOURSELF UP TO OTHERS**

*Another big part of college involves socializing; meaning you should get out and meet new people and have a good time. Joining a club or a team is a great way to meet new people.*

*You need to put yourself out there to make new friends. I had trouble meeting people for the first few days because I was afraid to open up to new people. But as soon as I stopped sitting in my room I met plenty of people who are now great friends.*

*Leave time to be social and meet new friends because everyone is new just like you and having your friends will always help with the homesickness.*

*Extend yourself to others because you will learn just as much from those around you as you will from your books.*



## **GET INVOLVED**

*Join clubs. This is another one of the best ways, in my opinion, to meet people. (And by people I mean not just clueless freshmen like yourself, but wise upperclassmen as well). Go to the club fair at the beginning of the year and sign yourself up for every club you think you might even be remotely interested in. (Just because you give the club officers your email address doesn't mean you are swearing your life to them.)*

*Getting involved with clubs, sports or activities is not only fun but it allows you to meet many people and build friendships. In the beginning I didn't want to go to any of the weekly events that were available. In the end I realized that getting involved benefited me in many ways.*

*Participating in activities and joining clubs is always a good thing because you meet lots of new people and it keeps your time well managed.*

*After you have a stable schedule and are doing well in your classes, try something new. Join a school organization, club or volunteer somewhere. These types of things can really add to the college experience and enhance your time at Scranton.*

*One piece of advice I give is to get involved. That is one thing I regret. In the beginning I kind of stuck to my floor, now I wish I got to know more people. I highly recommend intramurals and retreats for getting to meet new people.*

## **VOLUNTEER!!**

*Volunteering is part of the spirit of Jesuit education. Scranton students take part in that tradition when they seek out ways to foster social justice in the community.*

*If I could offer one piece of advice, I would say VOLUNTEER! Helping others can be a highly rewarding experience that can teach you a lot about yourself and others.*



*There are so many volunteer opportunities available to students at the U. Join Habitat for Humanity! Work at a local shelter. Or play to your own interests by volunteering at a historical society, hospital, nursing home, museum or publication. If you want to travel, go on a service trip! It's amazing to get the chance to help people in different countries.*

## **LET YOURSELF LEARN FROM NEW PEOPLE AND NEW EXPERIENCES!**

*Keep an open mind to the people and opportunities that you encounter. This is a year of making new friends and encountering new opportunities. You don't know how lucky you are to be starting out your first year here at The University. Act responsibly and learn from new people and new experiences.*

*So many new faces and new ideas. Embrace them all and learn from them all.*

*Freshman year is a year of learning. To learn all you can you must discuss with others who have more experience.*

*The best advice that I can offer is to branch out and explore new things because that is what college is all about, new experiences.*

*An open mind is a growing mind. Keep yourself open to all that exists around you. The next four years are meant for you to grow and prosper as a person. You will learn from every facet of your college experience if you let yourself. Remember that knowing is growing. To grow, you must keep an open mind to all that you encounter. You will get a full education if you view each element of your college experience as a true learning experience. Don't hesitate to learn from the dreams and ideals of those around you. Don't forget to use the next four years to grow as a person and to dream, discover, and achieve.*

## **RESOURCES FOR CAMPUS LIFE**

**Student Affairs:** Gunster (1<sup>st</sup> Floor), 941-7680

**Community Outreach Office:** Gunster (1<sup>st</sup> Floor), 941-7429

**For a more complete list of clubs go to:**

[http://matrix.scranton.edu/academics/ac\\_su\\_clubs.shtml](http://matrix.scranton.edu/academics/ac_su_clubs.shtml)

## MySpace & Facebook



### **SOCIAL NETWORKING SITES HAVE AN OBVIOUS APPEAL.**

*MySpace is cool because it lets you express yourself. I can let everyone know what I'm all about. It's a great way to interact with friends and anyone you meet.*

*MySpace and Facebook help me stay in contact with hundreds of people. It's fun to find people with the same interests as you.*

### **BUT BEWARE THE EFFECT THEY CAN HAVE ON YOUR SOCIAL LIFE AND FUTURE!!**

*You should also exercise responsibility in your usage of websites such as MySpace and Facebook. Online personal profiles beg misinterpretation. You might post something as a playful joke; however, someone reading the post might not perceive your intended jest...references to drugs and alcohol will be taken seriously by a boss or school administrator regardless of your intentions.*

*As you've probably heard, MySpace and Facebook are very dangerous websites...If you put your dorm number on your personal information, anyone can get it and someday you can have a surprise visit.*

### **EMPLOYERS AND GRADUATE SCHOOLS ARE NOW CHECKING ON APPLICANTS' MYSPACE AND FACEBOOK PROFILES!**

*...[C]ollege career counselors and other experts say recruiters are looking up applicants on social networking sites like Facebook, MySpace, Xanga and Friendster, where students often post risqué photographs and provocative comments about drinking, drug use and sexual exploits.*

*Viewed by corporate recruiters or admissions officials at graduate and professional schools, such pages can make students seem immature and unprofessional at best.*

Finder, Alan. "MySpace Profiles Hurt Job Prospects: More Recruiters Use Web for Background checks," The Sunday Times [Scranton] 11 June 2006: A6.

**DON'T JEOPARDIZE YOUR FUTURE!**



# The Most Important Ingredient for Personal Success is...

## YOUR HEALTH AND WELL BEING

**To be a successful student, you need to be a healthy student. Take care of yourself!**

### Hints to maintaining a healthy you

#### **Health Hint #1. Eat right.**

- *Maintain a balanced diet and try to eat healthy foods. It is easy to get stuck in a rut where you don't eat healthy and don't go to the gym. Don't let yourself get stuck in this rut.*



- *Make sure you eat. Food is what gives you energy. If you don't eat, you won't have the energy you need to do your work.*

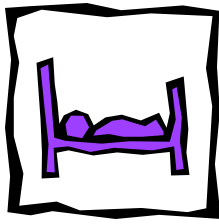
#### **Health Hint #2. Exercise.**

- *Build time into your schedule to exercise. Exercise will help keep you healthy and you will have more energy to focus on the things you need to do.*
- *Exercise is a great way to relieve stress.*
- *To avoid the freshman fifteen, go to the gym. There are free aerobics classes every day of the week, work out equipment, and open swim time. And it's all free!*





### Health Hint # 3. Get enough sleep.



- *Get a good amount of sleep. You will have more energy to do the things you need to do if you sleep well. You will also be more alert and you will perform better if you are sleeping properly.*
- *Go to bed at a reasonable time. Waking up for class becomes difficult if you stayed up with friends until late hours the night before.*

### Health Hint # 4. Relieve stress in healthy ways.

- *After doing a lot of work, give yourself something to look forward to.*
- *Identify healthy ways to relieve your stress and use them! It is very important that you develop stress management skills because there are going to be times you are going to get stressed out and you will need to know how to manage this stress.*
- *Do healthy things to relieve stress. I think it is a good idea to join some kind of a club or team because it gives you a break from your schoolwork. If you are always going to be on campus, it feels good knowing you are there for some reason other than work and classes.*
- *Going to the gym is a great way to relieve stress. You can use the cardio room, use the weights, or use the pool. There are also aerobics classes. Working out helps you kill two birds with one stone: It helps you relieve stress and work on being healthy too.*



### Health Hint # 5. Avoid unhealthy stress relievers.

- *You have probably heard what I am going to say from your parents and every other adult you know. Do not let partying become a stress reliever for you. Take it from someone who has been there, partying will end up causing you more stress in the end.*
- *To many kids take up drinking and/or drugs thinking that it makes them feel better and claiming that it's the only way they can deal with stress in college. But all of these kids are going to get hurt in the end.*



## **Health Hint # 6. If you get sick, take care of yourself.**

*If you start to get sick at school don't brush it off and wait for it to go away. Get yourself to the wellness center and take advantage of the medicines they can offer you. A typical cough can not only be an inconvenience, but if not treated it can lead to a cold, affect your sleeping, and make you miss classes...*

**Don't forget to take the time now to reflect on your own level of self care. Ask yourself the following types of questions:**

- **Do I eat right?**
- **Do I exercise?**
- **What are some healthy stress management techniques that I utilize?**
- **Do I use unhealthy techniques to manage stress? If so, what are they? What are some healthy stress management techniques I could be using instead?**
- **Am I currently dealing with any stressors that might impact my ability to concentrate on my academics?**

**The University Counseling Center supports students in addressing issues that may be impacting their mental health and well being. Services provided through the Counseling Center are free of charge to University students.**

**The Center for Health Education and Wellness also provides a wide array of services to students aimed at promoting student health and well being.**

**Remember, working to establish a healthy plan to maintain self care now will help you successfully handle the challenges of tomorrow.**



## Advice for the Undecided



**The most important piece of advice is...**

**YOU ARE NOT ALONE!**

*Relax. You are not the only student who is undecided regarding a major. There are many students undecided regarding a major just like you.*

*Finding yourself, discovering exactly who you are and what you want to become, is one of the greatest challenges and one of the greatest fulfillments that will happen during these four years. It is crucial, though, not to rush this process. There are many people who come to college not knowing exactly where they're going. The answers will come eventually, so don't be too distressed if your neighbor has the course of her life carefully plotted out while you need to flounder for awhile.*

### **Words of encouragement for students who are undecided about a major**

*Being a student in the CASC has actually benefited me and has given me the space to explore the subjects that I enjoy. At the beginning of the semester, I felt a little worried about being undecided, but now I think it was better that I was undecided during my first semester. Many of my friends who had declared a major now feel that they want to change because their major isn't for them. For me, choosing classes that I thought I would be interested in gave me time to see what was right for me without compromising a major.*

*As a student in the CASC, I benefited from taking courses in a few different areas of interest. I also benefited from the support of my freshman seminar and from using the resources available to me when exploring majors that interest me. I have now declared a Psychology major and I am extremely happy.*

## **Advantages of being a student in the Common Curriculum**

You get to take different classes to see what you are interested in.

You are able to explore your options before choosing a major.

You have the chance to explore different majors and “test the waters”

The support you will receive in freshman seminar.

There are many resources available to help you in your efforts to explore majors of interest.

## **Use the resources available to help you explore, explore, explore!**

Have a course catalog in your possession. Review the course catalog and make a list of the majors that interest you. Take courses in the majors that interest you. Actively seek out faculty members and students associated with majors that interest you. Also, get involved with activities and organizations associated with majors that interest you. Explore, explore and explore some more!

## **And just what are some of these resources?**

Your course catalog

Faculty and staff affiliated with majors of interest

Fellow students

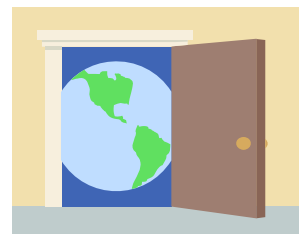
Career Services

Your freshman seminar course

Academic Advisors

Professionals working in fields that interest you

**Being Undecided + Exploring Options =**



# Getting the Most from Your Advising Center

You may think that you don't know what to ask an academic advisor, but some important questions to ask as freshmen are:

- What (and when) is drop/add?
- When do I have to declare my major?
- How can I change my major?
- What type of teacher is he/she?
- How can I use the library effectively?
- How do I register for my classes?
- What is a good study/time management technique for me?

(Editor's note: All of these questions may be asked of your Academic Advisor in Room STT 309.)

**REGISTER HERE**



*Be prepared for online registration. The first semester is great; we are given a class schedule and can make adjustments from there. However, online registration is different and can be difficult if you are not prepared. The best way that I can prepare is to look at the CAP sheet for my major, look in the catalog at the classes that are required, and then fill in the electives. Discuss your reasoning for course selections with an advisor, and most importantly, have alternate courses for your schedule.*

*Unlike high school, you now have the choice of taking a wide variety of courses. Try not to take unchallenging courses. Unless "Basket Weaving 101" is a requirement of your major, don't take it. It may seem like the easy way out, but it will not lead to a "well learned you." Stretch your mind; you'll be amazed at how much you can learn.*

*Remember that you can go to the Advising Center even if you don't have an appointment. It gets busy around registration time when everyone has appointments, but at other times you can usually just drop in and see someone immediately.*

# Resources and Services

- **College of Arts & Sciences Academic Advising Center** located in STT 309, 941-6323; for assistance with scheduling difficulties, academic difficulties, major concerns, time management and study skills.
- **Center for Teaching and Learning Excellence (CTLE)** located in the Harper McGinnis Wing of STT, 5<sup>th</sup> floor, 941-4038; for help with time management, study skills, test taking skills, tutors and writing papers.
- **Counseling Center** located in McGurrin Hall, 2<sup>nd</sup> floor, 941-7620; for help with personal concerns and deciding upon a major.
- **Center for Health Education & Wellness (CHEW)** located on 1130 Mulberry Street Scranton, PA 18510, 941-4253; for health information and programs to support academic, social and spiritual success.
- **Career Services** located in Ciszek Hall, 1<sup>st</sup> floor, 941-7640; for assistance with deciding upon a major and/or discovering your interests.
- **Financial Aid** located in STT 401, 941-7700; for help with financial aid questions, loans, scholarships, etc.
- **Professors!** Yes, believe it or not, you should talk with your professors about your academic progress and concerns.

\*Please consult The University of Scranton website for a more comprehensive list of campus resources available to student.

<http://matrix.scranton.edu/resourcesfor/currentstudents.asp>

**IT'S YOUR FUTURE; ASK QUESTIONS!**



# Parting Words of Wisdom...

## **Be True To Yourself**

Be responsible and stand up for what you believe in while at the same time keeping an open mind to the views and experiences of others.

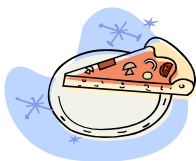
Be good to yourself in every way. Life as a college student is very busy and the work is very demanding. Take care of yourself so you can take care of the many tasks that will come your way. An important piece of taking care of yourself is making healthy choices and saying no to things like drugs and alcohol. If you are responsible and make good decisions, you will have more time and energy to meet your daily demands.

College is a spectacular experience, just stay on track and keep yourself happy.

## **Fun facts to make College life easier**



Bring lots of food with you! Knowing the cafeteria schedule can be tricky and grabbing something from your room right before eight in the morning is easier than waking up earlier and going to the cafeteria.



After a long night, nothing beats Goodfellas, City Slice, or the Grease Truck. You can't miss them either, they are all on Mulberry.



Flex dollars are free money the school gives you for food. Let me say this again, FREE MONEY. Use it!

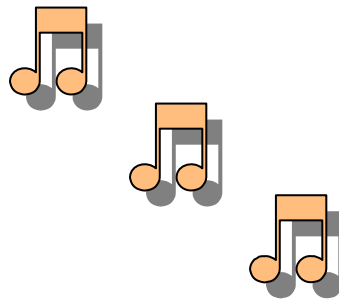


Take naps. Naps are your friends. If you are up late at night working on schoolwork, getting the rest will really help you.



I'm sure you will be receiving a ton of different papers, flyers, delivery menus, and that sort of thing. Read through them all. They are boring, I know, but some of them might be important, you never know (especially the menus, hang on to them).

## We leave you on this note...



*As long as you are prepared to work you will enjoy college. Get ready for the best four years of your life. Once again, congratulations on your choice to attend The University of Scranton. I think that you will like it very much here.*

*Remember that the key to making it through your first semester and finishing on top is to work to maintain a healthy balance. For the first time, you have so much thrown your way and you are in charge. Since it is you calling the shots, call them responsibly. Don't focus on one aspect of your experience at the expense of the others. Remember, take care of yourself and put your schoolwork first.*

*During your first semester, you will encounter a lot of newness, uncertainty and hard work. Don't forget that out of all this newness will come some of the greatest learning experiences of your life. Don't forget to enjoy the journey of this first semester. You will most likely enjoy it if you act responsibly.*

*The Days here are getting easier because I am very used to the college routine. I've learned how to manage my time, eat well, try to exercise and get all of my homework and studying completed. Coming into this experience I did not think I'd last, but now I can see myself spending the rest of my 4 years of college at Scranton.*



# CONCLUSION

Almost every problem has the potential to be solved if you face it. Trying to figure out the meaning of life while you're also faced with three tests, two papers and a lab report is not something you can do in a night. Think about what makes YOU feel that you have accomplished something important. Think about what your interests are, and who you are and who you would like to become. Think of which classes you feel the most comfortable in, compared to the ones in which you feel like a "square peg in a round hole." Observe your own responses to the reading and research you do outside of class. Don't think in terms of a life-long career, but just think if you would like to work with people (and topics) in your Accounting class, or your Physics class or your English class for PART of your life. Stay happy, calm and reasonable; practice moderation in socializing. Volunteer some of your time to help others, and keep in touch with your family. Don't be afraid of college, even though you may feel like it is all happening too fast for you. Don't stand back and let your freshman year pass you by.

The planner the sophomores told you about (and that they now depend on) can help you record not only all that you have to do, but also what you have already accomplished. This is your freshman year – give it your best – and get ready to become a sophomore contributor to the freshmen booklet for the Class of 2012.

## **Your turn –**

Please help us advise the freshmen in the Class of 2012.

**Please bring your suggestions to the CASAAC in STT-309.**



We can help you master your  
college experience!

College of Arts and Sciences  
Academic Advising Center  
STT 309

Phone: 570-941-6323

Fax: 570-941-7495

Email:

[botyriusg1@scranton.edu](mailto:botyriusg1@scranton.edu)

[parsonsm3@scranton.edu](mailto:parsonsm3@scranton.edu)

[robinsonk3@scranton.edu](mailto:robinsonk3@scranton.edu)