

## **Graduation to College**

### **Final High School Transcripts**

You may pick up your final transcript on the Wednesday following graduation. If you have any monetary holds, they will need to be resolved prior to transcript release.

### **College Credit Transcripts**

Allow Pellissippi State CC 3-4 weeks to prepare your transcript; and then request they send a copy to the college you will be attending. Go to the PSCC website and look under Records to order your transcript(s).

### **Personal Changes**

Going off to college is a major life change-not only for you, but for your family as well. It is a time of excitement and transition that you have been looking forward to and preparing for a long time. Try to fully enjoy the new experience; but be aware of your surroundings and be safe.

Once the “newness” wears off, reality sets in-and that is class work. You must complete your class work, and you will not always feel like it. Homesickness is normal for college students-fully 65% of college students report feelings of loneliness and/or homesickness during their first semester. Acknowledge that and accept it is a normal feeling. Eat healthy and get adequate sleep. If you find yourself feeling overwhelmed or depressed, seek help immediately. Go to the campus clinic or a medical provider for help.

### **Time Management**

Managing your time when your classes meet a few times a week, and deadlines are few and far between is a major challenge for new college freshmen. Attending classes is critical to your academic success; classes meet fewer days, but cover a huge amount of material.

Tips for making your Freshmen year a success:

Even though you may not be in class, it is not all free time. College is a full-time job. Students should expect to study several hours weekly for each class.

Use the syllabus. It is your best friend in the class. It has information about grading, attendance policies, required reading, test dates, and assignment/project due dates.

High school study skills and habits won't make you successful. College is much faster paced and more in-depth.

Prevent Burn-out. Eat healthy, get adequate sleep, and exercise. Take some time for yourself each day and week.

Smart college students seek help. Use all of the resources college offers you. Tutors, counselors, media center staff, Graduate Assistants, and Professors can all assist you and save you precious time.

Save time to fit some fun into your schedule. Don't lose track of the reason you are in college, but once the work is complete, enjoy your free time.

### **Fiscal/Money Management**

Have a candid discussion with your parents about their financial expectations and who is responsible for what expenses. Have a budget and stick to it. It is very easy to spend money away from home.

Do not respond to offers of credit or credit cards. They are easy to get, easy to use and extremely difficult to pay off!

Studies of college students reveal that students who work up to 10 hours a week are better time managers and have better grades than students that do not work at all. However, working more than 20 hours a week has an adverse affect on student grades.

### **Student Services**

These are typically paid for in your tuition and fees-use them!

Health Center: your access to medical care on campus.

Counseling Center: College can be a stressful environment. Issues may arise, old or new that you need help with resolving. Take advantage of the Professional services on campus to assist you in maintaining good mental health.

Academic Help: Many colleges offer a wide variety of programs to assist students. This ranges from writing labs, to individual tutors. If you are having difficulty in a particular class, or just want help with a paper, seek out these services for help.

Advisors: There are many college classes. Use the advisors experience to help you; however, remember it is your responsibility to take the classes necessary for your specific degree. Make and write out a plan to make it easier to follow and manage your courses.

Career Center: This office is designed to help you plan for your post-college career. They can do career inventories, and some colleges offer placement services.

Professors/Faculty: Get to know your Professors. Visit them during their designated office hours; they are there for your success.

### **Get Involved**

Find a club, group, intramural athletics, honor society, student government, yearbook and/or newspaper staff, etc.

### **Daily Life**

Learn how to do your laundry, clean up after yourself, use a microwave, sew a button and other essential housekeeping tasks.

Make time in your busy schedule to exercise, sleep, eat and relax. Try for 8 hours of sleep nightly you will feel better, study better and be healthier.

### **Roommate Living**

Many people have never shared a room or living space with anyone. This can be a huge change and a source of stress for some. It can also lead to life-long friendships. You and your roommate may develop a close friendship, and you may not. However, you do have to live in harmony while sharing living space in close proximity. The best way to get to know one another is to talk about your likes, dislikes, sensitivities, habits, hobbies and overall attitudes.