SURVIVING COLLEGE: A GUIDEBOOK  
tips for getting through your first year at MSU

PREPARED BY THE ACADEMIC RESOURCE CENTER
Communicate with your roommate

Be flexible and address issues as they arise - don't wait until tension is high

Don't be afraid of confrontation but be respectful!

Practice common courtesy with visitors. Discuss plans ahead of time

Be respectful of physical and emotional boundaries
Get to know your roommates, suitemates, and floormates. You'll be spending lots of time around these people!

Your roommate does NOT have to be your best friend!
Be open to the idea of building outside relationships

Contact your Community Assistant or the Mediation Resource Center if conflicts arise and you need help managing them
GETTING INVOLVED
Attend social functions/events/programs

You might meet your best friend. You might find out you love the org. and want to join. You might hate it! But you’ll never know until you go!

Get off campus

Explore Montclair, take the bus somewhere, ride the train into NYC. Get out there! There’s a lot to the area that you don’t want to miss out on!
Be on the lookout for trips hosted by campus orgs

The Center for Student Involvement, Student Government Association, and Campus Recreation plan a slew of great trips for MSU students. Don’t miss out on something that would normally cost big bucks!

Need extra cash?

Don’t be afraid to ask around campus at the different departments to see if they’re hiring
Set high standards at the start
Avoid playing catch up with your GPA. If you can start off strong, it'll be much easier to stay strong.

Don't take on more than you can handle
but try to challenge yourself! Learn your boundaries and push them.

Get to know your classmates
They could help you out when you need it most.
Stay away from social media while studying or doing assignments!

Go to your professors’ office hours even if you don’t need to talk about class. Building relationships with your professors can be the best thing you do for your education.

Talk to upperclassmen especially within your major. They’ve been around and they know what to look out for.

Utilize print lab services You pay those student fees for a reason!
Work hard during the week so you can relax on the weekend! Time management is key for your social and academic success.

Choose your classes wisely
Don’t judge the quality of a class by the time it’s offered. An 8:30 AM class could be the most rewarding, so don’t overlook it just because you don’t want to wake up early.

Be active about searching for on-campus internships or research opportunities. Impress your professors by being proactive about your education.

Go to class Simple as that.
Be aware of all the services on campus geared to help with your academic success

- Academic Resource Center (ARC) -
- Center for Academic Development & Assessment (CADA) -
- Center for Career Services & Cooperative Education -
  - Center for Advising & Student Transitions (CAST) -
  - Center for Writing Excellence (CWE) -
STAY ACTIVE
A great way to manage stress is to get in some exercise a few times a week.

EAT SMART
Just because a Sam’s Place is a buffet style dining hall, doesn’t mean it’s a good idea to eat as much as you possibly can in one sitting.

STAY AWAY FROM FATTY FOODS
Living on campus calls for lots of long nights and lots of Chinese food/pizza delivery. Comforting (and delicious) as it is, eating too much of these foods will not be worth it in the long run.
Make time for yourself
Don’t let your stresses get the best of you. Always plan a little “me time” at the end of the week to relax and unwind.

Be aware of the services on campus geared to help with your health and well-being

- Counseling & Psychological Services -
- University Health Center -
- Health Promotions -
- The Drop In Center -
MINT
Financial tracking app that helps you track your spending (food, gas, car payments, phone bills). Relieve some money management stress!

STUDYBLUE
Create flashcards to take on the go. No need to worry about carrying or losing paper flashcards. You can search through thousands of flashcards made by other students and even share your own.

MYHOMEWORK
Organize assignments, projects, and due dates based on priority. Color coordinated tabs allow you to easily see finished, late, and due assignments.
Blackboard
Access Blackboard directly from your phone or tablet. Get instant notifications when announcements and new content is posted on your courses’ Blackboard pages.

Cloud Storage Apps:
Back up important files and documents. Transfer files between classmates. Keep notes, files, and photos up to date by syncing between devices.

- Evernote -
- Dropbox -
- Google Drive -
- SkyDrive -
- CNET -
With the opening of the new Academic Resource Center in Bohn Hall, we at the ARC thought it would be helpful to give a few tips and suggestions for the Class of 2017. These tips have been compiled with you and your success in mind. All of us have been where you have been, and we hope that you find our suggestions helpful!

Have a great semester, and good luck throughout all your years here at Montclair State University!

Academic Resource Center: Resident Tutors Tutor Program Coordinator Ryan Baldwin