

College Prep 101

Study the essentials for succeeding in college

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Days are numbered for the seniors at Quincy High School, with their last day being May 24. With the end of high school, many will either be going into the work force, military, or college. For those attending college, challenges come with adjusting to a new environment.

"One of the hardest things is all the free time...students are used to having every minute of their day planned out, so they really have not had much practice in having to schedule themselves. Time management is a tough adjustment," guidance counselor **Beth Karney** said.

A lot can be done so that students can be the most prepared going into their school, from knowing what dorm supplies are needed to understanding the need for good study habits, all of these can help a student come into college.

DORM SUPPLIES:



A student's dorm room is his or her "home away from home" during the school year. Students will find that they will have a lot of "must haves" for dorms as well as items that make college living feel more welcoming and comfortable. Business Insider indicates that it is important to know the size of your dorm, the number of roommates, and if there are amenities like a kitchen or laundry room.

Must Haves

Bedding: Most U.S. colleges do not provide students with bedding, and, even if bedding is provided, most students would rather purchase their own anyways. A nice comforter and pillow can also help complete the mood of a room.

Towels and Toiletries: Towels and other toiletries are typically not provided by a university. Do not forget to take these items to college.

School Supplies: Pencils, notebooks, and calculators are all items that are necessary and college professors will not be forgiving if you do not come to class with these.

Laundry Items: In order to do your own laundry, you will need things like detergent, laundry bags, and quarters. Most college dormitories use laundry machines that take quarters, so scrounge between couch cushions to find loose change so you are able to do laundry.

Luxury Items

Mini-Fridge: Check your college's room requirements because some colleges have limits for refrigerator size. A mini-fridge is convenient to keep snacks and drinks fresh for when you are not visiting the dining hall.

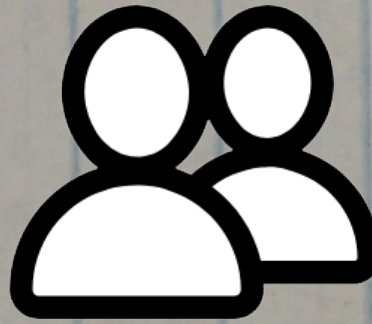
Television: A television is a fun thing to have when hanging out with friends or just relaxing in your dorm. Some colleges also provide cable hook-up, so check with the housing department at your college before you go.

Gaming Consoles: An Xbox or Playstation is another fun thing to have in your college dorm. An Xbox One not only plays games, but also movies and other apps available on the system.

Whiteboard and Markers: Whiteboards and markers are a good way to write down a day's schedule and leave fun notes.

Items retrieved from Big Future/ College Board

SOCIAL LIFE:



College can be one of the most fun times of a person's life. It is a giant bustling crowd of youth and excitement. College is a place where students can meet many people and make friends if they make an effort to be social.

"Making friends was honestly really hard. Coming from small town Quincy I had always had the same friends. They have a lot of cheesy social events [during] welcome week that you should definitely go to," **Haley Bean '17** said.

Some examples of social activities include attending sporting events, participating intramural sports, clubs, eating lunch with people, bonding with people in your dorm, and forming study groups.

FINANCING:



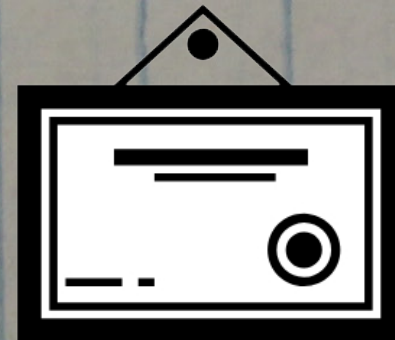
Paying for college is no simple task. While college may be one of the most fun times of someone's life, they can also be some of the most financially stressful. Students should lay out all of the costs that they expect to encounter over the next several years and formulate a plan to cover as much of the costs as possible.

Students should work to earn and save as much money as they can during the school year and summers.

"Getting a job part-time is very do-able. University jobs are usually pretty easy and the hours are not unreasonable," college advisor **Jay Grenda** said.

Some ways to earn money or cut down on costs include becoming a residential assistant, tutoring others, buying only necessities, and picking up jobs in the summer as well as during the school year.

ACADEMICS:



College can be swamping if students do not prepare themselves and work hard. Many students enter college expecting it to be similar to that of high school. According to the Huffington Post, 89% of high school seniors expected their college academic experience to be similar to that of their high school one.

Study groups, graduate assistants, tutors, and professor office hours are all tools and assets that students should use to stay on top of their work and to understand what is going on in their courses (Huffington Post).

Success will also take some personal initiative on the student's behalf. Studying on their own, taking notes, and attending class every day are simple ways to make college life easier.

FINDING A ROOMMATE

Most schools offer two options for selecting roommates in your dorm. Students are given the option of going in blind for a roommate. The other option being going in with knowing who your roommate is. Social media is one way that you can reach out to potential roommates and other people that will attend your school. Before you decide on a roommate you should ask a few questions to get to know the person you will be living with.

- What is your general sleep schedule? When do you get up and go to bed?
- What are your political views, are you left, right, or more moderate?
- How often do you clean, both yourself and your belongings?
- Are you a smoker?
- Do you plan to party or join a fraternity/sorority?
- How often do you think that you will be in the room?
- Do you plan on studying predominantly in the room or elsewhere?
- Do think that your stuff is only yours or will you share?
- Are you looking for a friendship or just a roommate?
- Do you consider yourself a loud or quiet person?



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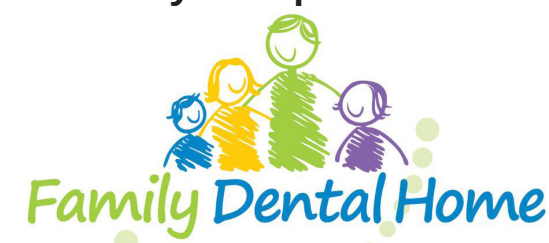
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