

# Advice For College Students

Attending college can feel just as scary as going to university. You are taking the next step in your future, after school. You may feel overwhelmed by workload or just unsure about your career. Whatever the case, here is some advice to get you through some of your struggles.

## 1. Explore your college

Taking the time to explore your college environment can really help if you're struggling to adapt to your place of study. At the moment, you may be studying at home, but when you return to college, try arriving early so that you have time to explore where everything is. For example, you could find where the clubs are held or where the study room is, so you're prepared. This also includes exploring where the nearest bus stops, train stations, and walking paths are, so that you're familiar with the whole environment. By doing this, your mind will get used to the college setting and going into college will become more of a routine for you, leading to less anxiety.

## 2. Independence is key!

When you're at college, you will be expected to complete work without a teacher telling you what to do (unlike in school). Being able to independently manage your workload is therefore really important. It may help to create a to-do list or create a timetable. Take a look at our 'How to Create to To-Do List' and 'Coping with Independent Work' resources for more information on how to manage your time effectively. Or why not use our to-do list and timetable templates to help you get started?

## 3. Stay organised!

This may seem easier said than done but staying on top of all of your work and making sure that your files are labelled will make your life a whole lot easier! You will likely have a lot of work, which may become overwhelming. However, when you organise that work into categories and store them in different binders/folders, it will seem easier to manage. You can also make this part fun by colour coding and buying new stationary, such as notebooks and study cards; anything that helps you!



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Another way of staying organised is having a 'study buddy' or friend to work with. You will be able to keep each other accountable for the work you have and could even share tips with each other for effective studying.

## 4. Make use of resources online

Living in the 21st century means that there are so many resources out there that can help you to learn. Your college may not be able to provide you with all the help you want, so researching online what you're stuck on can be helpful. Also, read our 'Useful Apps' resource to find out our recommendations for apps that can help you with your learning.

## 5. Reach out to your teacher if you're struggling

At the end of the day, your teachers are there to help you. Don't be afraid to ask them for support; for example, if you're finding a task challenging, the workload is too much for you, or if you're struggling to meet a deadline. If you don't feel comfortable speaking to your teacher, try reaching out to another member of your college that you feel comfortable with, such as a counsellor or a fellow student.