

# College Freshman Checklist

JANUARY - MARCH TO-DOS

At Private Prep, our diverse team of tutors and experts cover a wide range of needs when it comes to that first year of college. We've compiled advice from our team into a single to-do list to help you manage your second semester and plan for the future without getting overwhelmed or burned out.

## JANUARY

- At the start of your second semester, it is important to evaluate what went well about last semester and what you would like to change. Make a list of actionable goals and steps to help you thrive during second semester.
- One key to success in college is effective time management. For each semester, plan out your days, including classes, study time, mealtime, social time, and get at least eight hours of sleep per night.
- Do some backwards planning. Once your weekly schedule is set, take a look at the bigger picture and put all exam and due dates in your calendar. Then, note when you should work on projects or study for exams in your designated study times.

## FEBRUARY

- Take a moment to find where academic support resources are located on campus if you haven't already done so. Most colleges offer free tutoring services you can tap into. If your college doesn't provide the services you need, Private Prep is always here to help.
- Make it a point to be your best advocate. After the add/drop period, if you feel you have bitten off more than you can chew, reach out to teachers, mentors, and tutors for support. Do not let the pressure make you passive about feedback. If a class isn't going how you expect, step up and talk to the teacher about how to improve.

## MARCH

- Just before spring break, be sure to take a moment to assess your performance in your classes—how are you doing and what can you do better? Where are you struggling? Check-in with your goals from earlier in the semester—how are they going?
- Schedule a meeting with your professor before midterms. Whether in a private meeting or by frequenting office hours, face-time with your professor is invaluable for developing future relationships, mastering the material, and learning what your professor is looking for in a great essay or exam. And you might even get a few extra points on your assignments.
- March can be a stressful month: Be sure to create a plan for managing stress and keeping up with your self-care in the coming weeks. Make a list of three things that always lift your mood and three things that help you combat stress. Post this list on your desk, door, or laptop. When the going gets tough, lean on what works to keep yourself healthy, happy, and learning.
- Remember, midterms and finals can often be triggers for depression and anxiety, two things that are on the rise among college freshmen. In response to this trend, most campuses have enhanced their mental health services. Don't put off making an appointment with the on-campus counseling center if you suspect that you may be struggling.

**It is important to keep the momentum high for your second semester. We are here to help ensure that you are supported. Contact us if you have any questions or need guidance along the way.**

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