

25 Tips for a Successful First-Year at ERAU

1. **Go to all orientations.** Do you really need to go on yet another campus tour? Yes! The faster you learn your way around ERAU and learn the 'rules and regulations' the faster you'll feel prepared to address concerns if they arise.
2. **Get to know your roommate(s) and others in your residence hall.** The people you live with, most of whom are going through similar experiences and emotions, are your main safety net-not only this year, but for all your college years. You may change roommates after the first semester or you may stay roommates for all four years-just take the time to get to know your fellow first-year students.
3. **Get organized.** In high school, the teachers tended to lead you through all the homework and due dates. In college, the professors post the assignments-often for the entire semester-and expect you to be prepared. To store assignments and leave reminders use your smartphone, your iPad - whatever it takes for you to know when assignments are due.
4. **Find the ideal place to study.** It may be your room or lounge in your residence hall, or a cozy corner of the library, but find a place that works best for you to get your work done-while avoiding as many distractions as possible.
5. **Go to class.** Obvious, right? Maybe, but sleeping in and skipping that 8 am class will be tempting at times. Avoid the temptation. Besides learning the material by attending classes, you'll also receive vital information from professors about what to expect on tests, changes in due dates, etc.
6. **Become an expert on course requirements and due dates.** Professors spend hours and hours preparing course syllabi and calendars so that you will know exactly what is expected of you-and when. One of the lamest excuses a student can give a professor: "I didn't know it was due today."
7. **Meet with your professors.** There are only positives in getting to know your professors, especially if later in the semester you run into some snags. Professors schedule office hours for the sole purpose of meeting with students-take advantage of that time.
8. **Get to know your academic adviser.** Your First Year Programs Advisor is the person who will guide you through the transition to University life. This person is a key resource for you-and should be the person you turn to with any academic issues or conflicts. FYP also has peer mentors and student ambassadors. They all are there to help you succeed academically, professionally and socially.
9. **Seek a balance.** College life is a mixture of social and academic happenings. Don't tip the balance too far in either direction. Study hard so you can play hard.
10. **Get involved on campus.** A big problem for many new students is a combination of homesickness and a feeling of not quite belonging. A solution? Consider joining a select group-but be careful not to go overboard. There are student organizations, clubs, sororities or fraternities, and sports teams. You'll make new friends, learn new skills and feel more connected to ERAU.
11. **Strive for good grades.** Another obvious one, right? Remember the words of the opening paragraph; while good grades may have come naturally to you in high school, you will have to work harder for them in college-and that means setting some goals for yourself and working hard to achieve them.
12. **Take advantage of the study resources on campus.** Use the resources at ERAU. Use the tutor labs, the writing lab, FYP, the professors, peers, etc. Another idea: form study groups.
13. **Make time for you.** Be sure to set aside some time for activities that help you relax and take the stress out of your day or week. Whether it's enlisting yoga techniques, watching your favorite television shows or writing in a journal, be good to yourself.
14. **Don't feel pressured to make a hasty decision about a career or a major.** It doesn't matter if it seems as though everyone else seems to know what they're doing with

their lives-believe me, they don't. College is the time for you to really discover who you are, what you enjoy doing, what you're good at, and what career direction you want to pursue. It's not a race; take your time and enjoy exploring your options.

15. **Take responsibility for yourself and your actions.** Don't look to place the blame on others for your mistakes; own up to them and move on. Being an adult means taking responsibility for everything that happens to you.
16. **Make connections with the students in your classes.** One technique is to meet at least one new person in each class the first week of classes. It expands your network of friends and can be a crucial resource for you if you miss a class.
17. **Find the Career Services Office.** Regardless of whether you enter ERAU undeclared or have your entire future mapped out, seek out the wonderful professionals in the Career Services Office and get started planning, preparing and acting on your future.
18. **Don't procrastinate; prioritize your life.** It may have been easy in high school to wait until the last minute to complete an assignment and get a good grade, but that kind of strategy will not work for you in college. Give yourself deadlines-and stick to them.
19. **Stay healthy-eat right.** A lot of problems first-year students face can be traced back to an illness that kept them away from classes for an extended period of time that led to a downward spiraling effect. Get enough sleep, eat healthy and exercise. Without mom or dad here to serve you a balanced meal, you may be tempted to go for those extra fries or cookies. Stay healthy and avoid the dreaded extra "Freshman 15" pounds by sticking to a balanced diet.
20. **Learn to cope with homesickness.** It is only natural that there will be times when you will miss your family, even if you were anxious to leave home. Find ways to deal with these feelings such as calling, texting, skyping or emailing home.
21. **Stay on campus as much as possible.** Whether its homesickness, a job, or a boyfriend or girlfriend from home, try not to leave campus too soon or too often. The more time you spend getting to know the campus and your new friends, the more you'll feel at home at Embry-Riddle. And why not take advantage of all the cultural and social events arranged by Student Activities, SGA, Touch 'N GO, etc.
22. **Seek professional help when you need it.** Go to Health Services and the Counseling Center. If you're sick or feeling isolated or depressed, please take advantage of these services. They are free and located in the Wellness Center Complex. They are here to help.
23. **Keep track of your money.** If you've never had to create a budget, now is the time to do so. Find ways to stretch your money-and as best you can, avoid all those credit card solicitations you'll soon be receiving. The average credit card debt of college grads is staggering.
24. **Don't cut corners.** College is all about learning. If you procrastinate and cram, you may still do well on tests, but you'll learn very little. Even worse, don't plagiarize. This is an act of academic dishonesty and you will be sent to the Honor Board at ERAU. The consequence may be suspension or dismissal.
25. **Be prepared to feel overwhelmed.** There's a lot going on in your life right now. Expect to have moments where it will feel like too much. The trick is to know you're not the only one feeling this way.

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