

Life During College

Your Guide to Success

Sixth Edition



By Terry J. Arndt & Kirrin R. Coleman



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A handwritten signature in cursive script that reads "Kirrin Coleman". The signature is written in black ink on a light-colored background.

Kirrin R. Coleman

Jump Start Your College Success

Right Now ✓

- Browse your school's Student Activities web page and choose an activity or event to attend this week.
- Check out the tutoring center and writing lab: Where are they? What services do they offer? What are their hours?
- Schedule a time in the next 24 hours to check out the athletic center.
- Read the Self-Efficacy and Goal Setting sections in **Chapter 12** (p. 93 – 97).
- Write down 3 goals for today, 3 goals for this week, and 3 goals for this month.

Post your goals where you can see them.

This Week ✓

- Commit to connecting—to your campus, dorm mates, classmates, and instructors.
- Sit in the “Teacher’s T” in your classes (p. 41).
- Review class notes at the end of each day.
- Complete the **Personal Study Conditions Inventory** on p. 69, then create a study plan.



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SAMPLE



College Resources

CHAPTER 1

Remember all the angst you experienced applying to colleges and then waiting for the acceptance letters? Well, now you've arrived and gone is the agony of rejection, the dim uncertainty of the waitlist. You've been accepted and the Dean of Students is now open arms and smiling, inviting you to attend this or that event, suggesting you check out this or that opportunity, and even—in some smaller colleges—telling you to “Stop by my office any time!”

College is a fully supported adventure that goes beyond just academics. You now have a team to help you learn, succeed, stay healthy, meet new people, and even figure out how to pay for the whole experience. The resources available to you are astounding and this chapter will introduce you to some of them. (Note that your school might have different names for some of the resources highlighted below.)

General Support

Dean of Students

The Dean of Students Office serves as the liaison between students and the faculty and administration of the college. Its purpose is to provide a variety of programs and services that support the campus community. The Dean of Students usually coordinates or oversees student activities, student government, and campus safety. This office—or its website—is a great starting place for learning more about campus life. It's also the go-to resource if you have a question and you're not sure where to direct it.

Disability Support Services

This office offers academic and other important support to students with disabilities. It determines eligibility, facilitates academic accommodations, works with other campus entities to ensure accessibility for students with disabilities, and provides education about disability issues.

International Student Services

This office provides orientation services, advising and counseling, employment aid, health insurance programs, banking and financial services, immigration support, and resources for families of international students.

Parent Services

The Office of Parent Services is where your parents can turn when they have a question about your college or have an issue they need help figuring out. While your college experience is fully supported, your parents may feel lost amidst the FAFSA forms, tuition bills, and college lifestyle pamphlets. Parent Services provides them with information and advice, and helps them navigate the college system.

Veterans Outreach

The Veterans Outreach Center supports veterans and their families by administering benefits, providing enrollment certification, and helping with the transition from military to college life.

Money

Bursar/Student Accounts

This office processes and collects student tuition, room, and board fees; issues refunds; and collects and disburses financial aid.

Financial Aid

The Financial Aid Office assists students in overcoming financial barriers to their education. The office employs experienced financial advisors who work with students to evaluate their financial needs and obtain federal, state, and/or scholarship assistance to help fund their college education.

Student Employment

The Student Employment Center connects students seeking employment with the campus or community entities who are hiring. Here you'll find work study and non-work study jobs posted, as well as volunteer and community service opportunities.

Health & Wellness

Campus Recreation or Athletic Center

Your college probably has at least one athletic center and, if it's a larger school, it might have several, as well as an Outdoor Center, a pool, sports courts and fields, a massage clinic, a climbing gym, and services like fitness evaluations and training and nutrition services.

Counseling Center

Counseling centers provide mental health care, including professional consultation, referral, therapy, academic assessment, emergency services, information and education, and support groups.

Student Health Services

Many colleges offer students access to some form of quality, affordable and accessible health care services, even if students do not have health insurance. Some colleges have a fully operational hospital, while others have a small clinic. Common services provided by student health centers include immunizations, reduced-cost prescriptions, diagnosis and treatment of common illnesses and minor injuries, pregnancy tests and contraception, and health education outreach.

Campus Life

Campus Police

The goal of the campus police is to create an environment that keeps students safe as they learn, work, live, and play. Your college's campus police may also offer classes on public safety and provide security escorts for students traveling on campus at night.

Center for Spiritual Life/Campus Ministries

The faith center on campus will help connect you to places and people that can support your spiritual life. At many colleges, this center is also actively involved with community outreach and social justice. Whether you're looking for a place to worship, a faith-based study or discussion group, or an opportunity to serve the community, this is a good place to start.

Commuter Student Services

No matter where you live, this office can help you figure out transportation to and from campus. Many Commuter Student Services offices also play a key role in creating and maintaining study areas and other cozy spots that make students feel at home once they're on campus.

Greek Affairs

Sometimes called the Office of Greek Relations, this office supports the educational and social goals of the fraternities and sororities on campus. Resources offered might include academic advising, membership recruitment, leadership development, community service, event planning, risk management, and maintenance of the Greek system facilities.

Multicultural Student Services Center/Office of Diversity

This office provides information, academic resources, and support for a diverse and inclusive campus community. Many multicultural centers also coordinate diversity training and sponsor campus-wide events related to their mission.

Office of Community Service

Community services offices offer volunteer and service-learning opportunities in the greater community.

Ombudsman

An ombudsman is an independent, impartial mediator who assists faculty, staff and students with communication and problem-solving. For example, if you believe a faculty member is treating you unfairly and your attempts to resolve the conflict have not been successful, an ombudsman can help you investigate your concerns, meet with relevant parties, and reach a resolution.

Residence Life

This office maintains campus housing and dining facilities, and may also develop programs and services such as meal plans, room assignments, and roommate matching.

Student Activities Center

Student Activities centers plan and organize fun, social, and educational activities both on and off campus for students. Examples include guest speakers, intramural sports leagues, and excursions.

Student Legal Services

Most colleges offer some form of free or reduced-cost legal services. Common cases brought to Student Legal Services staff include tenant-landlord disputes, traffic or alcohol offenses, misdemeanor criminal cases, and consumer complaints.

Academics

Academic Advising

Academic advisors help students plan their schedules, choose their majors, map out a plan for graduation, and set goals for post-graduation. Refer to the Academic Planning Chapter 12, page 30, for an in-depth discussion of this department.

Bookstore

The college bookstore is a hub of academic life, a place to meet up with friends and part with funds. Bookstores offer students all the textbooks and other materials they'll need for their classes. Most bookstores also offer used books at a reduced cost, and end-of-term book buy-back programs.

Computer/Information Technology (IT) Center

Your IT center helps you establish your college email account and network storage. It may also offer computer classes and help with computer-related questions.

Computer Labs

While most students have personal computers, they might use campus computer labs for some projects, to get hands-on assistance with their technology, or for printing jobs. Computer labs are also used as instructional spaces.

Honors Program

Most colleges have an Honors program that offers more challenging academics for advanced or gifted students. Access to this program typically is limited to applicants who meet certain criteria. Those students accepted receive additional support for their rigorous academic schedule.

Library

Every college has a central library that students can use to conduct research, find recreational reading materials, or use as a quiet place to study. Most colleges also have departmental libraries. These libraries carry a more extensive selection of materials related to the specific department's needs.

Registrar

The registrar performs a range of student services, including course scheduling, fee waivers, residency and enrollment issues, transcripts, grade reporting and billing.

Tutoring Center/Writing Lab/Math Lab

Tutoring centers and labs are a great resource—and they're often free. They are generally staffed by students with advanced skills who have been trained to tutor others. Some require appointments while others encourage drop-in visits.

Professional Development

Alumni Association

Alumni associations are established to develop long-term relationships with students. You don't have to be a graduate to benefit from the alumni office. In fact, many of its programs are for current students. Alumni associations promote business networking and career development opportunities, special discount programs, and social events. It's also a great way to connect with graduates who are interested in sharing their experience and expertise.

Career Services

Familiarize yourself with this center early on! You'll find internship placements, resumé development assistance, interviewing and networking support, career development classes and publications, job fairs, and job boards.

Online Resources

You will surely find all of the resources listed above—and others—online. Set aside some time to explore your school's website. You might be able to take a virtual tour of the campus and community, sign up for electronic mailing lists or text notifications, read pamphlets and notices from the various offices, find the central event calendar, and familiarize yourself with the course catalog and department web pages.

Community Resources

Once you've familiarized yourself with your campus, take some time to familiarize yourself with the greater community.

Explore your transportation options—when and where do the buses or subways operate?

Locate grocery stores, banks, medical centers, and other necessary businesses.

Find possible study and meeting spaces, like libraries, parks and coffee shops. Learn where you can access Wi-Fi and where it's free.

Look for cultural opportunities: where are the art galleries, museums, and music venues?

Check out the Chamber of Commerce to find out more about local attractions, clubs and businesses.

Depending on your interests and needs, you may also want to **research nearby churches, local support groups, crisis centers, low-cost medical and legal centers, or community organizations.**

College Resources Exercises



1. Which resources do you anticipate using on a regular basis your first year of college? Which resources do you anticipate relying on more heavily in your last year of college?
2. Which resources sound most interesting to you? Which offices or activities would offer you the most opportunities to challenge yourself personally, socially, and academically?
3. Find out what events and activities are coming up in the next 6 weeks and select at least three to attend.
4. If you were seeking a summer internship, where would you start your search? Create a list of all the possible campus and community resources that could help you find an ideal internship.
5. If you were concerned about a friend who seemed depressed or anxious, how might you help them find information or assistance? What campus and community resources would be most helpful? If you were concerned about a friend who seemed to be experiencing body image issues, how might you help them find information or assistance? Which campus and community resources would be most helpful?
6. What opportunities are there to meet and interact with a variety of people? Brainstorm ways you can connect with people of a variety of ages, backgrounds and experiences, political and religious affiliations, interests, and areas of expertise.
7. Campus Passport. Explore the campus with a partner or two and “stamp” your passport along the way by collecting a brochure or signature from each office or by taking a picture of you and your traveling companions at each location. You must visit the following places, but do take time to explore other resources along the way: a) Registrar’s Office, b) Student Accounts Office, c) Library, d)IT Center (or a Computer Lab), e) Tutoring Center, f)Student Health Center, g) Counseling Center, h)Bookstore, i)Athletic Center, j)Campus Police Office, k)Alumni Office, l)Career Services Center, m) Multicultural Student Center, and n)Office of the Dean of Students.
8. Become an expert on one facet of the college experience and create a presentation that will inform and entertain other new students. Choose a focus area—for example, Play or Culture or Money or Faith—and research the variety of resources available related to that focus area. Once you’ve thoroughly explored your focus area online, on campus, and in the community, create a presentation to share your knowledge with others.

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