

Common Challenges for College Freshmen

And How To Tackle Them

Every new student faces similar problems, so be prepared!

Some of the most challenging problems you will encounter in college occur outside the classroom. With the freedom that comes with being an adult comes more responsibilities.



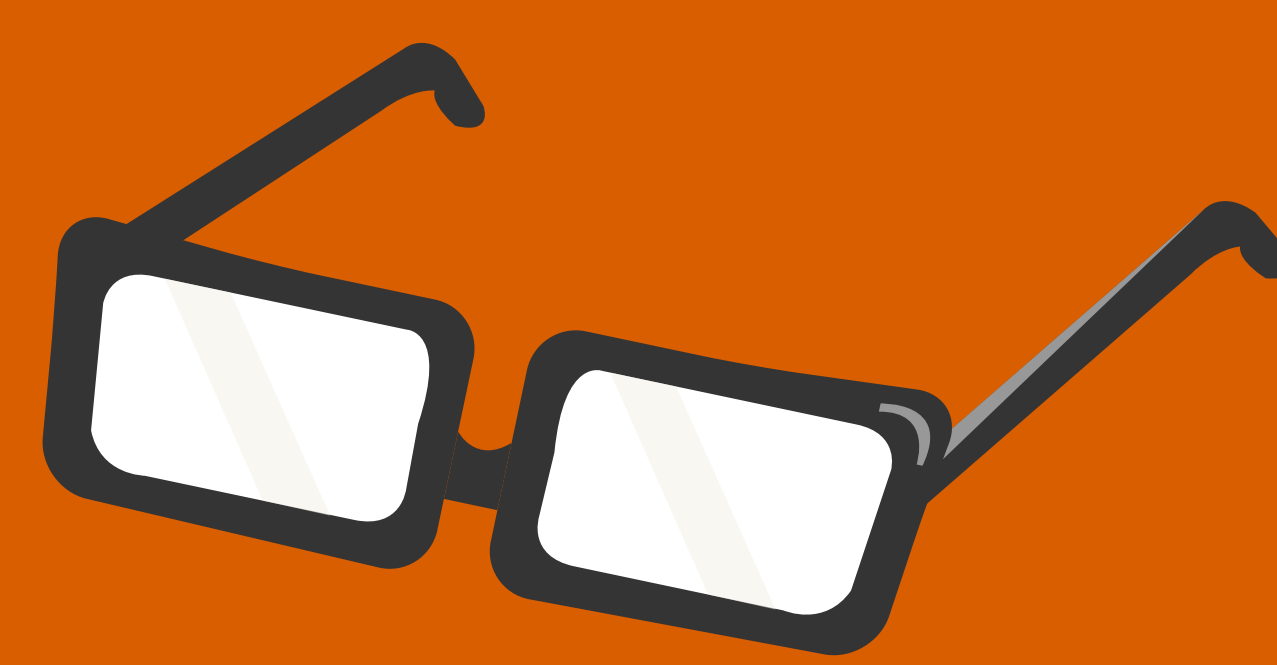
1 Paying for Supplies

Textbooks and other supplies can add up. The average course will set you back \$67 just for the books! To relieve some of the pressure on your wallet, consider:

- Buying used textbooks
- Reselling textbooks after you finish the course
- Renting or sharing books with another student
- Checking the library

2 Maintaining Your Focus

It is critical to keep a clear mental focus when you are studying or attending class. Things like lack of sleep, not eating well, and stress can make it difficult to stay focused.



Make sure you take breaks! Deep breaths and stepping away for a few minutes can work wonders.

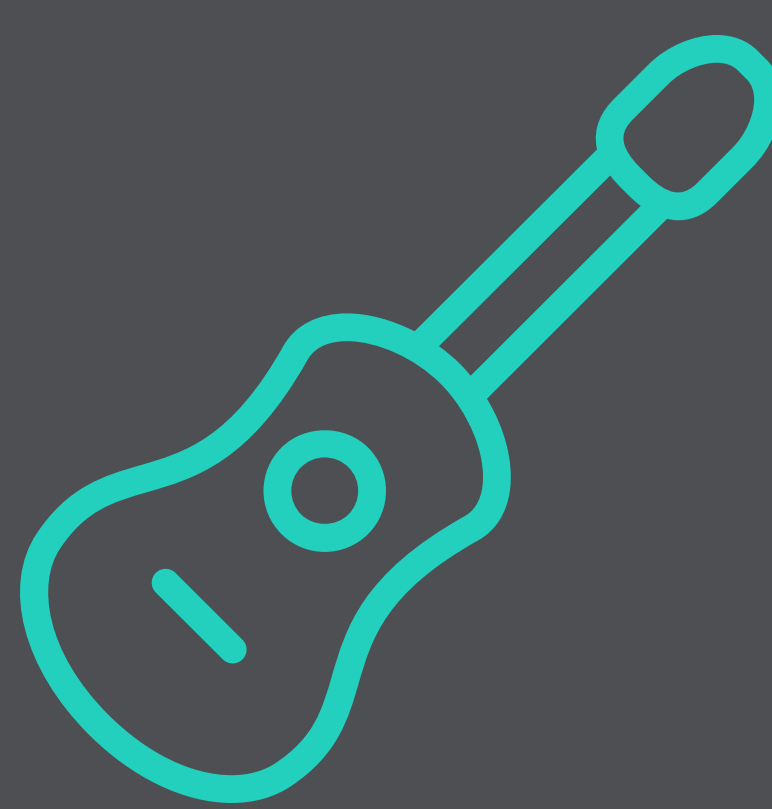
3 Managing Your Time

Being a freshman in college means balancing a lot of different priorities, from class schedules and study time to socializing with new friends.

The keys to managing your time are self-discipline and cultivating good habits. You can also attend seminars on time management, which are hosted by nearly all colleges.



Studying



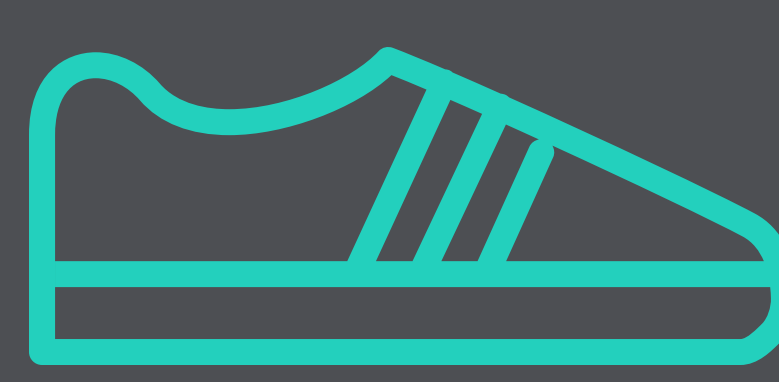
Extracurricular Activities



Friends and Family

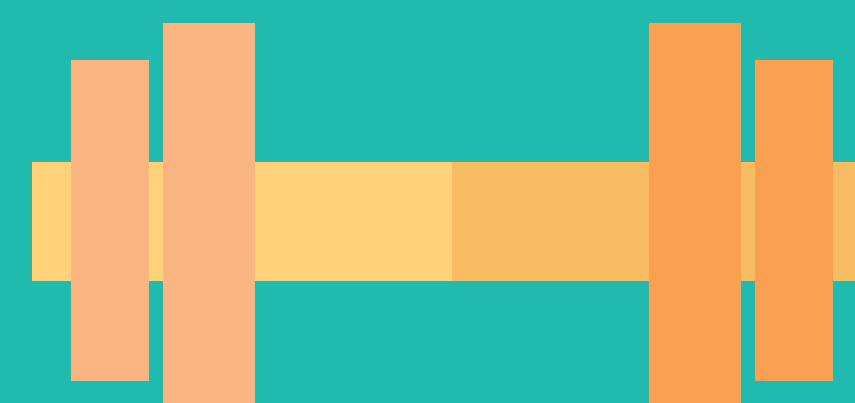


Sleeping



Exercising

4 Staying Healthy



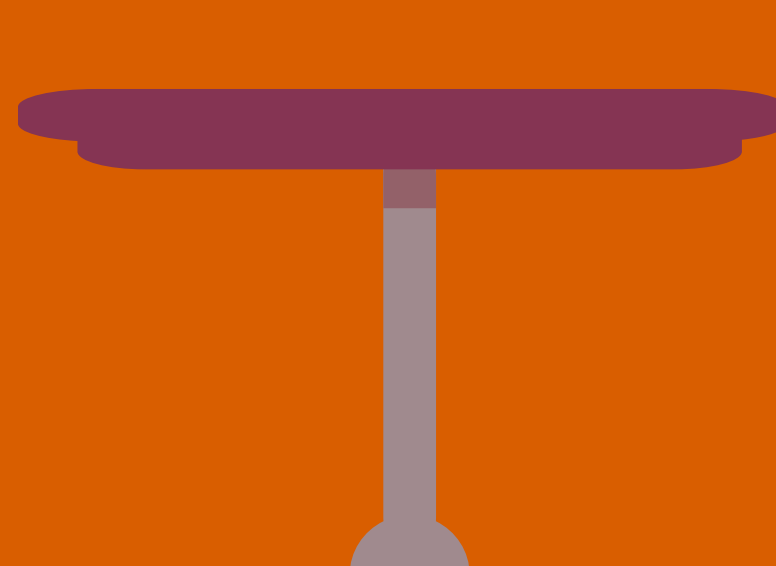
Eating healthy foods can be a major challenge in college. Dining halls can tempt you with dessert bars and sodas, and late-night pizza can be hard to resist. A poor diet can lead to low energy and make you vulnerable to illness.

Plan your meals carefully, and stick close to that salad bar and those lean meats.

It can be hard to find time to exercise, but make sure it's part of your routine. You don't need to run a marathon, but you do need to stay active.

And don't forget to sleep! Fatigue and stress can set in quickly if you stay up too late, don't exercise, and eat poorly.

5 Dealing With Roommates



As a freshman, you'll likely be assigned a roommate, or maybe even 2. Living with strangers can be tough, or it can be wonderful! If you find yourself having issues, though, discuss your concerns openly with your roommate(s) and make compromises. For any serious issues, don't hesitate to ask for help from campus housing.

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