



COLLEGE Prep Guide

Prepare for Remote Classes

As the fall semester closes in, the country is still be facing uncertainty regarding how to conduct classes. Prepare yourself for starting your collegiate career without the benefits of in-person education.

Fortunately, with proper preparation, you can set yourself up for success by planning for the possibility of online learning.

Take advantage of these tips from Xceed Preparatory Academy to make the most of your fall semester.

FIND A DESIGNATED STUDY SPACE

While learning from home has its benefits, it also has distractions that can inhibit your growth. Set up a desk or table in a room that remains relatively quiet, away from the television or common areas. Look for a comfortable chair to avoid becoming uncomfortable during lengthy classes. You may also need to invest in quality lighting to ensure you can take notes during video lessons.

LIMIT DISTRACTIONS

Keep your phone out of arms reach while you are attending online courses. Take an extra step and leave it in silent mode or turn it off,



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so you are not tempted to check a notification. Since most of the schoolwork will be conducted on a computer, you must avoid browsing the web during the time dedicated to learning. It's essential to

remain diligent when setting boundaries for breaks during lessons. Make sure to set and achieve worktime goals before using your time to check social media or respond to messages.

CREATE A ROUTINE

It is far too easy to brush aside online learning for other activities, then rush to complete assignments before their deadlines. Unfortunately, when hurrying through

remote classes, students may find it challenging to retain and understand the information.

Use discipline to set a schedule and stick to it to establish a routine.

Tips for Freshmen

Welcome to the first year of your collegiate career. Whether you're fresh from high school or decided to take a break before pursuing continued education, the sudden shift in your routine can be intimidating.

Fortunately, with efficient planning, you can walk onto campus with more confidence and a mindset for learning.

Prepare yourself by familiarizing yourself with the school's layout and staff. Before you are set to attend, bring your schedule and practice walking to and from the different buildings or classrooms. Record the time it takes to reach each destination to get an idea of how much free time you have between periods. The extra time will come in handy for chores, studying or taking power naps.

You should also research the school's leaders and contact information. You will likely need assistance from a counselor, financial expert or professor during the school year. Make sure you understand who to contact when you have questions.

WORK ON SOCIAL SKILLS

The people you meet in



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college may become lifelong friends and connections that will propel you during your career. If you sometimes suffer from social anxiety, practice meeting in groups to help make yourself more comfortable. You may find it beneficial to participate in pre-college workshops for public speaking courses to strengthen communication skills. When on campus, pay attention to how upper-level stu-

dents and college leaders connect with others. Witnessing and using regular interactions by those you look up to can steer you toward social etiquette in the collegiate atmosphere.

REACH OUT TO PROFESSORS

Once your classes are chosen, consider introducing yourself to your professors before school starts. This can

be accomplished through a simple email or scheduling a meeting during orientation. You will need to rely on communication skills and act respectfully during these discussions. Use the conference as a chance to address any questions or concerns you have before the school year begins.

BALANCING WORK LIFE

Many college students hold

jobs while pursuing their education. While your finances are important, make sure that work life isn't disturbing your school year's progress. If possible, ask family and friends for financial assistance while you're growing accustomed to the new experience. When this isn't possible, talk to a campus expert about applying for financial assistance or part-time jobs available on-site.

Land on the Dean's List

On campuses across the country, the Dean's List highlights a select roster of students who did well in a semester. Finding your way into this elite group takes considerable discipline throughout your academic career but provides unique benefits that last a lifetime.

Since the requirements for earning the prestigious award can vary between colleges, it's essential to discover the details before you begin your educational journey. A few standard conditions include:

- Maintain a specific GPA.
- Accumulate a certain amount of credit hours.
- Avoiding any incomple- tions in the academic term.

Find out the specifics for your campus by checking their website or speaking with a school counselor. Then you can set goals to achieve as you progress through academics.

STAY ON COURSE

When making the Dean's List is a primary goal, follow these tips.

- Get organized: Create a master schedule based on your courses to avoid falling behind in lessons and assignments.



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- Find a quiet place to study: Set your studying routine up for success by committing to learning without distractions.

- Attend and participate in classes.

- Limit the social scene: While college is a time to meet new people and share

experiences, try to limit social activity while you have assignments due.

BENEFITS OF THE DEAN'S LIST

One of the most intimate reasons to land on the Dean's List is for a sense of self-pride. The accomplishment also

opens doors to a more fruitful future. You will also receive a level of recognition both by school leaders and your peers. This is an excellent achievement that can boost your confidence.

Your college may also hold special events only open to students to celebrate their

prestigious award. After your academics, the success should also be highlighted on your resume and professional social media profiles. A Dean's List admission can give you an edge during a job search if you're being considered with someone else with similar qualifications.

Parents and College Planning

Parents play a significant role when assisting children with planning for continuing their education.

While one of the primary concerns is coming up with the money to attend, there are other factors to consider. Learn to show your child support while cheering them on throughout the new experience.

Open and honest communication is key when preparing for college. It is likely that your child will have questions regarding what to expect and they may be nervous. When you're there for them emotionally, you can give them the confidence to pursue excellence during their collegiate career. Here are some other tips to make the transition easier for both you and the new college student.

PREPARE FOR FINANCIAL INDEPENDENCE

If your child will be traveling away from home for school, it's crucial to instill financial responsibility. You can start by showing them how to balance a checkbook to avoid expensive overdraft fees and teach the difference between wants and needs. Be firm about sending a specific amount of money during a period, so they understand the importance of saving and spending wisely.

Consider signing them up



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for their own banking account. It's a good idea to open both a checking and savings account so they can responsibly save any surplus. Some colleges may also offer a debit account that coincides with a student ID. The card can be used around campus to pay for laundry services, campus stores and food.

KEEP TABS ON ORIENTATION

When an orientation date is approaching, make sure your child is signed up long before the deadline. Understanding the times and location of the event is crucial to ensure they are punctual. You should also make certain that they have completed all necessary tests

before advancing in the admission process. While you may not be asked to attend the orientation, it's essential that your child is prepared.

COMMUNICATION

Before a student attends college, it's imperative to have some serious heart-to-heart talks. They should be pre-

pared to face situations involving drinking or drugs, and you must express your concerns and expectations for their behavior. Try to give your best advice rather than preaching during these conversations, children will appreciate a compassionate parent during these difficult discussions.

Dealing with Stress

While stress is a normal part of life, anxiety for a college student can become more difficult to manage.

The experience can be heightened for young adults because of academic demands and sometimes living away from home. If you're feeling like the experience is becoming too overwhelming, there are lifestyle changes you can make.

- Get more sleep.
- Try to think positively.
- Have an outlet for stress, such as a social gathering or participate in sports.
- Learn to meditate or practice other relaxation methods.
- Talk to a close friend or family member about your emotions.

When these techniques still won't lessen the feeling of anxiety, you should reach out to an expert. Your campus will likely offer programs with available counselors.

WHAT IS STRESS?

Stress is the body's reaction to a challenge. While most look at the experience as a bad thing, it can be a positive emotion. In some cases, our bodies can perform better or improve the sharpness of our minds.

According to the American Psychological Association, there are three different types of stresses.

• **Acute stress:** The most



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common form of stress is the result of recent or anticipated stressors.

• **Episodic acute:** Often accompanied by worry or angst, this type of stress occurs frequently and sometimes arrives in patterns.

• **Chronic acute stress:** This

dangerous form is thought to be never-ending and can lead to health issues like heart problems, strokes and some cancers.

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COLLEGE STUDENTS: BY THE NUMBERS

To get a better sense of how stress affects college students, check out these statistics from the Anxiety and Depression Association of America and the Associated Press.

• 34% report feeling

depressed at least at one point within the last 90 days.

• 13% have been diagnosed with depression, anxiety or other mental health conditions.

• 80% say they experience stress sometimes or often.

• About half of surveyed college students felt overwhelmed with anxiety at least once within the last twelve months.

• 20% say they feel stressed most of the time.

Orientation Questions to Ask

Colleges often hold an orientation session before the school year begins for incoming students to help ease their transition.

Some campuses may even welcome parents and guardians to the event or hold a separate meeting for moms and dads. It's an opportunity that should be used to familiarize yourself with the upcoming experience.

When you're attending the orientation, try to be immersed in the event. Participate in discussions like informational sessions, advisory meetings and getting to know the other students. It's a beneficial way to become accustomed to the new college experience before the semester starts. Orientations may also offer tours and testing for placement in your classes. While you're attending orientation, make sure to ask these important questions.

IS CAMPUS SAFE?

College campuses will typically have security and be patrolled by police officers. You should ask if the school offers a notification warning system that alerts a student's phone when trouble is arising. If they do provide this service, make sure to sign up and regularly update any

phone number or email changes so you can remain connected.

CAN I CHANGE MAJORS?

While entering college, you may think that your chosen major is an ironclad venture. However, as you progress through your academic journey, it's reasonable to have second guesses and switch majors. You should find out how easy it is to contact advisors, counselors and the school's policy on changing classes.

CAN I WORK ON CAMPUS?

Real-life work experience is a qualification that's required for numerous industries. Even with a degree, finding a job after finishing college can be a struggle. Ask if there are opportunities on campus that offer skill-building occupations during the school year. Working on campus is also an effective way to save money and time by dismissing the need to travel off-site for employment.

DO I QUALIFY FOR FINANCIAL AID?

Orientation is a great place to find out more regarding the school's financial aid programs. Ask counselors about things like loan repayment, interest rates and payoff deadlines. Make sure you understand the ins and outs of how you will be paying for college.



Should you Hire a Tutor?

You may be heading into college with extreme confidence after breezing through high school with outstanding grades.

Unfortunately, the difficulty of collegiate courses may catch you off guard. Avoid struggling during your higher education experience by understanding the importance of tutoring.

When hiring a tutor, you acquire more than academic assistance. The professional is also beneficial for keeping you on track with lessons while offering emotional support.

HOW TO FIND A TUTOR

If you're ready to commit to further understanding of a topic by hiring a tutor, there are several ways to contact an expert. First, you should consider if you would rather work with an educator virtually or physically. Video calls may offer more conveniences for those with a busy schedule, but in-person lessons may offer a better opportunity to absorb information.

One way to find a tutor in your local area is to ask for help on your college's social media networks. Explain the topics that you could use a hand in and estimate how much you can afford for the assistance. It's likely that a



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tutor will work with you financially and offer a great value for their knowledge. You can also find a professional by reaching out to your peers who have also hired a tutor. Ask for their recommendation for an expert and find out if they felt the experience was helpful.

BENEFITS OF TUTORING

The most positive benefit of working with a tutor is one-on-one attention. If you find it difficult to keep up with a professor's pace and feel you can't ask them questions, it's easy to fall behind and struggle.

An expert can address the dif-

iculties you face at your own pace, providing you with a better understanding of the subject.

Here some other advantages of hiring a personal tutor from Oxford Learning.

- Individual and unique learning experience.
- Improves academic per-

formance.

- Improves attitude while at school.

- Encourages self-paced and self-directed learning.

Whether you're already in the middle of your college career or will be attending in the fall, working with a tutor can help you succeed.