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Freshman Field Guide

Tips for Navigating the High School to College Transition



Session Agenda

- Welcome & Introductions
- Conversation: What do we expect?
- Current Student Stressors & Tips
- Resources



What do you expect to change when you get to college?

OR

What anxieties do you have about transitioning out of high school?

Thoughts & Tips for Your Transition

*From Current UNLV
Students*



I wish I had known...

My parents and I expected college to be like high school: I could come to class, come home, do my homework, and help with chores. But it's not like that.



I wish I had known...

Everyone should take at least one fun class a semester, even if you don't need it for your major. Otherwise you'll be miserable!



I wish I had known...

The culture on campus is so important. I only thought about academics and money, and I ended up transferring schools because I hated my first one. It has to FEEL right.



To Have a Better Year..



Utilize your resources on campus (women's center, health center, gym, writing center, CAPS, college workshops). You pay for them, so use them!!!

To Have a Better Year..



Make time to talk to your academic advisor. Ask them every question you have even if it feels silly. They are there to help you.



To Have a Better Year..

You have to jump in 100%. If you're only half in it will take you double the time to start enjoying yourself. It can be scary to put yourself out there, but it's worth it later.

To Have a Better Year..



Social media will make you think everyone else is having a good time all the time, but they aren't, I promise. Remind yourself of that before you compare.

If you run into
any of these
challenges...

USE the resources available
to you on campus!

Today's handout lists
resources at UNLV, but **all
colleges have student
support services like this.**



No matter what happens, you'll be okay. Everyone's path is different; don't feel like you have to follow the one everyone else is. -E. M.

Have comfort in knowing that although everyone's experiences are different and it is a change from high school, it will not be as "traumatic" as you may think. Transitioning can be crazy, but it's not anything you can't get a hold of and make it your own. -E. S.

Comments from Current Freshman