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 & Tip 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.