

# Helping college students who are struggling with the different aspects of school

## Acedemics

Attend office hours the professor holds

Ask your people in your class for help

Receive tutoring

Join a study group for your classes

## Socially

Meet people who attend the university through social media

Join clubs and organizations

Attend school events

Find common interest among your peers (You may like their shirt brand)

Speak to different people around campus

## Time management

Prioritize important task and activities

Form a schedule that fits you the best

Don't procrastinate (GET IT DONE!)

Plan ahead

Keep track of your responsibilities

## Mental

Talk to other students who are experiencing the same problems

Reward and make time for yourself to clear the mind

Talk to counselors and wellness coaches

Look for a support system you can rely on

## Motivation

Hear other students or alumni that struggled to adapt at first, but later found their way

Be persistent and resilient

Don't let obstacles interfere with your success