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(Actually great) tips for back to school

1 message

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Mon, Aug 22, 2022 at 9:48 AM



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5 ways to rock this semester

Lazy days. Road trips. Hanging with friends. Nothing beats summer.

And with just a bit of prep, you can take that same great feeling with you when you head back to campus this fall.

Get Started



1. Create a daily routine

With so much freedom in college, it's easy to get overwhelmed. Having a good daily routine can keep you on track while you explore new things.

2. Tap into your college's resources

Your college has a ton of support services, most of them free. Spend an hour on their website to dig around for what would help you most.



3. Own your experience

College is all about you and what you want for your life, not what others want for you. Embrace your agency and focus on creating strong connections with people who are on your path.

4. Care for your body and your mind

College requires a lot of hard work. You'll meet the challenge more easily when you feed yourself well, exercise often, and do regular check-ins on your mental health.





5. Don't go it alone

Get help early and often from a variety of sources: your professors, your fellow students, YouTube experts (properly vetted, please), and Course Hero's study guides and tutoring help.

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