

## **Ten Freshman Year Dorm Tips**

1. Everyone feels the same as you do, both good and bad. So, talk about your feelings and it can open you up to people.
2. Start talking with your roommate from the beginning. Don't wait until there is a problem. And when there is a problem, deal with it – calmly, honestly and openly.
3. Pick your battles wisely. Many issues can be dealt with by setting up rules or schedules.
4. Don't forget about the baggage you're bringing to college, too. And speaking of yourself, don't forget about 'me time.'
5. Don't try to impress everyone. Be yourself. Over time, you'll very likely develop some very strong friendships.
6. Respect others and they will be more likely to respect you.
7. If you are feeling 'bad,' talk to someone: your RA, a campus counselor, or someone else. Don't keep it to yourself.
8. Don't hide in your dorm room. Explore this new world.
9. Keep a journal. It will help you to see how much you're changing and growing.
10. Don't go to college...unless you want to change your life forever!