CS008 project

Due 5/13

Roles: content manager, quality assurance

Blog about college life and need to knows

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Welcome page:

It’s that time of year again. Summer is winding down, back to school shopping ads are everywhere you look, and the beginning of school is just a few short weeks away. Except now you’ll be heading off to college, a time in your life equally as exciting as it is terrifying. But don’t worry, plenty of people have been in the same position before you. This website is a helpful resource for any prospective college students who may be curious as to what to expect about the first of four life-changing years. After polling several savvy and experienced current college freshman, we’ve compiled a list of four of the most important things to do to make sure your freshman year gets off to a good start. Keep in mind that no matter how prepared you may be, how many sites you’ve perused for advice, life at college will still be an adjustment. Just make sure to enjoy it and make the most of your time there! We hope our advice helps make your adjustment much easier and enjoyable.

Going to class:

Going to class may sound simple and obvious but it may be the difference between graduating in time and needing a few extra years to do so because you had to retake a couple classes from early on. After all, the purpose of college is to further your education and create more opportunities for your future.

Sleep:

College Dining and the freshman 15:

The dreaded freshman 15. The phrase has been in the back of your mind ever since the acceptance letters started rolling in. While the freshman 15 may not be as likely an outcome for you as you may think, the new lifestyle makes it very easy to put on a few extra pounds. But don’t worry, there are just as many ways for you to keep the weight off.

First of all, most college campuses have an easily accessible and well maintained gym and fitness center. Lifting or running not your scene? Many fitness centers have group fitness, an offer options ranging from pickup basketball to Zumba and dance classes. While it may be difficult to find time early on in your first semester, there is always time in the schedule to hit the gym a few times a week, it’s just a matter of when. Colleges these days are very good at accommodating to all interests, so if you need some exercise odds are you can find something but active and fun.

You’ve no doubt heard rumors about dining hall food and what might be in that cheeseburger you just picked up. While your average college dining hall is no five-star gourmet restaurant, almost every school does a good job of providing healthy options and alternatives to the stereotypical pizza, burgers and fries. If you’re looking to keep off the weight, skip the greasy fried food and grab a salad or another healthy option. Skipping meals to keep the weight off will not give you the energy to handle your hectic first semester, so make sure to eat well balanced meals on a regular basis.

Getting involved:

Contact us:

We hope you found our advice helpful. Just remember it’s going to be an adjustment no matter what. Just enjoy it and get done what you need to get done. Please fill out this short form and let us know if you have any questions or suggestions. Best of luck this fall!