

## Real Advice for New College Students

### Health

Eat food that requires utensils, not just your hands. Eat foods that are more than one color. "I had student go to the hospital because they were only eating instant mashed potatoes." If you have access to a kitchen, learn to cook nutritious food. Green beans are your friends.

Get enough sleep. Learn the joys of taking naps. Buy bulk foam rubber ear plugs and wear them if it's too loud.

Stay clean. Showering is always a good idea. Clean your clothes. Wearing clean clothes helps you feel better. Change your socks often. Own at least 3 pairs of pants so you can wear one while you wash the others. Clean your sheets and change them.

Wash your hands often. College Students are germ factories and are usually under enough stress to screw up their immune systems.

When it's cold: Dress in layers so you can take a few of them off when you get to class. Get a warm hat. No one cares what your hair looks like. Wear boots for warmth and not for style. Style is for Spring and Fall, not Winter. Get a warm coat that covers your butt. Get decent socks. If wool is too itchy, wear a thin cotton layer underneath and change that often. Get a scarf and warm gloves and wear them

If you smoke cigarettes, quit as soon as you can. Bronchitis can knock you out of school for weeks, if not for the semester. Are you a drinker? Write down the number of drinks you have a week. How many of them were handed to you by a boring person?

Scout out the good bathrooms. Some buildings have random, single person bathrooms. These are important resources.

Put your phone away when you are walking. Put your book away when you are walking. Look ahead of you while you walk.

### Sanity

If you are on medication, **do not** stop taking it when you get to college. IF you feel that you have to stop, do it under the care of a doctor. Same goes with therapy. Now is not the time to stop therapy. Either continue that relationship or find a therapist at school.

You are an adult so get and wear a watch so you won't have to get your phone out to know what time it is. If you are commuting to school, get to your first class at least 30 minutes beforehand. If you drink coffee, be on your second cup when you get to class, not your first.

Put your keys on a large ring with something that makes noise if you drop them. Always keep your keys in the same pocket.

If you have a bad (for you) roommate, do everything you can to get a different room. It's better to have a small room in the basement than a roommate who ruins being in your own space. If you get sick, ask someone to check on you until you are better.

If you can't remember all the work that you have to do, write it down. This is a good idea even if it's just the work you need to do that night. Call your family at least once a week. You can do that. Don't spent money that you don't have.

Go to class. Go to class. Go to class. Do your homework, but go to class. If you miss class because you don't feel like it, then you won't have that allowed absence when you are sick and you will get sick. If you are confused or falling behind, talk to your faculty or advisor. Most colleges have some kind of learning center and these people can try to set you right.

### Sex

First Year Students: Don't have sex before Halloween. Sit back and watch the show of everyone you know sleeping with the worst person they have ever met. Lots of bumper people can keep up a good front for a while, but usually not for 2 months. This advice is real, not a joke, and has been co-signed by hundreds of people.

Everybody: Do not have sex with Faculty, not your teachers or any other teachers on campus. They don't respect you, do not think you are mature or interesting. They think you are available. You cannot keep it a secret. Everyone knows.

If at all possible, do not go to college in a state that does not allow students to make their own health care choices. Pregnancies are not prevented by wishful thinking. They are only prevented by birth control that is used correctly. Frat Houses = Rape Training Centers.

### Education

No matter what kind of school you attend, you will meet the world's dumbest person, the most compulsive liar, and the most toxic obnoxious asshole. Do what you can to not take a class with that person, because they will ruin it for you. Wait a semester or take a different section. Some fellow students can torpedo even the greatest learning experience.

Find out who the Best teachers are and take their classes. Before you sign up for a class, find out someone who has taken it before.

Be super nice and super patient and unfailingly polite with the staff who have to deal with students all day. If you are rude or impatient, apologize and mean it. College staff in all departments have the ability to save your ass and are often smarter than your faculty. They can help you streamline your life. They have seen more mistakes than you could make in a lifetime, so it's best to listen to them.

Find a Student Mentor. Ask about their experiences with teachers, clubs, activities. Find another Student Mentor, and then compare notes. Do not have sex with this mentor.

If your school has required classes, take them all as soon as possible. Find out who the good teachers are and get into those classes. You do not want to be taking those classes as a Junior or Senior with the First Year Students. You will hate that so much more than if you took when you were supposed to.