



THE COUNSELOR

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VGCC Counseling Services Fall/09 Edition

Adjusting To College

College means many things to many students—a new chapter in life, the first opportunity to be seen as an adult, and even a chance to start over! No matter how it is viewed though, adjusting to college can be challenging for many.

Whether transferring in from another college, or entering as a freshman, students face the same challenges and concerns. Will I fit in? What if I get lost? How are the instructors? What are the classes like? What will I do during my break? Does this sound familiar? College however, does not have to be as stressful as it appears. College is a wonderful place where students can make new friends, explore majors they may be interested in, start their studies towards their future career path, and begin to learn who exactly they are. And don't worry; there are many resources on campus to help if those concerns and worries start creeping in!

Tips for Student Success

- ✓ **Be yourself.** Relax, and be yourself. Others will see you for who you are.
- ✓ **Begin classes immediately.** Set good academic standards from the start. Don't begin by missing classes. If you know what is expected from you in the beginning, some of your stresses may be alleviated.
- ✓ **Get to know at least 2 students in every class.** Making friends helps many have a fulfilling college experience. Adjusting to college is easier if you have others you can talk to who are going through the same thing you are. Also, you can take breaks with your new friends, or even help each other out with things such as studying.
- ✓ **Get into a routine.** Create a schedule that will help you manage your time with all the activities you do.
- ✓ **Know the Campus.** Learn all about VGCC by visiting the website www.vgcc.edu. You can take a virtual tour, find helpful resources on campus, and even learn about clubs and activities to participate in. Knowing the campus and what it has to offer will help with your college experience.

MYTHS & FACTS about College

Myth: “This is only a community college, so it will be very easy to pass my class.”

Fact: Students are often surprised at the level of course work at a community college. Students must still study, attend classes, and apply themselves if they want to be successful. Community college does not mean easy!

Myth: “I'll have a hard time transferring to a good four year university because I attended a community college first.”

Fact: Absolutely not! A community college is a wonderful starting point for students. Many students transfer into 4 year universities from here, and have the option to transfer before or after completing a degree or certificate program.