

## The First Year Experience

### Does College life seem foreign to you?

#### Tools to help you:

- **Examine your own expectations, goals, needs, challenges, and priorities:** Be realistic when evaluating these items, and think about what your strengths are and what your weaknesses are. Ask yourself how you have dealt with new situations in the past. Remember not to wait to fall behind before you contact for support.
- **Allow time for the transition period:** Accept the fact that making the transition to post-secondary education will be stressful, but after an adjustment period, you should feel more comfortable. If you do not experience this contact Student Support Services.
- **New vocabulary and concepts:** Take time to learn and understand the College culture and the new terms and vocabulary.
- **Expand your support system:** Introduce yourself to other students. You will find that they may have the same concerns. It is good to get to know your Instructors, Student Support Counsellor and other members of the College staff. Do not be afraid to ask questions, including what your Instructors expect of you.
- **Get to know technology:** You will need basic word-processing and Internet skills. If you have never used a computer or need to brush up on your skills, contact the Student Support Counsellor for support. Student Support Services also has information as to where you can get access to a computer in your community, plus information on basic computer courses.
- **Involve your family:** Try to keep your family involved in your education. Discuss with them how you feel about attending College. This will make it easier for everyone. Also make sure to include time in each day for your partner/children/family.