

When Freshman Year of College Takes a Wrong Turn: A Must-Read for Students and Parents

Starting college is a major milestone in a young person's life. It's a time of great excitement and anticipation, but it can also be a time of significant stress and anxiety.



Trafficking Tara: When Freshman Year of College Takes a Wrong Turn by Ashley Oliver

★★★★☆ 4 out of 5

Language	: English
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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
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Lending	: Enabled



For many students, freshman year of college is a difficult adjustment. They are away from home for the first time, living with strangers, and taking challenging classes. They are also trying to make new friends and figure out who they are.

For some students, the challenges of freshman year can be too much to handle. They may start to feel overwhelmed, homesick, or lonely. They may

also start to struggle academically. If these problems are not addressed, they can lead to serious consequences, such as dropping out of college.

The good news is that there are things that students and parents can do to help prevent freshman year from taking a wrong turn. By following these tips, students can increase their chances of success in college.

Tips for Students

* **Be prepared for the academic challenges.** College classes are much more challenging than high school classes. Students need to be prepared to study hard and manage their time wisely. * **Get involved in campus life.** There are many ways to get involved on campus, such as joining clubs, playing sports, or volunteering. Getting involved is a great way to meet new people and make friends. * **Seek help if you need it.** If you are struggling academically or emotionally, don't be afraid to seek help. There are many resources available on campus, such as tutoring, counseling, and academic advising. * **Take care of yourself.** College students need to take care of themselves both physically and mentally. This means eating healthy, getting enough sleep, and exercising regularly. * **Have fun!** College is a time to learn and grow, but it's also a time to have fun. Make sure to take some time for yourself to relax and enjoy your college experience.

Tips for Parents

* **Be supportive.** One of the most important things parents can do is to be supportive of their child during freshman year. This means being there for them to talk to, offering encouragement, and helping them to solve problems. * **Encourage them to get involved on campus.** Getting involved on campus is a great way for students to meet new people and

make friends. Parents can encourage their child to join clubs, play sports, or volunteer. * **Help them to develop good study habits.** College classes are much more challenging than high school classes. Parents can help their child to develop good study habits by setting aside time for them to study, providing them with a quiet place to study, and helping them to stay organized. * **Encourage them to take care of themselves.** College students need to take care of themselves both physically and mentally. Parents can encourage their child to eat healthy, get enough sleep, and exercise regularly. * **Be positive.** A positive attitude can go a long way in helping students to succeed in college. Parents can be positive by encouraging their child to focus on their strengths and by helping them to see the challenges of freshman year as opportunities for growth.

Freshman year of college can be a challenging time, but it's also a time of great potential. By following these tips, students and parents can help to ensure that freshman year is a success.



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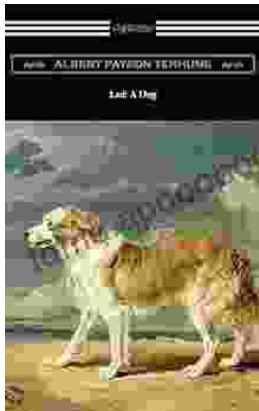
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