

a booklet
of tips
for student
success

NBCC

First Year Student

**SURVIVAL
GUIDE**



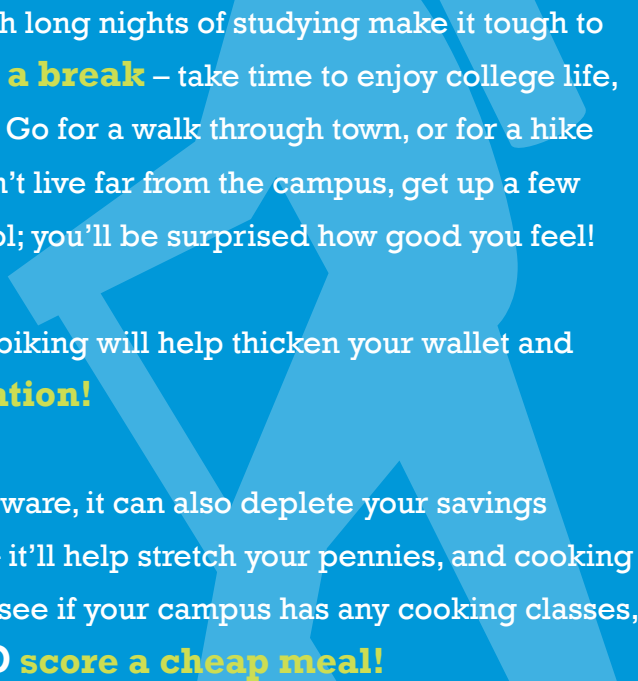
NBCC

Congratulations! You made it this far; we won't say the worst is over, but you've taken the biggest step so it's all smooth sailing from here. This survival guide can help you out if you start to feel overwhelmed, so relax, take a minute, and **READ IT!**

MONEY TALKS

- Be aware of what you're spending. Keep a journal (or your receipts), prepare a budget, plan how you're going to spend your money, that way you won't run out before the end of the year. **Be careful – it goes a lot quicker than you think!**
- Look into a few different ways to make some extra cash: a part time job can be a good way to meet people, and provide you with some extra spending money; however, if it starts affecting your grades, it may not be worth it. Another great way to get some extra help when finances are tight is through **scholarships**. You can get information on them from Student Services.
- If you can avoid it, don't use credit. If you know you're going somewhere that you may be tempted to spend money on stuff you don't need (or can't afford), leave your debit card at home. Don't forget to take a small amount of emergency money with you; you never know when you might need it. Two words – **STUDENT ID**. This little puppy is your ticket to discounts galore. Find out where you can get discounts and use it to your advantage. Those 10 and 15 per cent savings can really add up over the course of a year – you can save close to \$300 on groceries alone! **Do you know how many boxes of KD that is?**

STAYING HEALTHY

- Long days of sitting in class coupled with long nights of studying make it tough to find a way to fit exercise in there! **Take a break** – take time to enjoy college life, and get some fresh air while you're at it. Go for a walk through town, or for a hike or even try window shopping! If you don't live far from the campus, get up a few minutes earlier and try walking to school; you'll be surprised how good you feel!
 - Got a car? Leave it at home. Walking or biking will help thicken your wallet and slim your waist – **it's a win-win situation!**
 - Eating out is fun, easy and tasty – but beware, it can also deplete your savings pretty fast. Try buying some groceries – it'll help stretch your pennies, and cooking can be relaxing too! If you must eat out, see if your campus has any cooking classes, so you can support fellow students **AND score a cheap meal!**
- 

TIME MANAGEMENT

- With college comes freedom... and **responsibility**. There's going to be a lot going on, so it's important to keep your priorities straight. Big party on Saturday night and a big assignment due Monday morning? Get that assignment done **BEFORE** you go out, doing projects when you're tired is never fun. **Not to mention, it doesn't do anything for your grades.**
- You might not be able to go to **EVERY** activity, sporting event and party. List what needs to be done and what can wait. Although student life is great, don't let it be the cause of your stress.
- **Don't procrastinate** – it doesn't get you anywhere. The more you procrastinate, the more stressed you will be. Just do it, and do your best.



STUDY TIPS

- Go to class, talk to your instructors, and find out what's important; get organized and make a study plan to help keep you on track. Don't rush through it, everyone learns differently so **find your strength** (visual, auditory, tactile) **and use it**.
- **Take breaks**, your body and mind both need them, even if it's just a short walk around the block, or a call to friends and family. A change in scenery will help you clear your head and you'll return feeling refreshed and ready to get back at it.
- Take advantage of all the resources that are available to you – fellow classmates, alumni, learning commons/library, and instructors.
- If you feel you lack human contact due to studying, **join a study group**. It's a great way to meet new people, and also have fun while you study.
- Most important - **get some sleep**. Staying up all night cramming is only going to leave you feeling stressed and sleep deprived. Although tempting, caffeine isn't always the best answer.
- Don't stress yourself out - be positive, manage your time wisely, stay active, eat healthy and remember to take time for yourself. You'll be much more productive studying under these circumstances.

INSTRUCTORS

- Surprisingly enough, they **ARE** real people – take the time to see them as that and get to know them outside of the classroom. They want you to succeed, they don't just say that. **Your success is our success.**
- Don't be afraid to ask them questions – they won't fail you for it – promise! They are there to help. If you are having a hard time understanding something, schedule a meeting; you'll be happy you did!
- **RESPECT – IT WORKS BOTH WAYS.**

COLLEGE LIFE

- There's always so much to do, so finding the **right balance** between studying and fun is challenging – but necessary.
- Find a group of friends that can help you out if you miss a class, are having trouble understanding something, or just need to vent.
- What you learn outside the classroom can be just as important as what you learn inside the classroom, so don't miss out.
- College life is full of ups and downs – **push through the speed bumps** and remember life isn't about what happens to us, it's about how we handle what happens to us.
- **MAKE SURE TO HAVE SOME FUN!**



TIPS FOR MATURE STUDENTS

- **Be patient with yourself** – it may take awhile to get back in the swing of things – transitioning from the work place to an academic environment isn't always easy.
- Find a way of learning that works for you – don't be surprised if it's different than the last time you were a student!
- **Embrace the changes** you're making – celebrate them and be proud of yourself.
- Keep your family and friends in the loop – they can be a great support system for you.

A LITTLE EXTRA...

- Just can't keep up with everything? No problem, each campus has on-site counsellors and aboriginal advisors who can find you the help you need - from tutors to financial aid, or just someone to talk with.
- Peer tutoring is a great way to get caught up if you feel like you're falling behind – you get help from real students who are going through, or went through the same stuff you are.
- Each campus has its own unique features, so take time to figure out yours. Whether it's the food bank, one of the aboriginal centres, or the climbing wall, **there's something for everyone at each one.**



NBCC

College works.

Make it work for you.