

CONGRATULATIONS!

All your hard work paid off and you are now a college student. This is a new and exciting time in your life, but it's also demanding. Transitioning into a college lifestyle may be easier for some students than others. The increasing demands, responsibilities and overall change can feel overwhelming. Here is some information that can help you adjust to college.

ABOUT US

Donnelly College Counseling Center specializes in offering professional counseling services to Donnelly College students. The Center is staffed by mental health care professionals such as Licensed Professional Counselors, Licensed Clinical Social Workers and mental health counseling graduate students under direct clinical supervision.

CONTACT US

The Counseling Center is located on the 7th floor of the main building in room 710.

FALL/SPRING HOURS

Monday – Friday
8:30 a.m. – 4:30 p.m.

SUMMER HOURS

Monday – Thursday
8:00 a.m. – 5:00 p.m.

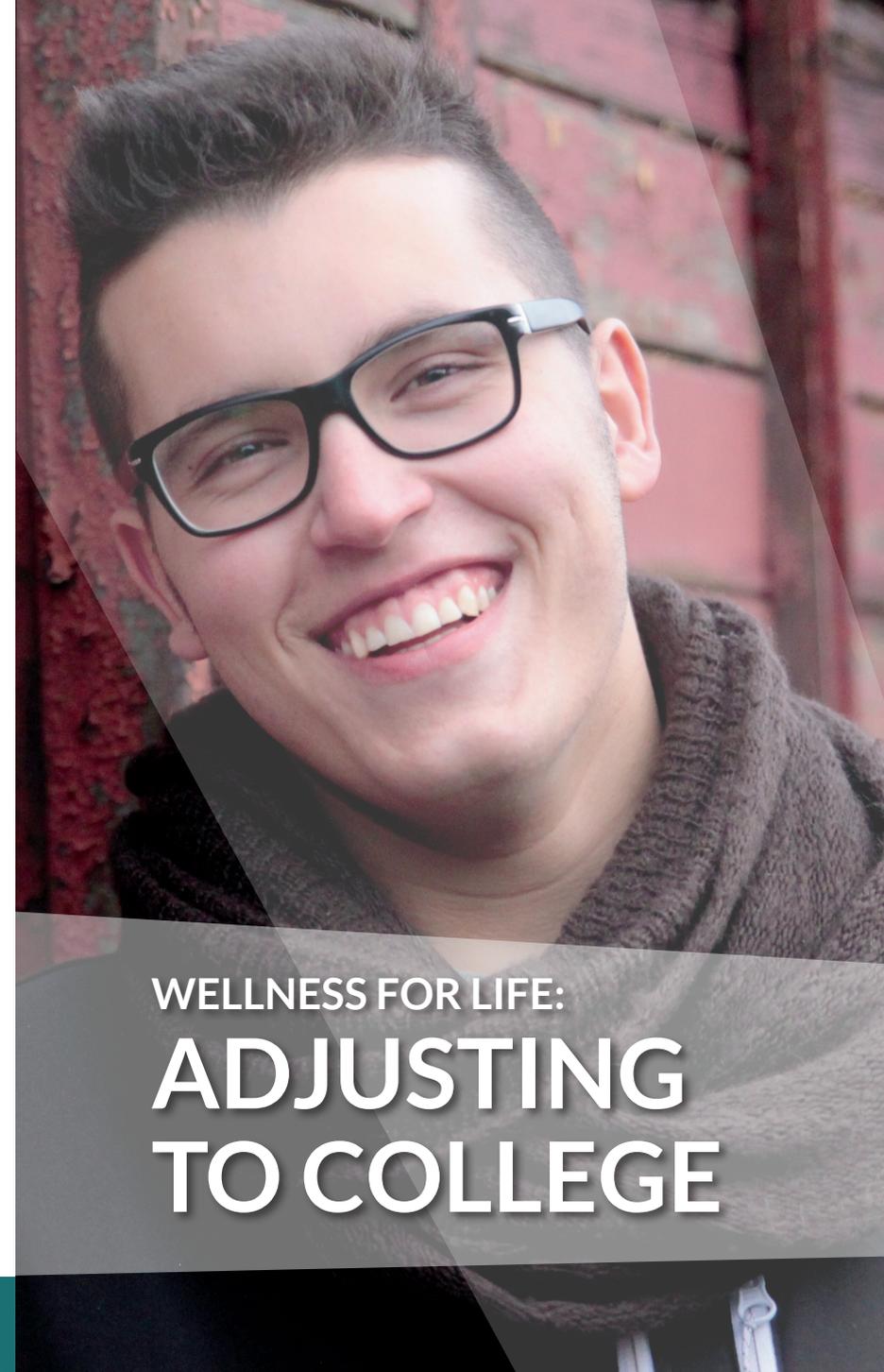
APPOINTMENTS

If you wish to make an appointment, call 913.621.8781 or email d Camden@donnelly.edu.

VISIT OUR WEBSITE FOR:

Information about our services, links to helpful resources and information, anonymous online mental health screenings and more.

www.donnelly.edu/counseling



WELLNESS FOR LIFE:

ADJUSTING TO COLLEGE



DONNELLY COLLEGE

608 N. 18th St. Kansas City, KS 66102 | donnelly.edu | 913.621.8700

The College is accredited by The Higher Learning Commission and a member of the North Central Association, 230 South LaSalle St., Suite 7-500, Chicago, IL 60604-1411; (800) 621-7440; www.ncahlc.org. Donnelly College maintains an open and welcoming environment, and does not discriminate on the basis of a person's sex, race, color, creed, religion, age, national origin, ancestry or disability.

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donnelly.edu/wellness

HOW TO ADJUST TO COLLEGE

1. FIND A GOOD BALANCE

If you let too much stress build up it can lead to serious symptoms like anxiety and depression. College life is more demanding and perhaps very different from high school.

In college, many classes meet every other day and there are breaks in between classes. In high school, class is in session all day, every day. In college, you might want to live at home while contributing to your family or familia, or instead move into the residence hall or somewhere off campus with roommates. A strict budget and a new job to help with expenses could be part of your college experience. You will be making new friends and forming new relationships. Maybe this will be your second chance at college while juggling work and a family at home.

TIP If you have a smart phone or tablet, consider downloading a time management app. Many include calendars, reminders and tips to keep you organized. Some of them are free.

So how do you find time to meet all these demands of life AND study? An important step toward balancing it all is to learn how to effectively manage your time. When you organize your day/week/month, everything becomes a lot less overwhelming and suddenly manageable. Try using a calendar or planner to organize all your responsibilities such as tests, your work schedule, family events and more. Don't forget to schedule in time for studying, hobbies and sleep. Once you see all that needs to be accomplished, you can prioritize and plan for upcoming events just by looking at your calendar or planner.

2. KEEP ON TOP OF CLASSES

In college, your instructors will challenge you and expect you to be responsible for turning in assignments on time and remembering when exams are scheduled. Even though your instructors expect a lot from you, they also want you to succeed. On your syllabus, you will typically see when your instructor has office hours, so take advantage of those.

Dedicating enough time to each class is the key to success. Experts recommend that you study 2-3 hours per credit hour. For example, this is how much time you will want to spend on each class:

3 credits (1 course) = 6-9 hours of study time per week
5 credits (1 course) = 10-15 hours of study per week

Also, make sure you utilize the free services of the Tutoring Center (room 205). One-on-one or group tutoring is available for many subjects, such as math, science and English.

TIP In the beginning of each class, you will receive a syllabus. Keep it and refer to it often during the semester. This guide will have valuable information like weekly chapter assignments, homework and exam dates and paper due dates.

3. FIND SOLUTIONS TO PROBLEMS

It's normal to feel a little overwhelmed from time to time, but if you begin to experience increased frustration or anxiety, do something about it. For example, if you are not able to get things done, then maybe it's time to revisit your calendar/planner and make adjustments where you can.

There are only 24 hours in the day, so you will want to focus on what is important and what needs to get done. Coping with life's difficulties sometimes means asking someone for insight into a problem. Everyone at Donnelly wants you to succeed and is here to assist you. If you are having difficulty in a class, the first step is to talk to your instructor. Your instructor can give you an idea of where you are in the class and offer you advice on improving your performance. You can also talk to your advisor for advice and information about campus resources to help you achieve your goals.

TIP If you are still struggling with something, speak up! College is supposed to be challenging, but you've made it this far and asking for help is not a sign of weakness.

4. MANAGE YOUR STRESS

Classes, homework, exams, work, bills, roommates, friends, family...all these things can lead to a lot of stress. Even with a packed schedule of classes, work and social life, it is important to take a little time for yourself. When planning your schedule, reserve some time for activities that you enjoy and are relaxing. Some examples include listening to music, exercising, hanging out with friends or reading a good book.

Your health choices also impact your physical and mental wellness. Overall, make sure you have good sleeping habits, eat balanced meals and exercise when possible. Donnelly offers healthy food options in the Bistro (lower level) and the Soccer Club and other intramural sports help you stay active and healthy.

TIP Most adults need 7-9 hours of sleep per night, so get plenty of rest. Getting a good night's sleep can boost your focus, increase your energy and improve your mood.

5. GET INVOLVED AND REACH OUT

At Donnelly, there are many opportunities to become involved on campus and access to resources. There are various student clubs and organizations you can join; you can also look into starting your own club. Various campus resources are available to help you become a successful student, such as your advisor, instructors, Campus Ministry, Residence Life staff and the Counseling Center. College life will have its ups and downs, but if you find that you continue to struggle adjusting to college, come to the Counseling Center for more information on how to manage it all.

TIP Check your Donnelly College student email often. It has important information about upcoming campus events and activities and much more.

