

7 Things To Do Freshman Year

Join or consider joining a club during your 1st semester: joining a club provides a ready-made social group and a non-academic focus for your attention.

Befriend your advisor: your advisor is full of practical advice for getting the most out of your college experience. Visit at least once a semester and e-mail more frequently.

Craft an exam ritual: build a ritual that you follow every time you face a serious study challenge. Your ritual should consist of three unchanging elements: location, time, and review system. Consistency is key!

Relax already!

Attend 8 talks, events, or performances: extracurricular mental stimulation will help keep you energized and engaged with your courses.

Finish 1 long-term project absurdly early: once you realize that it's not all that horrible to start work a little early, it'll become significantly easier to reject the procrastination urge.

Choose an exciting minor: move beyond your comfort zone and sample subjects that sound interesting to you – college is a chance to expand your intellectual horizons.