

# HEALTH IN OUR HANDS!

The Arkansas State University Wellness Program Newsletter  
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## College Survival Tips

### College

While starting college is full of new opportunities and exciting adventures, some students struggle with the transition. College curriculum is more challenging and the distractions are endless. This newsletter includes typical areas where students struggle when transitioning to college courses and tips on how to improve them.

### Time Management

With classes, studying, and working, time management can be an initial issue. Finding what personally works best is important, but here are Forbes Magazine's tips on time management:

1. **Set a time limit for each task:** Setting an allotted time for each activity helps break down the 24 hours in a day.
2. **Organize your day:** Whether it is a daily to-

do-list or a weekly planner, set goals for what needs to be accomplished each day.

3. **Perform your most important tasks early in the day:** Inevitably something is going to derail your day. Completing the most important tasks early ensures that the most important items get completed.
4. **Be realistic with what you can accomplish:** Only put things on your to-do-list you know you are going to be able to accomplish. Do not try and overextend yourself.
5. **Say No:** Overextending yourself can cause unwarranted stress and take up time needed elsewhere. Only say yes to events that easily fit into your day.

### Sleep

- **Maintain a regular sleep schedule:** Including the weekends!
- **Only use your bed for sleeping:** Doing homework in bed may confuse your body when it's actually time for sleep.
- **Limit afternoon naps to 1 hour:** Napping for any longer than an hour may result in difficulty sleeping at night.
- **Avoid afternoon caffeine:** Though caffeine may be keeping you awake through class, it may also be keeping you awake at night. Limit caffeine intake after 1:00pm.

### Studying

Studying in college is significantly more challenging. The workload is

more demanding and the distractions are exponentially greater. Everyone studies differently so finding what works best for you is important, but here are some tips that may help you get started.

- **Study small increments at a time:** Take 10-30 minutes a day to study for each class. This will make studying for exams less overwhelming.
- **Avoid distractions:** Turn off your cell phone or going to a quiet area to study may be most helpful.
- **Do not have one designated study spot:** While having a study desk in your room is great, try going to the library or a coffee shop. The change in location may help with focusing.
- **Make a study plan and stick to it:** Write down your study goals each week and hold yourself accountable.

### **Homesickness**

College is a big transition and can be uncomfortable to make without the help of friends and family. While college life is busy there is also a lot of time spent alone. In all this time by yourself you may realize that you are missing everything back

home. Here are 5 tips to help cope with homesickness.

1. **Don't stay in your room:** Whenever you start to feel homesick get out of your dorm room! Go meet new people, study at a coffee shop, or grab your roommate and go to an event on campus!
2. **Allow yourself time to be sad and then move on:** Allow yourself to feel your emotions but don't dwell on them. When feeling homesick think about all the positive things that go along with being at college
3. **Make your university/college your home away from home:** Make your dorm room as cozy as possible. Connect with a group of friends. Re-create some of the activities you use to do at home with your new friends.
4. **Connect with new people:** While it may be scary, talk to new people! College is a great place to meet new and different people. Join an organization or attend a study group.
5. **Remember everyone gets homesick:** Remember you are not going to be the only one to get

homesick. It is a part of going to college

### **References**

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### **Other News**

\*\*If you have any suggestions for newsletter topics, please contact Dean Susan Hanrahan at [hanrahan@astate.edu](mailto:hanrahan@astate.edu).

The Arkansas State University Employee Wellness Newsletter is published monthly during the academic year by the College of Nursing and Health Professions. Health questions can be addressed to Dean Susan Hanrahan, Ph.D., ext. 3112 or [hanrahan@astate.edu](mailto:hanrahan@astate.edu). Produced by Kayla Leal, graduate student in the College of Nursing and Health Professions, Physical Therapy Program.