

## Getting Ready To Head Off To College



Summer's almost over and you're about to head off to college - what does that mean to you? It is an exciting time, but it can be an overwhelming time that involves making more decisions than you bargained for. How on earth do you make the transition without everyone in the family feeling stressed out? What should you bring and what should you leave at home? How are you going to keep track of all you have to do, and then get it done?

### Take time to manage your time

Time management is key and there never seems to be enough of it. Remember the reason you are there - it is to learn and graduate. That being said, academic work should always come first when prioritizing all you have to do. You also need to be realistic and know that you can not just study and go to class all day, you do need to give your brain a break. Doing things outside of schoolwork can end up making you more productive when you are studying. This is why you need to think about how you are going to manage your time effectively, so the first thing is to find a system that works best for you. You have options; some students use a calendar on their phone or computer while others like to use a paper calendar or daily planner. Having a system in place before you go will help you use your time more effectively and to make sure that you do not miss out on the one thing that you need to keep moving ahead though out the day, and that is sleep.

### Packing up to go

If you are moving into a dorm room remember they tend to be small. Stick to the basic items and do some research before hand to see what items are already provided in the room, like a desk or lamp. You also do not need to bring everything right away for the whole school year when loading up the car. You can always have your parents bring the rest when they visit or when you go back home. Making a list is a great way to make sure you will have what you need. Start with the basics by thinking about all the items you use on a typical day and write them down. Keep your list handy so you can add to it as things come to mind over the next few days. Take time during the summer to go through your clothes and get rid of things you do not wear anymore. This makes sure you are not bringing items to college that you will not wear, and you can donate them to a nearby charity.



## Organizing your space

Take this time to think ahead about being organized while away at school. You can utilize the space in your dorm room by packing your things in plastic containers that will slide underneath the bed in your dorm. Also bring only one suitcase because there is no room to store several suitcases at school. When you go home for the holidays or on break you have a suitcase to use. Grab a pocket folder or file jacket and store all the paperwork you have received from your college. That way everything will be together, making it easy to reference on your arrival. It will also be handy because you will have something to put all the paperwork you will get from the school upon your arrival. Smead has a wide range of options that will help you keep important papers organized so as to not get lost in the shuffle as you go back and forth between home and college.

