FIRST AID

Being a Freshman is one of the most exciting times of your life, but it can be one of the most demanding times of your lives. You have graduated from 12 years of schooling and been told that the world is at your feet. Unfortunately for some students the world ends up on their shoulders because they are not ready to handle all the new problems and circumstances that come up. Having a first aid kit ready may seem old fashioned and ridiculous, but it can save lives. This is my plan for a first aid kit and if someone wants to give you a graduation gift suggest a calling card, so you can call home when everything is so overwhelming. Most of the time all you need is someone to listen to you.

1. Realize that you will get sick during the semester and that you need to take care of yourself. Don’t wait until you have pneumonia to go to the doctor or get medication. Mother isn’t going to be there with a spoonful of cough syrup. Keep cold and sinus medicine on hand. Buy it when you have the extra money. Don’t wait until you are short of funds and can’t afford it. You paid for the free doctor at Thompson Hall, so take advantage of that, but make your appointment after class. These are good doctors. Also, put away a little extra MAD money for these times for medication.

2. Realize that your body needs rest and you can’t stay out all night long drinking, partying, etc.; and wake up for class the next day. A little partying on the weekends is understandable, but during the week there isn’t time.

3. Have two alarm clocks set. There will be times when you forget to set one or the battery or electricity goes out. Another good gift you can suggest to friends.

4. At this time of your life there are lots of things that come up that you might not be ready to handle:

Parents divorcing or parents getting sick
Break up with boyfriends or girlfriends
Grandparents getting older, becoming very sick and sometimes dying
Date rape (it happens more than you think and mostly while drinking)
Sororities or fraternities can take up to much of your time
Room mate problems, etc.

Whatever the problem talk to someone. You pay for a free counseling service at colleges, so get some help. Most teachers are willing to talk and work things out with you. Just don’t set around and let the problem get bigger.

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5. Realize that there are a lot of friendly caring teachers, secretaries, and counselors on campus and they are ready and trained to help you. Most of them have children of their own and have gone through all kinds of situations. You have to make the first step to talk to them.

6. Read your catalog and schedule book and know what is going on at your university and in your major. Advisors are trained to help you, but with all the students, mistakes can be made and they can be costly.

7. Don’t overload your first semester with hard courses. Most students are not disciplined their first semester and it is just a struggle to get to class, get your laundry done, keep up with your books, purse, money, etc; let alone pass a course that seems way over your head.

8. Remember that if you can make it through the First Semester at college you can make it through the next years, so THINK the first semester and spend your time wisely. Discipline is the answer to making it through the semester and we are only talking about 5 months. Don’t procrastinate. Do each assignment as you go along and things won’t get out of hand. All students at a University are smart or they wouldn’t be accepted into the school, but not all are disciplined to make the long haul.

9. Don’t plan to go year round to college, as it is really easy for students to get burned out on school. Maybe one semester, one course during the summer. You need sometime to rest and get ready for the next big semester.

10. Most Universities offer a Writing Center that will help you with your writing in all your courses. Check out all your resources. You pay for it in your tuition, so don’t let your money go to waste.

11. If you have to work your way through school, don’t overload yourself. Remember the turtle finished the race and you can too if you just keep a steady pace.

12. Remember all that you have been taught in the last 18 years and let your conscience be your guide. Think everything out and realize the price you will have to pay.

13. Also, if you are not a morning person don’t sign up for an 8:00 a.m. class. Most classes open up the day before school starts and you can change to a later class, but you will need to keep checking the internet for drop/adds.

14. Don’t think that something is wrong with you because you don’t know what you want to be when you grow up. Most adults still are trying to figure that one out.

Written by Carolyn Cook, one who has heard a lot of problems and excuses