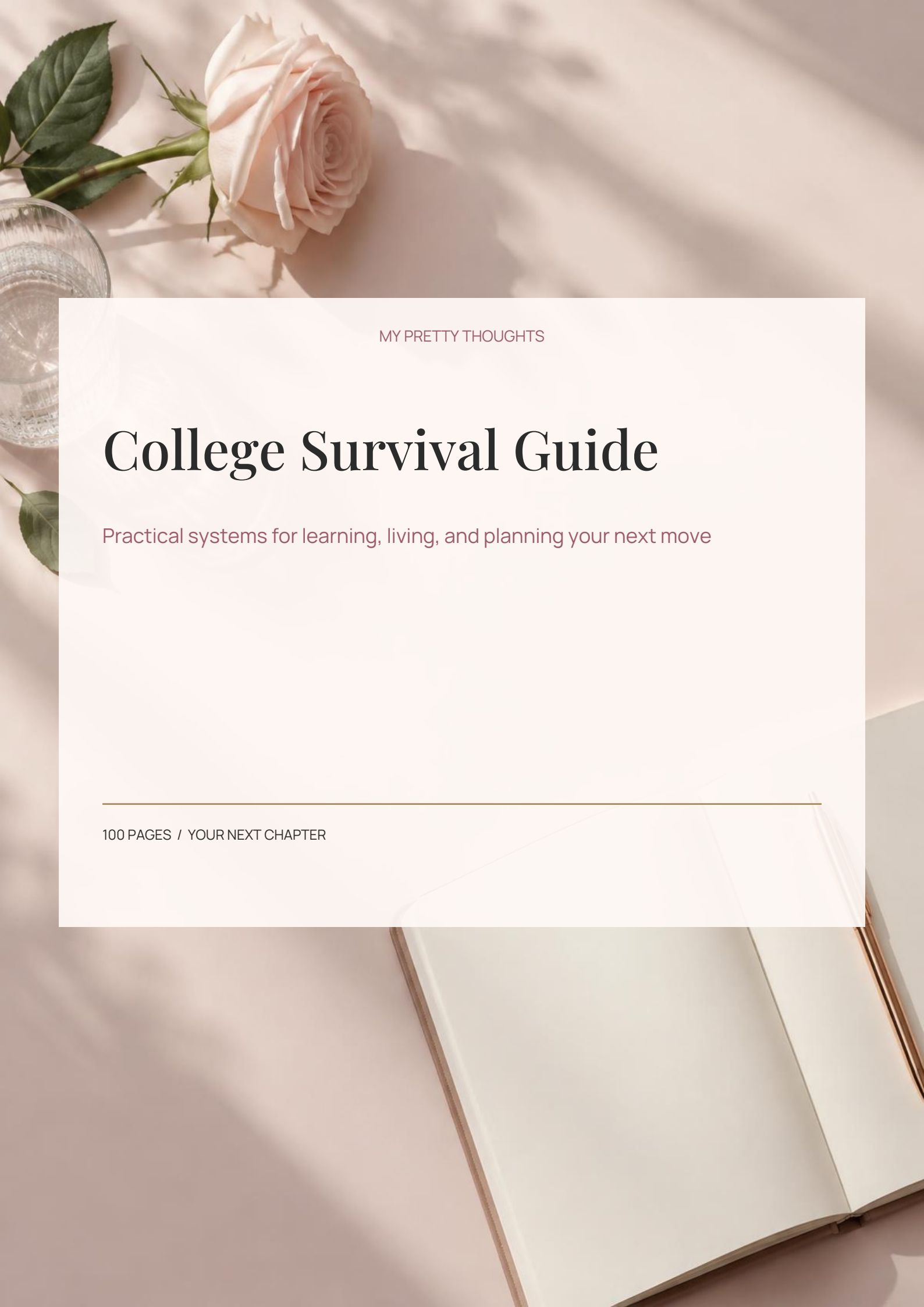




MY PRETTY THOUGHTS

College Survival Guide

Practical systems for learning, living, and planning your next move

100 PAGES / YOUR NEXT CHAPTER

A little structure. A fresh start.

College does not require you to arrive with everything figured out. This workbook helps you build workable routines, ask useful questions, and make decisions that fit your circumstances. Each of the 14 modules contains seven distinct workbook pages: a lesson, checklist, action plan, comparison worksheet, reflection, seven-day tracker, and review. With a cover and contents page, the complete workbook contains 100 pages. Work through the modules in order or begin with your most urgent need. For comparison pages, assess two realistic options against the four criteria provided. Repeat trackers when your schedule changes, and treat revisions as useful learning rather than failure.

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This workbook provides general educational information, not medical, mental health, legal, financial, or emergency advice. Policies, services, costs, and eligibility vary by institution and location. Verify important details with qualified professionals and official campus sources. If you face immediate danger or a medical emergency, contact local emergency services or the appropriate campus emergency service.

THE GUIDE

1. Navigating the Transition

Starting college means learning an unfamiliar system while managing ordinary life. Reduce the uncertainty by building a small personal orientation guide. List your course locations, student portal, academic adviser, accessibility office, financial aid contact, and one place where you can ask general questions. Verify opening hours and appointment procedures rather than assuming you can walk in. Then identify three routines that help you feel steady, such as eating breakfast, calling someone supportive, or preparing your bag at night. Keep these routines small enough to use during a difficult week. Choose one low pressure way to meet people: attend a society meeting, introduce yourself after class, or join a study session. You do not need an instant friendship group. If you commute, study online, or have caring responsibilities, look for connections that fit your actual availability. At the end of the week, separate unfamiliar tasks from genuine problems. Unfamiliarity often needs practice; problems may need specific support.

What matters most to you here?

YOUR CHECKLIST

1. Navigating the Transition

Start with what fits your situation. Mark each item when it is complete.

- ☐ Locate every classroom or confirm each online meeting link.
- ☐ Save your adviser and student support contact details.
- ☐ Check the process for requesting accessibility accommodations.
- ☐ Confirm how to access your student email and portal.
- ☐ Choose three stabilizing daily routines.
- ☐ Identify one welcoming activity that fits your schedule.

Anything else to check?

MAKE A PLAN

1. Navigating the Transition

01 Spend 20 minutes creating a one-page campus contact guide.

My next step / who can help / target date

02 Test your route or login before your next class.

My next step / who can help / target date

03 Introduce yourself to one classmate or activity organizer.

My next step / who can help / target date

04 Schedule a 15-minute end-of-week adjustment review.

My next step / who can help / target date
