

The Top 20 Things Every College Freshman Should Know – Podcast Transcript

Opening:

Hi, I'm Merinda Caston, from the Oregon Student Assistance Commission, also called OSAC for short.

Today, I am going to talk about **the top 20 things every incoming freshman should know about college.**

Body:

1. The transition from being a high school senior to a freshman in college is a huge one. Be prepared for lots of changes including where you live, who you hang out with, and the types of classes you take.
2. Make sure to get well connected to an Academic Advisor. They will help you guide you towards a major and be there to help with scheduling classes each term.
3. It is OK if you do not know what you want to major in. College is meant for figuring out that choice, so take classes that interest you or seem interesting eventually you will figure out what your major will be.
4. In college, you have way more responsibility than you ever have before. You will have to pay bills if you are living off campus, schedule your time so that you can balance your studies with your work and social life, make sure you are doing well in your classes, and find a way to sustain yourself financially.
5. The homework and reading you are assigned is essential for earning good grades and passing your classes. The workload in college is much more rigorous than high school, so prepare to set aside a lot more time to complete it.
6. Go to your classes! Even if there is no attendance taken, the information presented will be very beneficial to your success in your classes and you are paying tuition to take the classes, so make the most out of your investment.
7. Make sure you know about the resources that are available to you on campus. There are many things to take advantage of, from the health center and recreation center, to computer labs and math and writing tutoring.
8. If you live away from home, homesickness will set in after a little while. Make sure you stay in contact with your parents and take some weekends to go home and visit if possible.
9. Take some time to explore the new area you are in. There are lots of new places to eat, relax, and have fun.
10. Get your sleep! Sleep is extremely important in order for your brain to stay healthy. If you have a test the next day, get your sleep, if you don't then you will be more likely to forget the material needed to pass the test.

11. Be careful with relationships. There are a lot of new people you will meet, but make sure to keep yourself out of unhealthy and negative relationships. Always remember that you are going to college to succeed – avoid spending time with people who will hinder your success.
12. Try new things. During college, you find more about yourself, your passions, and what you want to do.
13. Look out for your health. You will be tempted to eat out a lot but be aware of the healthy options that are available and try and work some sort of physical activity into your weekly routine.
14. Get involved in something during college. There are many options; from clubs, cultural groups and intramural sports to volunteer groups and student government. Taking advantage of these options will give you the opportunity to meet new people with the same interests as you!
15. Take advantage of the school's recreation center. It is a place that has many resources to different forms of exercise from basketball, running, yoga, badminton and more!
16. Learn to watch how much money you spend and what you spend it on. It is important to become financially smart and it will benefit you in the long run.
17. When budgeting for expenses, don't forget to include your books for the term. Books are an expensive and essential aspect to college. When you are done with them for the term, most schools buy them back or you can donate your books to an organization that will help a child trying to receive an education.
18. Having a part-time job during college is very beneficial. It provides you with some extra money and a way to gain job experience. Most places on campus or near campus hire in the month right before school starts.
19. Think about studying abroad. College is a time where you can go to another country to take classes and experience a whole new culture. It will be an experience you won't regret doing!
20. Finally, enjoy your time in college. Don't overload yourself with 18 credits and a full-time time job. Take time to relax and have fun with the people you meet.

Conclusion:

Those are the 20 things that every incoming college freshman should know before they start their first year. The transition from high school to college is a major one, however it will be a good experience where you will meet some great people, figure out what you want to do in life, and learn how to think critically.

Closing:

Thank you for taking the time to learn about this important topic. For more podcast topics, please visit our website at www.OregonStudentAid.gov. From all of us here at the Oregon Student Assistance Commission, this is Merinda Caston. We look forward to helping you again soon.