In Their Own Words...

Current Seattle U students offer some advice concerning transitions and university life.

Academics

- The first few weeks are crucial for doing your homework and reading. Do not get behind; you cannot catch up in college.
- Everybody says "don't procrastinate" but students never listen; I didn't. They just need to know that while you CAN get a 10 page research paper done the night before its due, there is no way to do that paper WELL without giving it the proper amount of time.
- Personally I have to write everything down. If this is you too, get a planner that works for you (some should just 'feel' better than others) and write down when stuff is due, what activities you have, etc all in one place.
- Make sure to get the contact info from at least one person in each class so you can get assignments from them if you miss class.
- Talk to your Professors! Even if you're doing fine in the course, go into their office and talk.
- Read the Material!
- You don't have to pick a major the minute you step on campus.
- It's okay to change your mind about your major multiple times.
- Students should speak up in class. There aren't a whole lot of points earned in classes. Thus, Profs test knowledge based on the ability to communicate and participate in class discussions.
- Don't expect to get a good grade on a paper unless you put lots of time into it.
- Do "Service Learning" in classes whenever possible. It really makes your education more worthwhile.
- Go to your academic advisor even when you aren't required to. They really help.
- When registering for classes, make sure that you do not have any registration holds, so that you can register for classes on time. This makes a great difference or else you are going to be left with class times that are horrible and teachers that you may not like.
- Explore classes and your job/career interests early so that you can start narrowing down what you want your major to be (changing your major during your junior or senior year can be stressful.)

Transition

• Parents be assured to know, your kid will be a kid in college at first, but sooner rather than later they will start acting as you taught them and will remember what you taught them.

- When settling into my freshman year, as an in-state kid, it was always hard not to be sad when the out-of-state kids got fun, overstuffed care packages from their parents. There's something about receiving mail that excites college students, raises their status (someone was, after all, thoughtful enough to send them something...even if it's junk mail) and--most importantly--fills those around them with envy.
- As your child begins their first year at college, be sure to let them know your there and that you're thinking of them. They may not say it (actually, they won't say it), but they will really appreciate it. This is not a license to smother...but do send them mail.
- You're going to forget people's names and they're going to forget yours. Keep asking. Introduce yourself to everyone.
- Every student should know that the easiest way to make friends is to leave your door open.
- You don't have to call every day. But it is nice to get the occasional phone call to check up. Also, care package and mail are a students pride and joy. It's nice to be remembered.
- If the student begins calling the residence hall "home" that's a good thing--you shouldn't get mad or feel let down. It means they are doing well and are adjusting to college life.
- Bring shower shoes!
- Use your OA and RAs as resources. They've been there, done that.
- Talk with your roommate about study habits, sleeping, guests, and anything you can think of. It's better to do it sooner than later.
- Don't expect you'll be making all your friends all in the beginning. Building friendships is work and does take some time. Most importantly, it's never too late to keep on trying.
- Your roommate will live quite differently from you, there's a 99% chance of that. Don't expect him or her to be totally compatible. Instead, respect the differences you see and try your very best to tolerate it. In the long run, you will appreciate how open-minded and inviting you've chosen to be.
- Coming to college is a daunting, long-awaited, exciting confusion of emotions all jumbled together.
- Be good to your body (I am a 3rd year nursing major and I am health conscious, but I still gained 20 pounds my first year of college; in addition, I started staying up really late so when it came time for bed at a decent hour, I could not go to sleep.)

Must do's at SU

- Make sure to participate in Orientation activities--you only get to go through this once so enjoy it!
- Students have to do at least one retreat. I hear a lot of good things about Search but I haven't done it. The Ignatian Silent Retreat was perfect for me- find a retreat that sounds good to you and take advantage of it.

- Attend the soccer games.
- Go to Street Fair and learn about clubs.
- Go to a Coffeehouse in the Bistro.
- Go for a walk downtown.
- Go to Mass at St. Ignatius at least once, go to the Jewish Temple de Hirsch Sinai at least once, go to the Idriss Mosque at least once, and perhaps stop by the Russian Orthodox Church not far off campus. It's great to get to know many faith traditions.
- Join a club or two whether it's through campus ministry or an organized recreational sport--it's a great way to feel included in the SU community.
- Get involved! The more you are involved, the more people you'll know, and the more fun you'll have.

Money Matters

- Budget and keep track of what you spend (candy bars, coffee drinks, a cd, a book, a movie ticket, etc. can add up to a big chunk of money at the end of the week.)
- Develop a good relationship with the financial aid office because as tuition continues to rise, you will be seeing them a lot and they can also direct you to untapped resources to fund your tuition.
 - Having a credit card is awesome! However, paying off the actual bill sucks. Going to school in Seattle is a little different than going to school in suburbs; everything is kind of expensive. I wish my parents would have talked to me a little about money and how credit works.