

Finding Your Place at College

Reach Out

You are not the only one struggling with your new surroundings. Reach out to someone else that is struggling with belonging. You'll be able to help each other in new surroundings

Be Brave – Say “Hello”

The perfect way to meet new people is to say hello to the other students. Then progress to talking to the guy in your English class. Soon you will connect with your new surroundings

Clubs and Organizations

Search out an organization that might attract students with the same interest as your own. Check into your student activities or student government organization. These organizations will give you connect with a lot of different students.

Contacts

When you are standing in line waiting, talk with someone. You can find out a lot of information in those short conversations plus there's another contact you have made with a student. Also ask a few people to go to lunch.

Be Yourself

Don't think you have to impress other people. Just be yourself. There are enough different people on campus that you will soon find those you connect with and who like you for who you are.

Search Out

Positive Influences ~ People who challenge you to be better ~
Sincere friends ~ People that have the same values.

Connecting with Others

You will experience many different types of people during the college years. You will likely interact with: Different races/ethnicities ~ Different religious beliefs ~ People with disabilities ~ Other sexual orientations ~ Different social classes ~ Different ages ~ Different areas (suburban, urban, rural).

Be a Good Neighbor

- Be kind, open and friendly
- Don't assume
- Respect for self, be respectful for others and responsible for all your actions
- Steer clear of gossip and rumors
- Visit each other's rooms or homes
- Be courteous about the noise level from your room

Cues for Conversation

- Guidelines on striking up a conversation with someone you have just meet:
- Mention an event that will take place on campus or an event that just took place. How did you enjoy the movie night that student activities sponsored? Did you watch any of the movies on CATv? It's the Barton streaming movie channel.
- Offer a compliment – “those were good questions you asked in class”. “Can we compare class notes over a soda?”
- See an interesting t-shirt? Ask the person about it or ask if they participated in that event. Or do you play baseball at Barton?

Sleep Savvy

An all-nighter might sound like a great idea at the time of the conversation. But messing with your sleep patterns can have a long-term effect:

- **Messes with your memory.** Tired people have a harder time concentrating
- **Makes you a dangerous driver.** It's hard to concentrate and keep alert.
- **Makes you irritable.** You will say or do something you will regret.
- **Health.** You're more vulnerable to colds and flu.
- **Looks.** When you get good regular sleep, your eyes are brighter, skin clearer and you have more energy. Make sleep a priority!

Common Counseling Concerns

Stress ~ Self-Esteem ~ Anxiety ~ Relationships ~ Alcohol and
Drugs ~ Depression ~ Body Image ~ Sexual Identity
Eating Disorder ~ Violence and Trauma ~ Suicidal Thoughts