

***Advice to First-Year College Students & Parents:
From a College Sophomore's View***
By Stephanie Espinosa
Sophomore
Auburn University
July 27, 2006

Making the transition from high school to college is an experience unlike anything a college freshman can comprehend until they are actually experiencing it first hand. Numerous expected and unexpected challenges are thrown at the new college student all at once. Making a successful transition from high school to college can be rough at times but worthwhile.

Auburn University was the only college I ever thought about going to. As soon as I visited the campus I knew I wanted to attend college there and NO where else. I was looking forward to getting involved in the Auburn community. To me Auburn had it all. I was so excited about this new experience I was about to go on and it never crossed my mind that I just might be unhappy at Auburn.

My transition from high school to college was not an easy one. All throughout high school I couldn't wait to be on my own, but as soon as I got there all I wanted was to come back home. I missed my old friends from high school and family. I had started going through the rush process but dropped out. As the semester progressed I became unhappy with my situation at Auburn. I missed my home and soon I was convinced that nothing good would ever happen to me at college. By mid-semester I was ready to quit and come home. My parents told me I had to stay the rest of the semester, trust me I was very unhappy about that. By Thanksgiving Break I had my transfer papers done and in the mail. I remember one of my good friend's dads saying, "Just give it a full year! Don't sell your self short!" After talking with my parents over the Holidays I decided to give Auburn one more shot but I was going to have to make some serious changes in my life at Auburn.

The first thing I did was change dorms and start all over again. The second thing I did was to spring rush, this time I didn't drop out and I pledged. As soon as I pledged doors all over campus seemed to open up. I had 20 new friends in my pledge class to start with and I had 190 new sisters involved with almost everything around campus. I joined project impact (a college group that does community service around the Auburn area). By GETTING INVOLVED with my campus I was 100 times happier with college life. Honestly that is the number one thing I can think of to make going off to college easier. First semester I concentrated on my grades and I did very well but I was miserable. Second semester I became involved with my campus and I had to find a balance between a social life and academics. I found that studying Sunday through Thursday freed me up to be able to play on the weekends.

Tips for freshman:

~ Bring LOTS of Cold medicine.... If you're living in the Dorms you will get sick!!!!

~ If you're joining a sorority or fraternity look at the group as a whole! Not everyone in the group will be your friend! Choose a group that has a philanthropy you like because you will be doing stuff with that cause for your entire college career. Also don't pick a group based on its status within the Greek system. Pick the group that best suits your values and that participates in things that you like!

~ Bring lots of pictures from home!

~Manage your time- BUY A PLANNER

~GO TO CLASS ALL THE TIME.... DON'T SKIP.... Most of my freshman classes were based off lecture information that is not in the book... (I found that going home that night and typing my notes out helped me A LOT)

~Money management- Know your budget and stick to it the best you can.

~EAT BREAKFAST ... it makes you feel better

~ Find time to exercise

~ eat healthy even though your mom isn't there to tell you to

~CALL HOME

Stuff you need for the Dorm room:



Mattress pads



Lots of blankets



Over the door towel holders



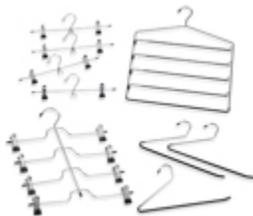
First Aide Kit



Dorm Rooms can be VERY dusty



Shoe Rack



Hangers that have more than one space to hang things



Mini Grill



Laundry Hamper LIKE THIS



The ones like this break easily



Shower Tote



Water filter



Surge Protector



Storage Boxes

Top Ten things from Anita Renfroe- Speaker at Brookwood 2005 Baccalaureate

10. Surround yourself with those who build you up
9. Take care of your body
8. You make your decisions and then your decisions make you
7. A chapter of Proverbs a day keeps the stupid away
6. Keep your destiny firmly in mind
5. Pray about everything and listen for the answer
4. Never make important decisions when you're tired or hungry
3. Take the time to decide what is worth doing; and then do them ultimately your whole heart.
2. Call Home
1. Love is the thing.
 - God
 - Family
 - neighbors
 - YOURSELF