

FIRST
YEAR
Survival Guide

LIMITED
Edition

COMPOSITION BOOK



32 pages | 7.5" x 9.75" | 19.05 cm x 24.765 cm

HELLO!
MY NAME IS



DO NOT BE

ANXIOUS

ABOUT ANYTHING,
BY

PRAYER

AND

SUPPLICATION

WITH THANKSGIVING,

LET YOUR REQUESTS

BE KNOWN TO

GOD

-Philippians 4:6-

Adventist Christian Fellowship 1st Year Survival Guide

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FIRST YEAR



Survival Guide

SURVIVAL TIP #1: TIME MANAGEMENT

At any level of education, it is important to manage your activities and tasks, not just your time. Time will continue on without us, which is why it is important to use the time that you're allotted in a meaningful way.

Before Class

When you first receive your class schedule, open up Excel, Google Calendar, or any calendar and allot the time needed for your class as well as the time needed to get to your classes. You can try to colour code your courses, personal time, and spiritual time. Before each class, designate at least one hour of preparation time to do readings and skim the slides before lecture.

During Class

Attending class to understand, instead of learning everything for the first time, is one way to set yourself up for success. Try to use different products and programs to help you take notes such as Google Docs, Evernote, or handwrite your notes. What works for one person might not work for you so feel free to test different things out and go with what you prefer.



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After Class

If you are given an assignment, and you have the time to complete it, just do it and get it out of the way. If you have an assignment that is due in two months, work on a paragraph or page each week, therefore allowing you to avoid procrastination. After each class, designate at least one hour of review time to solidify all that you have learned.



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## SURVIVAL TIP #2: ACADEMIC RESOURCES

First-year can be really stressful, but don't worry there are plenty of resources that can make your life a whole lot easier. Remember you don't need to do it all yourself to achieve success. Let's discuss some tips and tricks to help you through your academic journey.

### Resources at School

Every post-secondary institution has resources like writing and peer tutoring centres where you can get someone to review and edit your work before submitting it. They're also great for homework help. However, sometimes going straight to the source provides the easiest and fastest solution. Make use of the TA's and professor's email and office hours, usually found in the syllabus. They are easier to talk to than you think.

In addition to academic resources, your school offers plenty of mental health resources like student groups, professionals, and advisors. Student unions provide academic and health resources and may even offer free food. A quick google search can guide you to your school-specific source.

**MESSAGE STUDY  
GROUP TONIGHT!**



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Study Groups

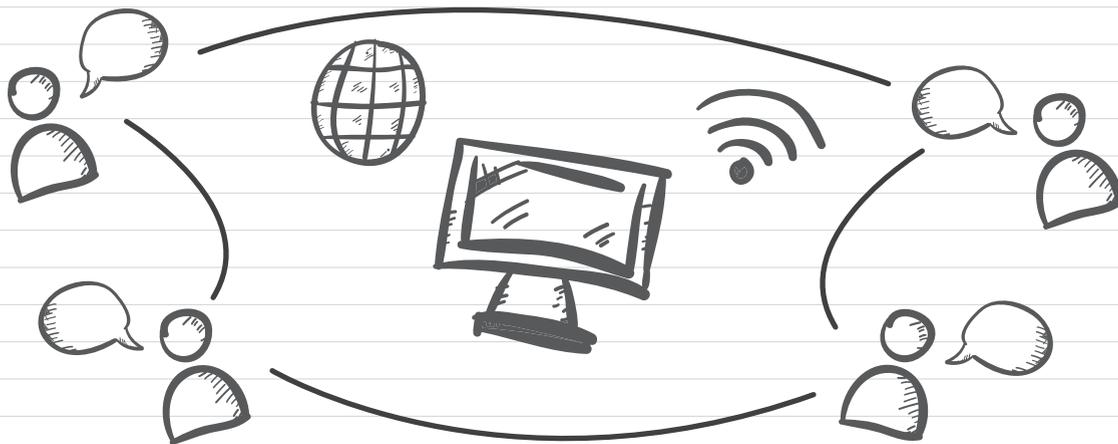
We also recommend you join or create a study group. Social media makes these a lot easier to be a part of. Find the Facebook groups for your year and faculty as people are always posting about group chats for courses and other useful information. This is also a great platform to find second-hand textbooks or PDFs for a low price.

As you can see there are a variety of ways to stay on top of things and succeed.

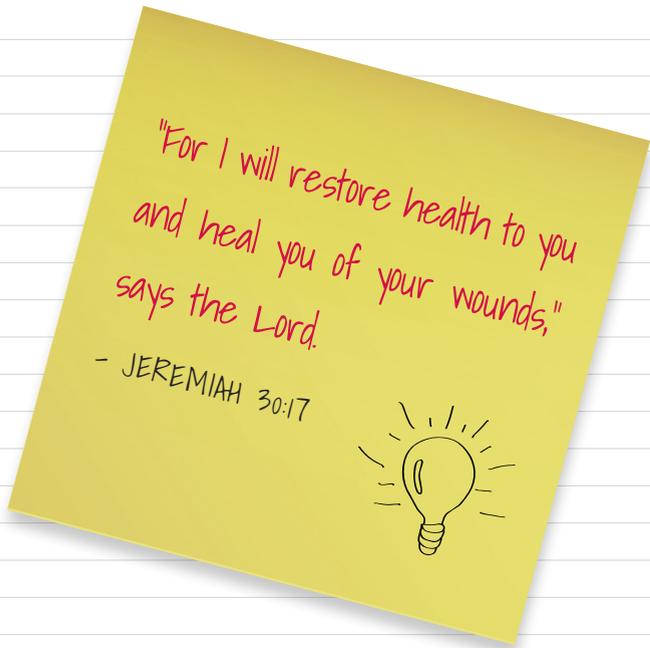
Additionally, read the syllabus and use it as a guide through the semester. Too many people avoid it but the key sections are the contact information, grade distribution, course necessities (textbooks, software, calculators etc.) and schedule.

Textbooks

Additionally, don't rush to buy textbooks at the bookstore or online. Some professors make sparing or zero use of them, while others live by them. Ask around in Facebook groups or check out RateMyProf.com to hear what people have to say about your professor.



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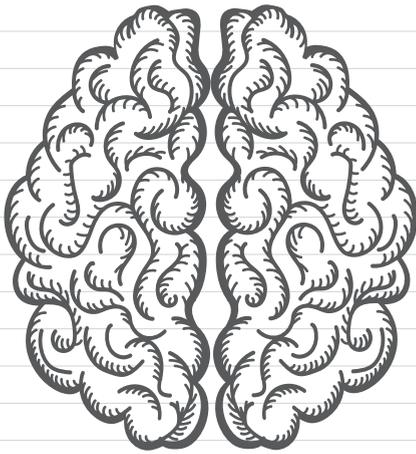


### SURVIVAL TIP #3: MENTAL HEALTH

As a first year university student it is important that you take the time to take care of your mental well being since that is what will help you to stay strong and consistent through the school year. Here are some tips to help you with your mental health.

#### Value And Respect Yourself

Treat yourself with kindness and respect, and avoid self-criticism. Make time for your hobbies and favorite projects, or broaden your horizons. Do a daily crossword puzzle, plant a garden, take dance lessons, learn to play an instrument or become fluent in another language.



### WHAT I NEED:

- PRAYER
- FAMILY
- REST
- ROUTINE
- BALANCE

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