



**Play Collegiate Golf**

"creating academic and athletic success"

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## ***Readying for the First Semester at College***

*Begin thinking about your first semester at college and prepare for success!*

As you enter the first semester at college you must begin to think about the academic and athletic transitions ahead of you. Preparing now will help minimize any fears you may have so that you can more easily and quickly become engrossed in your new education environment. Review the tips below to help this occur!

**Go to all orientations.** Do you really need to go on yet *another* campus tour? Yes. The faster you learn your way around campus -- and around all the red tape -- the more at ease you'll feel and the better prepared you'll be when issues arise.

**Get to know your roommate and others in your residence hall.** The people you live with, most of whom are going through similar experiences and emotions, are your main safety net -- not only this year, but for all your years. You may change roommates after the first semester or you may stay roommates for all four years -- just take the time to get to know your fellow first-year students.

**Go to class.** Obvious, right? Maybe, but sleeping in and skipping that 8 am class will be tempting at times. Avoid the temptation. Besides learning the material by attending classes, you'll also receive vital information from the professors about what to expect on tests, changes in due dates, etc.

**Make time for you.** Be sure you set aside some time and activities that help you relax and take the stress out of your day or week. Whether it's enlisting yoga techniques, watching your favorite television shows, or writing in a journal, be good to yourself.

Good luck in your first semester! Going to college and playing collegiate golf is an exciting time! Enjoy the experience!

Good luck!

*Dr. Fleming*

*Dr. Bruce Fleming is the founder of Play Collegiate Golf, created to mentor young women and men interested in continuing their competitive golf careers at institutions that support their academic, athletic, and personal goals.*

*For more information please visit [playcollegiategolf.com](http://playcollegiategolf.com)*

## **College Survival Tip**



### **Preparing for a Successful Semester**

Both high school and college is just around the corner. Think about what classes you will need to take to best prepare you academically for the college environment. Don't slack off your senior year and take light coursework. This usually results in a lengthy period of time between hard coursework (from junior year in high school to freshman year in college) and you can lose your academic edge. Always think about the future and how best to prepare. You do this for your golf game so do it for your academics!