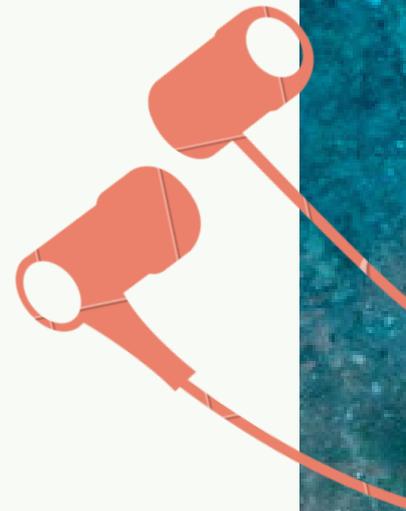




College Survival Basics - Categories

- Personal
- Professional
- Academic
- Life Management
- Financial
- Health
- Culinary
- Transportation
- Laundry
- Home Care



Online College Prep Courses
Get more college prep resources!

Personal

- Balance class, work, + social life
- Keep in touch with friends & family: set expectations before leaving so nobody feels burdened or disappointed
- Handle conflict & apologize
- Be punctual & take responsibility
- Perform basic first aid ([click here](#))
- Defend yourself
- Ask for help
- Say no respectfully
- Be aware of the college drug and alcohol scene
- Deal with emergencies (car accident, medical issues)



Professional

- Write a professional email ([click here](#))
- Hold yourself in an interview
- Make a professional, appropriate wardrobe (nothing tight or revealing)
- Write professional thank-you notes
- Have a good handshake
- Conduct a job/internship search
- Write a cover letter ([click here](#))
- Build a resume (check out our [Resume MasterClass](#))



Academic

- Write an essay
- Form good study habits ([click here](#))
- Write an email to a professor / advisor
- Take good notes
- Research for papers
- Create your class schedule
- Use a computer
- Navigate a library



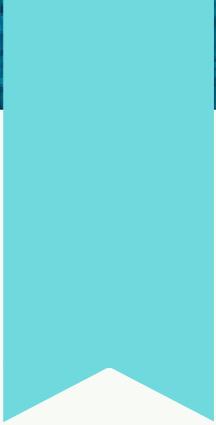
Life Management

- Organize and secure personal + academic records (insurance, loan info etc.)
- Keep track of all Internet accounts, including logins and passwords
- Address an envelope or package
- Hunt for apartments
- Create appointments
- Read legal documents like leases, healthcare things, and phone contracts
- Research, purchase and/or return goods and products



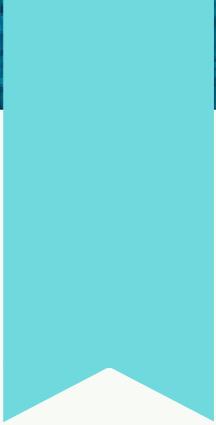
Financial

- Manage a personal checking account, (includes writing / depositing checks and reconciling bank statements) ([click here](#))
- Responsibly use a credit card (includes how to pay bills to avoid debt)
- Understand loans and interest rates
- Tip (know how much and when)
- Budget your money and save
- File for financial aid ([click here](#))



Health

- Know basic exercises to stay in shape
- Understand portions and exercise portion control ([click here](#))
- Schedule doctor and dentist appointments (have on hand a recommended dentist and/or doctor if you need to go off campus)
- Behave in a sexually responsible way
- Know the health resources available on campus

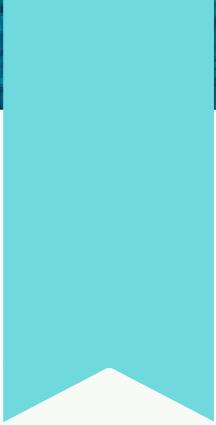


Culinary

- Brew coffee or tea
- Cook multiple meals ([click here](#))
- Boil or fry eggs
- Cook pasta
- Make a grocery list and go grocery shopping

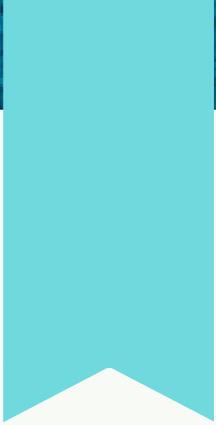
Transportation

- Change a tire (click here)
- Jump-start a car (click here)
- Order a taxi or car service
- Take public transportation
- Read a map
- Organize bus, train, air travel
- Get a car serviced or repaired
- Fill up a tank of gas
- Know when a car needs oil or air in tires



Laundry

- Do laundry without ruining your clothes ([click here](#))
- Decide if/when to take clothes to the cleaners ([click here](#))
- Know basics to get stains out of clothes ([click here](#))
- Iron clothes ([click here](#))



Home Care

- Sew a button / basic sewing ([click here](#))
- Know how to clean carpets, windows, toilets, counter tops, etc. ([click here](#))
- Buy toiletries
- Use / replace batteries in a smoke detector