



EduQuencher
where learning **never** runs dry.

YOUR FIRST 30 DAYS ON CAMPUS

A FIRST-YEAR COLLEGE
SURVIVAL GUIDE



START STRONG.

Build habits that
set you up for
success.



STAY ORGANIZED.

Plan your time,
manage your work,
reduce stress.



ASK FOR HELP EARLY.

You don't have to
figure it out
alone.



YOU'VE GOT THIS.
We've Got You.



This guide will help you
navigate your first 30 days
on campus with confidence,
clarity, and support.



1

FIRST THINGS FIRST

BEFORE CLASSES START

A strong start begins before day one. Use this checklist to get organized, reduce stress, and walk onto campus **ready for success.**



BE PREPARED, NOT STRESSED.
A little preparation now saves you time, money, and worry later.



SET UP YOUR STUDENT PORTAL

Activate your account and explore important areas like class schedule, grades, billing, and campus resources.

☐

CHECK YOUR COLLEGE EMAIL

This is how your school will contact you. Check it daily so you don't miss important announcements or deadlines.

☐

CONFIRM YOUR SCHEDULE

Review your class times, locations, and instructors. Know when and where you need to be.

☐

REVIEW FINANCIAL AID & BILLING

Confirm your financial aid, understand your payment due dates, and set reminders to avoid late fees.

☐

COMPLETE REQUIRED FORMS

Turn in immunization records, housing forms, and any outstanding documents before deadlines.

☐

FIND YOUR CLASSES

Use the campus map to locate your classrooms and plan your route. Arrive early the first week.

☐

REGISTER FOR ORIENTATION

Orientation helps you connect, get informed, and start your college journey with confidence.

☐

COMPLETE PLACEMENT TESTING

If required, register early and prepare so you can be placed in the right courses for you.

☐

PLAN YOUR TEXTBOOKS

Check if books are required or digital, compare prices, and explore rental or used options.

☐

GET CONNECTED

Set up your campus Wi-Fi, download important apps, and save key contact numbers.

☐

PRO TIP

Open a notebook (or digital doc) just for college info. Keep all your logins, deadlines, and important contacts in one place.



PREPARE TODAY. SUCCEED TOMORROW.

A few simple steps now will help you start strong, feel confident, and focus on what matters most—your future.

YOU'VE GOT THIS. *We've with You.*



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KNOW YOUR ROADMAP

HOW TO READ A SYLLABUS



Your semester survival map.

Your syllabus is more than a list of assignments. It tells you what is expected, when it is due, and how you will be graded. Read it early, highlight it, and **use it all semester long.**



1 FIND THE BIG DATES

Know the important deadlines so you can plan ahead and avoid surprises.

Look for:

Exam dates, assignment due dates, project deadlines, drop dates, and holidays.



2 KNOW HOW GRADES WORK

Understand how your final grade is calculated and what is expected of you.

Look for:

Grading scale, category weights, participation, extra credit, and final exam.



3 CHECK ATTENDANCE & LATE WORK RULES

Know the expectations so you can protect your points.

Look for:

Attendance policy, absence limits, late work rules, make-up policies.



4 UNDERSTAND ASSIGNMENTS & EXPECTATIONS

Know what is required, how it will be graded, and what success looks like in this class.

Look for:

Types of assignments, rubrics, instructions, participation, expectations.



5 IDENTIFY REQUIRED MATERIALS

Get what you need early and avoid last-minute stress.

Look for:

Textbooks, access codes, software, supplies, technology needs.



6 SAVE OFFICE HOURS & CONTACT INFO

Professors want to help—use your resources.

Look for:

Office hours, email, preferred communication method, tutoring info.

“Your syllabus is not paperwork. It is your semester **survival map.**”



DO THIS TODAY

Before Week 1 ends, your syllabus should be highlighted, dated, and added to your calendar.



Add every major due date to your calendar.



Highlight key policies: attendance, grading, late work, exams.



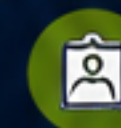
Save your professor's contact info.



Locate office hours and support resources.



Review and plan your first week.



SYLLABUS SNAPSHOT

Fill this out for quick reference.



Professor: _____



Email / Preferred Contact: _____



Office Hours: _____



Biggest Assignment / Project: _____



First Exam Date: _____



Late Work Policy: _____



Main Support Resource: _____



WHY IT MATTERS



Stay organized
Know what's due and when.



Reduce stress
Plan ahead and avoid surprises.



Succeed with confidence
Use your resources and ask for help early.



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STAY FOCUSED.
Small steps every day.



STAY CONFIDENT.
You belong here. You can do this.



STAY CONNECTED.
Build your community and use your resources.



CONNECT & COMMUNICATE

CONNECT WITH YOUR PROFESSORS LIKE A PRO

Professors are here to help. Reach out early, be respectful, and build relationships that support your success.



Build relationships.

Professors remember students who make an effort.



Ask questions.

There are no "stupid" questions—only missed opportunities.



Take initiative.

Students who ask for help early are more successful.

“Great professors want to see you succeed. **Don't be afraid to reach out.**”



HOW TO EMAIL A PROFESSOR

Clear, respectful emails get better responses. Use this simple format every time.

Subject Line: HIST 101 – Question about Assignment 2 → Be specific and clear.

Greeting: Dear Professor Smith, → Use their title and last name.

Body:

My name is Jordan Lee, and I am in your HIST 101 class on Tuesdays and Thursdays.

I am working on Assignment 2 and had a question about the primary source we are analyzing. Could you clarify how we should cite it?

Thank you for your time!

Best regards,
Jordan Lee

→ Be polite, be brief, and get to the point.

Closing: Best regards, → Use a professional closing.

EMAIL CHECKLIST

- ✓ Use a clear subject line
- ✓ Be polite and professional
- ✓ Explain your question or need
- ✓ Proofread before you send
- ✓ Include course name & section
- ✓ Use your school email
- ✓ Give them time to respond (24–48 hours on weekdays)



Remember: Professors are busy. **Respect their time**, and they'll respect yours.



HOW TO USE OFFICE HOURS

Office hours are not just for emergencies. They are one of the best ways to learn and connect.

MAKE THE MOST OF IT



GO EARLY

Don't wait until you're confused or behind.



BE PREPARED

Come with specific questions or topics you need help with.



BE ENGAGED

Listen, take notes, and follow up on suggestions.

EXAMPLE QUESTIONS TO ASK

- ✓ Can you explain this concept in a different way?
- ✓ How can I improve my grade in this class?
- ✓ What study strategies work best for this course?
- ✓ Are there additional resources you recommend?
- ✓ Can you look over my draft and give feedback?



OFFICE HOURS TIPS

- Check the syllabus for days, times, and location.
- If the time doesn't work for you, ask if they can meet by appointment.
- Arrive on time and stay for your full time.
- Thank them for their help!



COMMUNICATE EARLY.
COMMUNICATE OFTEN.
COMMUNICATE RESPECTFULLY.

Students who communicate well with professors get the help they need, build strong relationships, and create more opportunities.

You belong here. Use your voice.



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Stay Focused.
Small steps every day.



Stay Confident.
You belong here. You can do this.



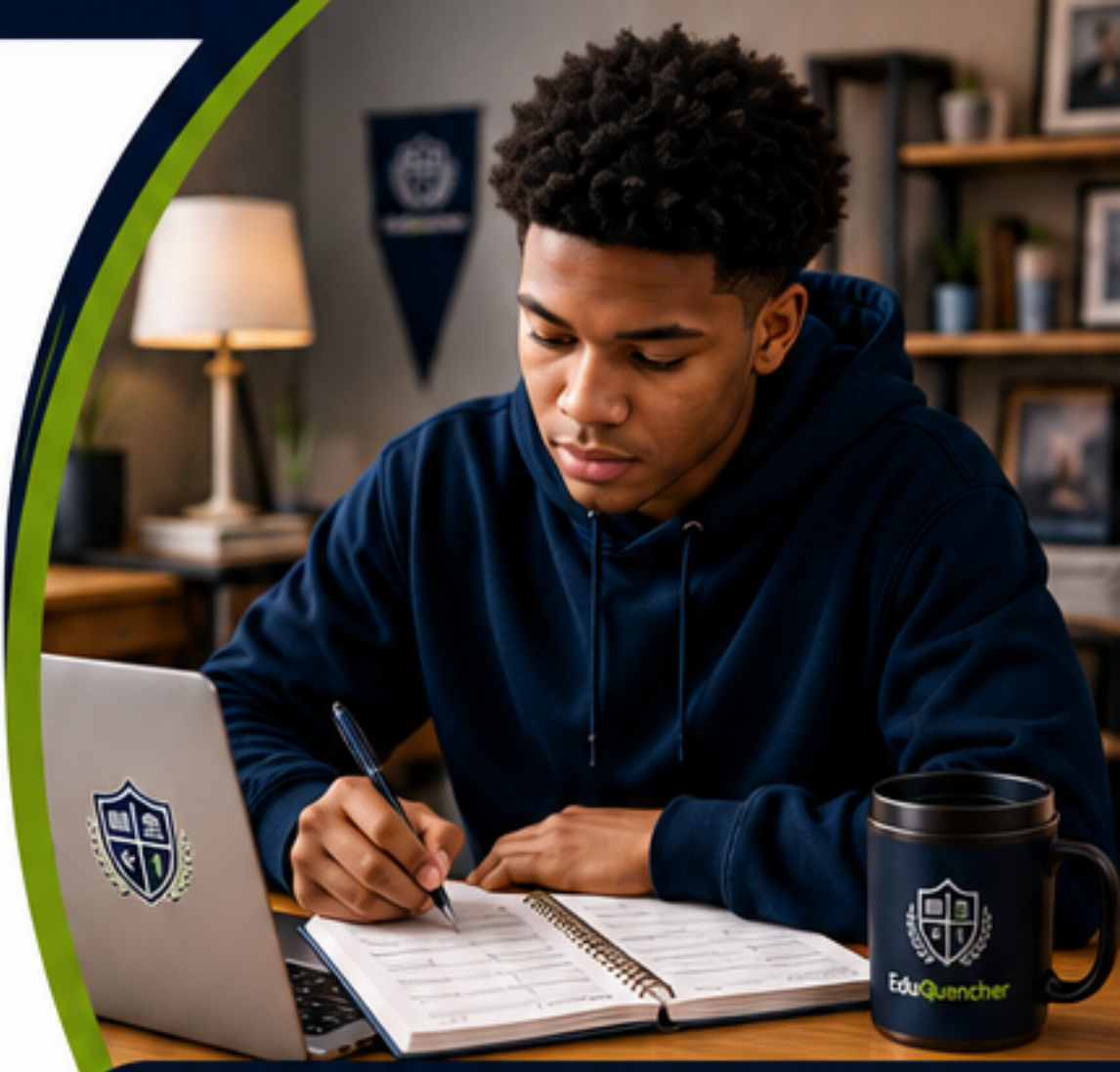
Stay Connected.
Use your resources and build your network.



MAKE TIME. MAKE PROGRESS.

MANAGE YOUR WEEK, OWN YOUR SUCCESS

Good time management isn't about doing more—it's about making time for what matters most.
Plan your week. Protect your time. Stay on track.



PLAN AHEAD

Take 15 minutes each week to plan your time.



PRIORITIZE

Focus on tasks that move you forward.



BLOCK TIME

Schedule classes, studying, work, and breaks.



REVIEW & ADJUST

Check in weekly and adjust as needed.



TIME TIP

Time you don't plan is usually time you lose.
Plan your week. **Protect your goals.**



WEEKLY PLANNER

Plan it. Do it. Review it.

	MON	TUE	WED	THU	FRI	SAT	SUN
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							

■ CLASS ■ STUDY ■ WORK ■ PERSONAL ■ BREAK

WEEKLY REFLECTION

What went well this week?

What could I do better?

My focus for next week:



SMART SCHEDULING TIPS



SCHEDULE CLASSES FIRST
Add all class times and travel time before anything else.



BLOCK STUDY TIME
Treat study time like a class—schedule it and protect it.



BALANCE YOUR WEEK
Make time for assignments, rest, meals, workouts, and friends.



AVOID TIME TRAPS
Limit distractions and set boundaries with your phone and social media.



PLAN FOR THE UNEXPECTED
Leave buffer time in your schedule for life to happen.



WEEKLY PRIORITY CHECKLIST
Focus on your top 3–5 priorities each week.

- ☐ Attend all classes
- ☐ Stay on top of assignments
- ☐ Study consistently
- ☐ Take care of my health
- ☐ Make time for people and fun
- ☐ Other: _____

**BUILD ROUTINES
THAT WORK FOR YOU**
Small habits. Big results.



**START YOUR DAY
WITH PURPOSE**
Review your plan and set your focus.



STAY CONSISTENT
Consistency beats motivation every time.



**END YOUR DAY
WITH INTENTION**
Review, reset, and prepare for tomorrow.



**TAKE CARE
OF YOU**
Sleep, eat well, move, and rest.



**YOU DON'T HAVE
TO DO IT ALONE**
Lean on your people and ask for help.



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STAY FOCUSED.
Small steps every day.



STAY CONFIDENT.
You belong here. You can do this.



STAY CONNECTED.
Use your resources and build your network.



GET BACK ON TRACK

FALLING BEHIND? RESET FAST.

It happens. What you do next matters most.

College moves fast, but you can recover.

Don't wait. Communicate. Create a plan. Get support.



WARNING SIGNS

You might be falling behind if you:

- ✓ Miss classes or deadlines
- ✓ Feel overwhelmed or constantly behind
- ✓ Avoid opening emails or course sites
- ✓ Score lower than expected on assignments
- ✓ Feel like you don't understand the material



YOUR 5-STEP RECOVERY PLAN

1



ACKNOWLEDGE IT

Be honest with yourself about where you stand.

ACTION:

Review your grades, assignments, and deadlines.

2



REACH OUT EARLY

Contact your professor before it gets worse.

ACTION:

Send a respectful email and ask for guidance.

3



MAKE A PLAN

Break the work down and set realistic goals.

ACTION:

List everything due and create a step-by-step plan.

4



GET SUPPORT

Use campus resources—you're not alone.

ACTION:

Visit tutoring, academic coaching, or study groups.

5



TAKE CONSISTENT ACTION

Small steps, every day, lead to big progress.

ACTION:

Follow your plan, stay consistent, and celebrate wins.



A setback is not the end.
It's a signal to adjust and keep going.



WEEKLY RESET CHECKLIST

Use this every week to stay on track.



I know what's due this week.

☐

I've attended my classes.

☐

I've checked my email and messages.

☐

I've completed key assignments.

☐

I've asked for help if I needed it.

☐

I've reviewed and updated my plan for next week.

☐

RESET. REFRESH. KEEP GOING.
Every week is a new opportunity.



One decision can change your whole semester.



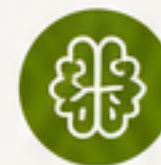
ASK FOR HELP

Professors and support services want you to succeed.



PERFECTION ISN'T THE GOAL

Progress is. Focus on improving, not being perfect.



YOUR MIND MATTERS

Take breaks, manage stress, and take care of your mental health.



DON'T COMPARE

Everyone's journey is different. Focus on your path.



YOU'VE GOT THIS.
KEEP SHOWING UP.
WE'RE HERE TO HELP.

Recovery is part of success. Take action today, and your future self will thank you.



REACH OUT



MAKE A PLAN



KEEP GOING



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STAY FOCUSED.

Small steps every day.



STAY CONFIDENT.

You belong here. You can do this.



STAY CONNECTED.

Use your resources and build your network.



YOU DON'T HAVE TO DO IT ALONE

USE YOUR RESOURCES. SUCCEED TOGETHER.

Your campus is full of people and services that want to help you win. **Reach out early.** Take advantage of **what's here for you.**



“ Asking for help is a strength, not a weakness. **Smart students use the resources around them.** ”



KEY CAMPUS RESOURCES



ACADEMIC ADVISING

Plan your classes.
Stay on track to graduate.

Can help you with:

- Choosing the right classes
- Understanding degree requirements
- Long-term academic planning



TUTORING & LEARNING CENTERS

Get help. Understand more.
Build confidence.

Can help you with:

- Subject tutoring
- Study strategies
- Writing and math support



COUNSELING & MENTAL HEALTH

Your mental health matters.
Support is always available.

Can help you with:

- Stress and anxiety
- Personal challenges
- Emotional well-being



FINANCIAL AID & SCHOLARSHIPS

Get guidance. Find funding.
Reduce financial stress.

Can help you with:

- Financial aid questions
- Scholarships
- Budgeting resources



STUDENT SUCCESS & COACHING

Build skills. Set goals.
Reach your potential.

Can help you with:

- Time management
- Goal setting
- Accountability and support



CAREER SERVICES

Prepare for your future
starting today.

Can help you with:

- Career exploration
- Résumé and interview prep
- Internships and job search



REACH OUT. GET SUPPORT. KEEP MOVING FORWARD.

Your success is our mission.

We're in your corner.

We believe in you.

HOW TO GET THE MOST OUT OF CAMPUS RESOURCES



Go early. Don't wait until you're already overwhelmed.



Be specific about what you need and what's going on.



Follow through. Use the support consistently.



Take notes and apply what you learn.



Build relationships. People want to see you succeed.



Come back. Growth happens over time.



MY CAMPUS RESOURCE DIRECTORY

OFFICE / RESOURCE	CONTACT NAME	EMAIL / PHONE	LOCATION	WHEN TO USE IT
Academic Advising				
Tutoring Center				
Counseling Center				
Financial Aid Office				
Student Success				
Career Services				
Other: (Add your own)				



CONNECTION. SUPPORT. SUCCESS.
Use your resources. Build your future.
Your campus is here for you.



You belong here.



You can do this.



Your future is worth it.



We're in this together.



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STAY FOCUSED.
Small steps every day.



STAY CONFIDENT.
You belong here. You can do this.



STAY CONNECTED.
Use your resources and build your network.



YOUR PLAN. YOUR CHOICE. YOUR FUTURE.

YOUR FIRST 30 DAYS MATTER.

Build routines early. Ask for help early. Keep moving forward.



WEEK

1



GET ORIENTED

GET ORIENTED

Learn your way around and set the foundation.

- ☐ Attend orientation and welcome events.
- ☐ Find your classrooms and important campus locations.
- ☐ Review your syllabus for each class.
- ☐ Add important dates and deadlines to your calendar.
- ☐ Meet your advisor and review your academic plan.
- ☐ Explore campus resources and save key contacts.



“

Small steps in the first 30 days create strong habits for lasting success.



DAILY SUCCESS CHECKLIST



I went to class.

☐

I completed focused study time.

☐

I worked on assignments.

☐

I took care of my well-being.

☐

I asked for help when needed.

☐

I stayed positive and motivated.

☐

Small actions every day.
Big results over time.

WEEK

2



BUILD ROUTINES

BUILD ROUTINES

Establish good habits that set you up to win.

- ☐ Create a weekly schedule and stick to it.
- ☐ Attend all classes and participate.
- ☐ Build consistent study habits.
- ☐ Use your planner and time blocks.
- ☐ Complete and submit assignments on time.
- ☐ Take time for self-care and rest.



WEEK

3



CHECK PROGRESS

CHECK PROGRESS

Review, adjust, and stay on track.

- ☐ Check your grades and feedback.
- ☐ Meet with your professor or TA if needed.
- ☐ Identify what's working and what's not.
- ☐ Adjust your schedule and study plan.
- ☐ Reach out if you're feeling overwhelmed.
- ☐ Celebrate your small wins!



WEEK

4



RESET & IMPROVE

RESET AND IMPROVE

Refine your habits and keep growing.

- ☐ Refocus on your goals and priorities.
- ☐ Clean up your study space and materials.
- ☐ Strengthen weak areas and keep building strengths.
- ☐ Connect with campus resources and people.
- ☐ Plan ahead for the weeks to come.
- ☐ Keep your mindset positive and stay consistent.



NEED HELP? REACH OUT.



Professors and advisors are here to help you learn.



Tutors and academic support can help you succeed.



Counseling and wellness services are here for you.



Friends, mentors, and peers can support your journey.

Asking for help is a strength.
You don't have to do it alone.



KEEP SHOWING UP.
YOU'VE GOT THIS.

Your future is built one day at a time. Stay focused, use your resources, and believe in yourself.



You belong here.



You can do this.



Your future is worth it.



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STAY FOCUSED.
Small steps every day.



STAY CONFIDENT.
You belong here. You can do this.



STAY CONNECTED.
Use your resources and build your network.



SMART MONEY. LESS STRESS. MORE FREEDOM.

MANAGE YOUR MONEY, FUND YOUR FUTURE.

Good money habits today lead to less stress and more opportunities tomorrow. **Take control, make a plan, and use your resources.**



“A plan for your money is a plan for your future. **Small choices now. Big impact later.**”



BUILD SMART MONEY HABITS



TRACK IT

Know where your money comes from and goes.



BUDGET IT

Create a plan and stick to what matters.



SPEND WISELY

Spend on needs first, then what brings you value.



SAVE A LITTLE

Even small savings build security over time.



PLAN AHEAD

Plan for expenses, set goals, and avoid surprises.



WAYS TO SAVE MONEY IN COLLEGE



Use your student discounts.
Ask, search, and save.



Cook more, eat out less.
Plan meals and shop smart.



Buy used or rent textbooks.
Check online, wait, and compare.



Share costs where it makes sense.
Roommates, subscriptions, and rides.



Avoid unnecessary fees.
Read the fine print and deadlines.



Work smarter, not more.
On-campus jobs offer flexibility.



DID YOU KNOW?



\$100 saved a month is \$1,200 a year.



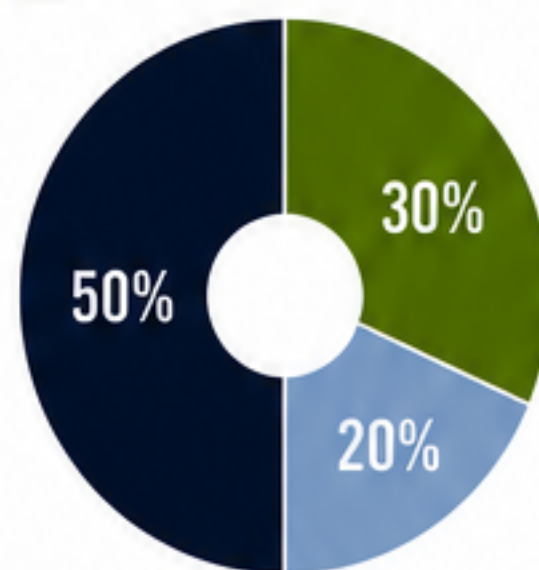
Small choices today add up to big freedom tomorrow.



Your future self will thank you.



SIMPLE BUDGET GUIDE



50% NEEDS

Rent, food, utilities, transportation, insurance

30% WANTS

Dining out, fun, entertainment, shopping

20% FUTURE

Savings, debt payments, emergencies, investing

Adjust based on your situation and goals.



KNOW YOUR COSTS

☐	Tuition & Fees	_____	\$ _____
☐	Housing & Meals	_____	\$ _____
☐	Books & Supplies	_____	\$ _____
☐	Transportation	_____	\$ _____
☐	Personal Expenses	_____	\$ _____
☐	Entertainment	_____	\$ _____
☐	Savings / Debt Payments	_____	\$ _____

TOTAL MONTHLY ESTIMATE \$ _____



FINANCIAL RESOURCES HERE TO HELP



FINANCIAL AID OFFICE

Grants, loans, scholarships, and payment plans.



SCHOLARSHIPS

Search and apply regularly. New opportunities open often.



WORK-STUDY & ON-CAMPUS JOBS

Earn while you learn. Build skills and your resume.



CAREER SERVICES

Plan your future. Find internships, jobs, and career guidance.



Visit your campus website or stop by these offices to learn more.



BUILD AN EMERGENCY FUND

Life happens. An emergency fund can keep a small problem from becoming a big one.



GOAL: Save \$500 to start
Build a cushion for surprises.



NEXT GOAL: 1 month of expenses
More security, less stress.



ULTIMATE GOAL: 3–6 months
Peace of mind and true freedom.

Start small. Stay consistent. You've got this.



**YOUR FUTURE IS WORTH IT.
MAKE SMART CHOICES TODAY.**



Make a plan.



Stick to it.



Save consistently.



Build the life you want.



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Small steps every day.



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STAY CONNECTED.
Use your resources and build your network.



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YOU DON'T HAVE TO LAUNCH ALONE.

EduQuencher helps students start strong,
stay supported, and **move forward**
with confidence.



SUPPORT FOR **EVERY STEP** OF YOUR JOURNEY



ACADEMIC SUCCESS

Tutoring, study tips,
and academic
resources to help
you learn and
succeed.



MENTAL & WELL-BEING

Counseling, wellness
support, and self-care
resources for a
healthy mind and
balanced life.



FINANCIAL SUPPORT

Financial aid guidance,
scholarships, and
money management
tools to lighten
the load.



CAREER DEVELOPMENT

Career exploration,
internships, resume
help, and job search
support to reach
your goals.



PEER & COMMUNITY CONNECTIONS

Clubs, mentors, and
events to help you
belong, connect,
and grow your
network.



HELP WHEN YOU NEED IT

Advisors, support
centers, and 24/7
resources—because
you don't have to
do it alone.



HOW WE HELP YOU

- ✓ **All in one place.** Easy to find. Easy to use.
- ✓ **Trusted campus resources** that care.
- ✓ **Real support** from real people.
- ✓ **Empowering** you to take charge of your success.
- ✓ **Helping you** build the future you deserve.



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SOURCES



Find what you need



Connect with support



Stay informed



Achieve your goals



VISIT **EDUQUENCHER.COM**

Your hub for campus resources and student success.



START STRONG. STAY SUPPORTED. KEEP MOVING FORWARD.

You've got this. We've got you.



**YOU BELONG HERE.
YOU CAN DO THIS.
WE BELIEVE IN YOU.**



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Small steps
every day.



STAY CONFIDENT.

You belong here.
You can do this.



STAY CONNECTED.

Use your resources
and build your network.



BE PROUD.

Your future is
worth it.