

# STARS@SLU 2025

## Session on College Life





What college life is like?

How it is different from high school?

Tips for a successful transition



Structure of college courses (credits, majors/minors, lectures, seminars)

Class schedule flexibility

Professors vs. high school teachers

Study habits, office hours, tutoring support

# Academic Life





# Building Community

Clubs, sports, organizations,  
events

Finding your people:  
identity-based groups, hobby  
clubs, dorm communities

Balancing social life and  
academics



# Independent Living

Dorm essentials

Dealing with homesickness

Communicating with family



# Financial Responsibilities

Budgeting as a student

On-campus jobs, scholarships, financial aid  
offices

Hidden costs (books, laundry, social events)



# Mental Health

Common challenges: stress, loneliness, imposter syndrome

Campus support: counseling centers, peer support, wellness programs

Importance of work-life balance and asking for help



## Further Readings

My Advice to a College  
Freshman: Embrace  
Growth, Keep Moving - By  
Kyntel Hines

How to Survive (and thrive)  
During your First Year of  
College - By Sophia Caffrey

Top Ten Ways to  
Survive-and Thrive During  
Freshman Year of College -  
By Macayla Dowling

25 Tips to Help you Survive  
and Thrive In College - By  
Randall S. Hansen

Guide to the College  
Admission Process - By  
National Association for  
College Admission  
Counseling (NACAC)

The Essential First-Year  
College Dorm Packing  
Checklist - By BigFuture