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Strategies for helping college freshmen **EMERGE SUCCESSFULLY** from the COVID cocoon:

1. Frontload Information

A lot of information will be coming to you at once as you enter a new college environment. To decrease stress, stay head by reading the college's policies on COVID! This way, you enter campus with some foundational information and policies shared will not be new.

2. Determine Support Services

Many students entering college this Fall will have had a significant disruption in their learning. It will be important for to know what academic support is available on campus, especially to help reintroduce students to how best to plan assignments, prioritize demands, and problem-solve if facing a difficulty.

3. Create an Organizational System

Create one centralized system to track assignments, store materials, plan long-term tasks, track grades, and set reminders. By having a consistent method, students will be less likely to miss key events or deadlines.

4. Don't Ignore Mental Health

Colleges across the country are preparing for increased stress by both students and faculty. As mental health is already a concern on college campuses, it will be important for students to enter with a plan on addressing their normative anxieties. If you are in counseling now, ask your therapist if you can continue virtually. If not, research the school's individual and group counseling plan.

5. Stay Socially Connected

Just because colleges will abide by social distance policies, does not mean that socializing is off the table! Join clubs and organizations (even if virtually) and attend events in your dormitory to establish a community of your own.

6. Communicate Home

This separation will be harder than most and therefore, setting up a communication plan will be essential. Create a schedule of calling home and providing check-ins so families can help monitor your health and safety.