

How to Survive College - Some Tips to Help You Along



Welcome to Canadore College!

You are starting on a new chapter in your life with new responsibilities, obstacles and more independence. You are sure to meet new friends and have new experiences while here at College, which can be a little overwhelming.

This brochure will give you some simple and useful tips to help make your time at Canadore memorable and enjoyable.

There are tips on how to achieve success academically, socially and financially. Also, listed is where to ask for assistance if needed anytime during your time here at Canadore.

What can you Expect at College as a College student?

- Independent learning
- Increased responsibility - no one will be checking to see if you are attending classes or if you are doing your homework
- Making new friends by being friendly
 - by making eye contact and smiling
- Campus activities - there are a variety of activities that are available, find one that suits you
- Peer pressure - it exists at College too, so be true to you
- Explore the Campus - get to know what services are available to you and where they are
- New expectations - Familiarize yourself with rules and regulations - for the school and residence

Academic Success Tips

The main reason for being at College is to graduate from your chosen program for your future career.

- Arrive to class early and sit in the front of the class, this will allow you to see and hear what is going on in class and you won't be distracted by others
- Attend every class - if you can't attend, ensure that you can get the notes. Or, if available, be in attendance live online with D2L
- Have an academic planner - this will help with organization of classes and assignments
- Prioritize your projects and assignments - break them down into smaller sizes so that they are not overwhelming and set timelines for each section to be done by creating to do lists
- Use the time between classes to do homework or study so to lessen the load for the evening
- DON'T procrastinate - get your assignments done and handed in early - this will eliminate all-nighters to get it done
- Multi-task when doing chores that allow you to do some homework or studying
- i.e. doing laundry
- Know your learning style - visual, auditory or kinesthetic (flash cards, group work)
- If you need help, seek out your professor, peer tutoring or make an appointment with our Learning Advisor for some learning strategies - visit Student Success Services in room C262
- Use the library for quiet study and for research
- not all information is on the internet
- For more helpful tips for your academic success stop by Student Success Services in room C262 and pick up a copy of "How To Get Good Grades at a College or University"

Financial Success

At College a budget is important to have in order to make your money last until the end of the semester

- Create a weekly budget and stick to it
- When buying your textbooks, check out the different options that you have - you can buy new, used or rent
- Use public transit - all full-time students receive a bus pass with their tuition
- Avoid credit cards, checking accounts and ATMs that charge a user fee
- Small purchases add up; plan ahead for meals and snacks - carry your own water, brew your own coffee
- If you find it hard to make ends meet, look for on-campus jobs. Check with the Financial Aid Office to see if you qualify for a College Work program - most jobs on-campus are normally 10 hrs/wk. Visit office C204 or call ext. 5139
- Take advantage of free activities that happen on campus and in the community
- Shop at stores that offer student discounts
- Watch for sale flyers, use coupons and price match
- Setting up an apartment? Check out local flea markets and consignments stores to get deals on furniture, dishes, etc.
- When looking for an off-campus job try to get something in your field of study, this will help you to get some experience - jobs are posted on our Job Portal under the Career Centre on the College website: www.canadorecollege.ca
- If you need food to carry you over until the next week or month, visit the Campus Food Bank



College Social Life

At College, with new found freedom and independence, it can be easy to get carried away with the social aspect of College life.

- Be careful with your social media pages - you don't want to have something posted that will hurt you later - once it has been posted it is out there forever. Check your privacy settings often
- Join clubs or intramural sports to meet new friends. It is also a great stress reliever
- When walking through the College - smile and look up at people in the hallway instead of texting and/or listening to your iPod
- Explore what your new community has to offer i.e. theatres, shopping, scenic/historic sites, etc.
- Check out what your Student Union has to offer for activities - this is a great way to get involved and to meet new friends



Be Safe

- If going out to a party or bar, ensure that you are with people you can trust and don't accept any opened drinks - be aware of drink spiking
- Keep the Campus Security number handy on your phone - 24/7 contact is 705.498.7244
- Use the "buddy" system when going out at night and let someone know where you are going
- Ask for help when needed - this is not a sign of weakness, we can't know everything
- Never do anything that makes you feel uncomfortable or causes you any distress
- Never get into the car of an impaired driver, call a cab or use a designated driver

Be Healthy

Sometimes we can get a little off track with good eating and health habits. Be sure to:

- Get enough sleep at night
- Drink plenty of water
- Exercise - take the stairs instead of the elevator or participate in intramural sports (contact Athletics at ext. 5164 or visit their website for a list of Intramural activities www.canadorecollege.ca/athletics)
- Learn to relax - college can be stressful with assignments, tests and projects. Make a little time for yourself
- Eat healthy, avoid late night snacks, and learn to cook some quick and easy meals instead of going for the quick frozen dinners or pizza
- Eating healthy will help prevent you from getting sick and missing classes
- Wash your hands often or use sanitizer to prevent spreading germs/viruses



- If not feeling well, we have a Health Centre on site - contact ext. 5228 or visit the Health Centre in room C211
- Take vitamins - we don't always eat right, by taking vitamins it will ensure that you are getting the required nutrients to keep you healthy

Create a Plan

Most Colleges have bridging agreements with Universities; speak with a Career Advisor to see what is required to further your academic career.

- Join clubs or volunteer to gain leadership/ teamwork experience
- Improve on computer, public speaking and writing skills for your future career
- Pursue summer employment or internships that will compliment your career goals
- Keep records of all your class outlines - this will help when you continue on to University for transfer credits
- Ensure that you have a good resume and cover letter to hand out - visit our Career Centre at C262 or call ext. 5130 for some help and advice
- Keep all your documents in one organized place - like an accordion folder

List of Important Contacts for Your Success

705.474.7600

Athletics Office - C250 ext. 5259

Athletics Gym

Education Centre - ext. 5164

Commerce Court - ext. 5230

Career Centre - C262 ext. 5130

Financial Aid Office - C204 ext. 5139 or 5460

Health Centre - C211 ext. 5228

Peer Tutoring - C262 ext. 5130

Security Services - B203 ext. 5555

24/7 cell: 705.498.7244

Student Success Services

Education Centre - C262 ext. 5205

Commerce Court - E101a ext. 5639

Aviation Campus - Y237 ext. 5956

Parry Sound Campus - ext. 7351

Campus Food Bank

Education Centre - ext. 5277

Commerce Court - ext. 5655

Aviation Campus - Y237 ext. 5956

Harris Learning Library

705. 474. 3540 ext. 4222

