

# FIRST YEAR

Survival guide

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## Successful Transition to College

4 Core areas to focus on

### **Emotional Well-Being:**

- Stay connected with family, peers and friends to help you adjust to this new chapter in your life.
  - Counseling Center, Simmons Multicultural Center & Campus Ministries

### **Physical Well-Being:**

- Get at least 6 hours of Sleep, Eat well, maintain physical activity and practice relaxation techniques.
  - FSC Wellness Center & Student Health Center

### **Social Well-Being:**

- Build new connections. Invest time with peers and neighbors.
  - Center for Student Involvement, FSC Greek Life & Resident Advisors

### **Academic & Professional Identity**

- Develop a plan for your academic success.
  - Student Solutions & Office of Career Services

## *Other helpful tips:*

### **Lean on your STRENGTHS:**

Knowing your strengths can help you address problems more effectively. Engage in activities that generate confidence and purpose.

### **Adopt common RESILIENCY language:**

**Recognize** that struggles and challenges are to be expected. **Reframe** your thinking to consider setbacks as opportunities for growth. **Reflect** on what your role is in being successful. **Reach out** and connect to resources. Success doesn't happen in isolation

### **Connect with your VALUES:**

Identifying what is important can be one way to foster motivation. Clarify your values and consider how you can express these values on a daily basis.

### **Become a part of a COMMUNITY:**

Creating a close connection takes time. Participate in what you love to do. Pursue hobbies and activities you enjoy, this will allow you to meet people with similar interests. Don't be afraid to put yourself out there. Each event is a chance to meet a roomful of like-minded peers.

***"What we know matters,  
but who we are matters  
more."***

***Brene Brown***

## **Just in Case links:**

It is important to seek help before you become overwhelmed. Asking for help can be difficult, but the Florida Southern College family is here to support you in any way we can.

**Student Solutions: Student**  
<https://www.flsouthern.edu/campus-offices/student-solutions/home.aspx>

**Wellness Center:**  
<https://www.flsouthern.edu/campus-offices/wellness/home.aspx>

**Counseling Center:**  
<https://www.flsouthern.edu/campus-offices/counseling-center/home.aspx>

**Student Health Center:**  
<https://www.flsouthern.edu/campus-offices/student-health-center/home.aspx>

**Student Disability Services:**  
<https://www.flsouthern.edu/campus-offices/student-disability-services/home.aspx>

**Clubs and More:**  
<https://www.flsouthern.edu/campus-life/clubs-and-more.aspx>

# Counseling Center Resources

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## Making Florida Southern Home

Having difficulty adjusting to college life, making friends or missing home? This is a support group for students transitioning into college. Meet with others who are experiencing college for the first time and connecting with the campus community. For a list of all other groups being offered, please visit the FSC Counseling Center website.

## Emotional Support Webinars

FSC CC is dedicated to improving the overall well-being of our students. We offer a wide variety of workshops that address topics such as improving academic performance, increasing happiness and resilience, and decreasing distress. For a full list of webinar topics, times and days, please visit the FSC Counseling Center website.

## Self-Help Resources

Not looking for therapy but would like some tools to manage difficult emotions? The FSC CC has self-help resources located on the FSC Counseling Center website:

<https://www.flsouthern.edu/campus-offices/counseling-center/self-help-applications.aspx>

## Make an Appointment

