

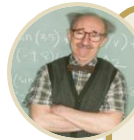
First Aid for your First

Going to high school or a community college is quite different from attending a four-year university in a lot of ways. Not only do you have to adjust to a new campus, but there are also more demanding requirements made of you at the University level. The following tips offer “first aid” for your first year at Fresno State – use them before it becomes an emergency!



Go To Class

New students often hear that in college, "You can go to class anytime you want!" This is NOT TRUE. Some classes may not be that interesting, but you're not here to be entertained - you're here for an education.



Get to Know Your Instructors

These are the people who will evaluate your work, be references for future career options and help guide your development. Titles of "Doctor" and "Professor" can be intimidating only if you don't get to know them!

Value Constructive Criticism

Keep in mind that when professors critique your work, it's not personal. They are doing you a favor by helping you to focus on areas of improvement for the future. Taking responsibility for your own efforts and actions is a sign of maturity, not weakness.

Know the University has Academic Rules

No one memorizes all the rules, but you should know where to look (ie: General Catalog). Check rumors with professors or advisors before changing anything! You don't want to be one of those students who says, "But nobody told me..."



Be Patient with Yourself

Bad grades can happen to good students. You are not doomed by goofing up - instead, be patient with yourself and utilize University resources, such as your advisor, for help.



Communicate in the Classroom

Chances are pretty good that if you didn't understand something in a lecture, some of your classmates didn't either. It may sound silly, but the dumbest questions are really the ones you never ask!

Budget Your Time

Balancing academics with your personal life can be challenging, but it's essential for your success both in and out of the classroom. Read course syllabi and record key dates on a calendar or planner so they won't sneak up on you!



Don't be a Hermit

Getting involved in university life at Fresno State is just as important as going to class, but you need to be selective. Focus on participating in activities that will bring balance to your life, build your resume or help you network with others in a positive way.



Being a Student is a Full-Time Job

You wouldn't expect to work only one day a week and get paid for full-time work right? Neither is it smart to focus on a class one day a week and expect to get good grades. Thinking of college as your full-time job can help you keep things in perspective!

Adapted