



## Nervous About Starting College? Good, You Should Be!



Friday, Aug. 26 - Monday, Aug. 29

Have you seen the commercial with the young woman who talks about how cool it is to go to college in her pajamas? That commercial drives me crazy! You can't live a productive life and find success by hiding away in your bedroom... living in your pajamas.

Starting college can be a little nerve racking, and it should be. Whether you are going to be living on campus or commuting from around the corner in Bennington, going to college is a major change. It should shake you a little bit.

I bet many of you are asking yourselves the same questions:

- “Why am I doing this?”
- “What if nobody likes me?”
- “What if I made a mistake, and I can't do what is expected of me?”

This is a normal and very healthy reaction to starting a new adventure. When we're nervous like this, it usually means **we're doing exactly what we are supposed to be doing**. You're challenging

yourself in new and exciting ways.

Just about everyone is going to feel this way during the first few days of school.

**There are five consistent concerns that many new students start college with.**

These are normal fears that over time will disappear if you have faith in yourself and take advantage of the campus resources available to you.

**“I don't know anyone and will struggle to make friends.”**

Everyone at the start of school is going to be new to campus. **The Weekend of Welcome (WoW!) Orientation** program is designed to help students meet new friends. Take advantage of these programs and don't hide away or avoid them. Icebreakers might seem dumb, and the games might feel geeky, but

you feel that way because you're nervous about these new interactions with strangers. The goal of the

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Orientation Leaders (Oreos), upperclassmen you will be working with, is to help everyone feel comfortable and get to know each

other in a fun way.

During the first weeks of school, find a club or organization that you might like to try. From the multicultural club “UNOME,” to Big Brothers Big Sisters, to the Cooking Club and all the others out there, these groups offer a perfect way to meet new people who share the same interests you do. **SVC's Club and Organization Fair takes place the afternoon of Wednesday, September 14.** Check it out and get involved!

**“My roommate will be awful.”**

This, of course, may be a possibility but is very unlikely. The vast majority of college students get along

**Remember:**

- Everyone is feeling nervous the first day.
- Trust in yourself - don't try pretending to be anyone different
- There are plenty of resources and support available. We're all here to help you succeed.
- Change is growth!

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really well with their roommates. Just start off by being yourself and not trying to be someone that you're not. Discuss your likes and dislikes, and discuss some ground rules that can be negotiated. Your Community Advisor (CA), who is an upperclassman assigned to your suite, can help you manage problems and concerns if they happen to arise.



You listen to "Godsmack", but your roommate has got "Bieber Fever"

A bit of advice—if you are coming to SVC with your best friend, avoid the temptation to sign up to be roommates. Being bff's does not always translate into being "best

roommates forever." You may never have known that he wants Justin Bieber posters on his walls, or that she leaves toenail clippings on the floor. The Office of Residence Life will do its very best to match you up with the best roommate. If your roommate situation doesn't work out after a few attempts, Residence Life will develop a solution to solve the problem.

**"I'm going to be homesick and miss my family/friends/boyfriend or girlfriend/cat or dog."**

You may miss all kinds of people (or pets) back home. Managing long-distance relationships can be hard, but it doesn't have to mean you can't stay. You can always call home—but try to keep the conversations positive. When you call to complain about the food in the cafeteria not being as good as mom's cooking, then of course you're going to miss mom's cooking (and mom is probably

going to miss cooking for you). Discuss the good things that are happening, like your interest in a class lecture, or a new friend you've met. When we think positive, then our outlook stays positive.



**"When are you coming home?"**

It's OK to visit home on the weekends once in awhile. Everyone is going to want to see you and hear how things are going. But when going home becomes a greater priority than being a part of the campus community, then you have to think about what's going on. It's very hard to be academically successful when you're living one life on campus and another at home all the time. SVC's **Counseling Services** is a great place to discuss this if you are struggling with being away from home.

**"I'm afraid that my classes will be too hard. I'm already scared of my professors, and I haven't even met them yet!"**

Yeah, college classes can be hard. That's because *they're college classes*. But don't fool yourself...the Admissions Office did not accept you by accident. You were chosen to come to SVC because we believe you can do the work. Our professors are some of the most supportive and engaging faculty teaching anywhere. They want nothing more than to help you succeed academically. Of course, the responsibility is yours to keep up with assignments and to approach your faculty if you need additional help.

In addition, SVC has a department called the **"Success Center."** The job of the Success Center is to offer you support in all matters regarding study skills, time management, paper writing, etc. Along with its talented professional staff, the Center has a number of student tutors who will work with you one on one or in study groups. If you are looking for help, the Success Center is there to provide it for you!

**"I just really don't like change. I don't know if I can do this."**

To quote the immortal Rob Schneider in every Adam Sandler movie ever made...**"YOU CAN DO IT!"** Don't let your fear of change get in the way of your future. What you are feeling is common among students at every college and university in the country.

Change can be difficult, but it is essential to growth. **It's OK to not like change, but don't avoid change because of fear.**

If we all did that, none of us would ever get out of our pajamas, and where's the fun in that?



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