



Tap into Campus Services for College Success

If you're new to college, you know that the transition from high school can be a bit overwhelming at first. And, of course, this transition reaches far beyond finding your way around campus. You need to know how to navigate your way to the information and services needed for college success, too. Yet, it might surprise you to know that *many upperclassmen* say they need some support at times as well — *whether academically, socially, emotionally, or in preparing for the transition from college to work*. So, when you find yourself in need of some assistance, take comfort in knowing that you're not alone; there's help out there when you need it!

About Campus Services

Your college has much to offer in support of your success. For an overview of *all* the campus services available to you, check out your school's *Student Affairs* and *Academic Affairs* webpages.

Here's a closer look at several key services you can tap into when you need some assistance:

- **First-Year Experience**

During your virtual or on-campus freshman orientation this past summer, you "toured" the grounds and attended several presentations about campus services, offices, and organizations. However, after a long day, you probably experienced some "information overload", making it a bit hard to remember everything you learned.

So, keep in mind that many schools have enhanced the orientation process by offering "First / Second Year Experience" programs. Whether delivered in a classroom setting or online, these programs are designed to ease your transition to college. And, depending on the structure of your school's program (which may or may not provide college credit), you may participate in various activities, workshops, webinars, or teleconferences that familiarize you with campus resources and services. Some first-year programs connect you with a student mentor, too.

- **Academic Advising**

Every college student has an academic advisor whose primary functions are to interpret academic policies and to assist students in developing and implementing an academic plan. This plan lays out the coursework and grade point average you need



CAREER VISION

to meet requirements for graduation, your major, and minor (if applicable.) Be sure to meet with your academic advisor *each semester* to ensure you're on track to fulfill all requirements.

- **Academic Support Services**

Studies indicate that few students get through school without needing assistance in *at least one* of their classes at some point during their college career. Here are some strategies you can use to overcome academic challenges and succeed in your tougher courses.

Whether in person or virtually (depending on available options), meet with your professor or teaching assistant during office hours. Explain what you find most challenging about the coursework and ask your instructor for recommendations to help you better understand the materials. You might also consider forming or joining a study group. When you study with others, you can gain insights from students who understand some of your specific problem areas (and you can help others with the material, too).

In addition, contact your college's Support Services office. Most schools offer study skills and time management workshops. Find out about the tutoring services available on your campus, many of which are free. Tutoring service options may include one-on-one or small-group help from a study specialist on an appointment basis and / or walk-in services with a peer tutor.

And, no matter your major, you'll have to write *lots and lots* of papers (such as essays, personal reflections, creative pieces, research papers, and reports). For many students, the sheer volume of writing assignments can be overwhelming at times. Visit the campus Writing Center for advice and feedback on your writing assignments *well before the due date* to allow adequate time to make revisions.

- **Counseling Center**

If you have emotional or interpersonal concerns, the Counseling Center is an excellent resource, offering a range of services to help you through these rough spots in life. Counseling staff are experienced in working with students on a short-term basis and may make referrals to community resources as appropriate. In addition, most Counseling Centers offer workshops and / or webinars on wellness topics such as relationships, stress management, eating disorders, and conflict resolution.



CAREER VISION

- **Career Services**

Research shows that having a career direction while in college is *critical* for students who want a positive college experience and a successful launch into a career upon graduation. That said, be sure to schedule an appointment with your career advisor starting in your freshman year — *even if you’ve already chosen a major and career path*. And, if you’re struggling to pick a focus area, your career advisor can provide guidance on exploring college majors and careers and the decision-making process (*Note: Depending on how your college’s services are structured, your career advisor’s office may be in the Counseling office rather than the Career Services office.*)

There are many other great reasons to connect with Career Services. For instance, in addition to meeting with students individually, Career Services staff:

- coordinate student employment, internships, and job postings;
- conduct workshops / webinars on resume / cover letter writing, interviewing, and job search strategies;
- arrange networking events and panel discussions with professionals who work in your occupational field of interest;
- host virtual and on-campus job fairs;
- schedule on-campus and virtual interviews with employers seeking to hire soon-to-be college grads.

So, head to the Career Services office early in your freshman year and take full advantage of all its resources and services *throughout* college. Don’t wait until you’re about to graduate to become “[career ready](#)”.

- **Residential Services**

Most resident halls have resident advisors (RAs) who can be a great resource. Usually college juniors or seniors who are trained as peer advisors, RAs supervise students who live in the halls. Talk to your RA about issues (in or out of the classroom) when you need some advice or have questions about campus services and resources.

- **The Office of the Ombudsman**

Some campuses have established an Office of the Ombudsman. An Ombuds (also known as an “ombudsman” or “ombudsperson”) is a conflict resolution practitioner who knows the campus and community well. When you have unresolved issues or



CAREER VISION

concerns, talk to the ombuds. She / he will listen confidentially, remain neutral and objective, investigate the issue, and generate options for problem resolution in order to help all involved parties reach a mutually-acceptable solution.

Asking for Help Is a Sign of Your Strength!

College campuses have staff, services, and resources dedicated to your success. Tap into these services when you need assistance. After all, *“Sometimes asking for help is the most meaningful example of self-reliance.”* - Author Unknown