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Titolo	The freshman survival guide : soulful advice for studying, socializing, and everything in between // Nora Bradbury-Haehl and Bill McGarvey
Pubbl/distr/stampa	New York : , : Center Street, , 2016
ISBN	1-4555-6704-3
Edizione	[First revised and updated edition.]
Descrizione fisica	1 online resource (xxi, 369 pages)
Disciplina	378.198
Soggetti	College student orientation - United States College freshmen - United States - Conduct of life College students - Conduct of life Colleges and universities
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Ealier edition entered under title.
Nota di bibliografia	Includes bibliographical references (pages 359-369).
Nota di contenuto	That was high school ... This is COLLEGE -- Be generous with your friendship but stingy with your trust -- Living with a weirdo and other roommate issues -- For the first few weeks, live like a monk -- I miss my old life! -- Dealing with differences -- Save the date? Is dating dead on campus? -- Sex and the university -- Who are you? -- Real stats and strategies on mental health -- Being a seeker -- Go to class! -- How to be a college student -- Thrill seekers, avoiders, and other procrastinators -- The care and feeding of the college professor -- The fastest way to get an A -- Online is forever -- Get involved... but not too involved -- "Growing up" your religion -- When you're the first: first-generation students -- Come early, stay late: how to do college as a commuter -- Help is all around -- Am I safe? -- Too much of a dangerous thing -- To keep your act together, HALT -- How not to be gross -- There's no vitamin C in orange soda, and doritos aren't a food group -- Is this really where I belong? -- In case of emergency -- Overwhelmed yet? Don't despair.
Sommario/riassunto	"This book offers you the tools and accumulated wisdom of hundreds of students, administrators, professors, counselors, and campus ministers to help you take advantage of the options in front of you and make good decisions in the years ahead. ... Ultimately ... [this book]

has been generated for students by students."--Introduction, pages xi-xiv.
