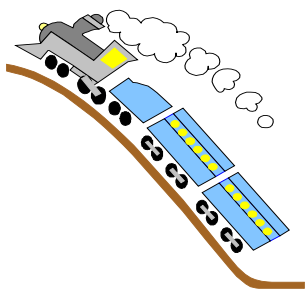


For Incoming Freshmen: How to Prepare for UNH During the Summer



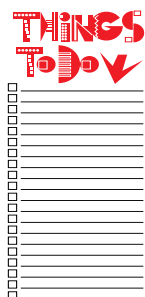
• Develop a Proactive Mind Set

Expect that you will be challenged academically and personally at the college level. Succeeding at UNH will require you to be proactive -- use resources early and often. View tough assignments and any unsatisfactory grades as opportunities to develop new strategies. Utilize faculty office hours. Visit the Center for Academic Resources, the Writing, Math and Counseling Centers. Start a study group or find a study buddy in your classes.



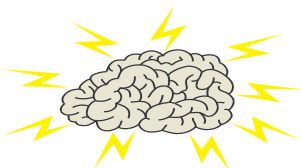
• Make Academics Your Number One Priority

Think about what you want to get out of your first semester. Set some academic goals, e.g., introduce yourself to each of your professors during his/her office hours by mid-September. Attend all classes. Plan to give full-time effort to your courses -- every in class hour will require approximately 2 hours of outside class preparation, e.g., twelve class hours/week requires 24 hours/week of preparation. Limit non-school work to 10 hours/week or less.



• Practice Time Management

If you plan to take a full course load, approximately 10% of your time during the week will be spent in class/labs and 90% out of class. Because of the relative freedom at the college level, time budgeting and living a balanced life style can be major challenges for entering students. Get used to scheduling your own time, keeping track of appointments, and fulfilling your responsibilities without reminders from your parents -- purchase a daily planner/ appointment book now. Use it to organize your time and make "to do" lists. Also, get used to getting up and starting the day on your own.



• Exercise Your Brain Daily

Read, read, read...anything and everything. Also, keep a journal. This is a great way to keep your writing muscles toned. Write down observations of your transition summer between high school and college. Use these insights to measure future personal growth.



• Keep Abreast Of UNH Happenings

Get ready for lots of mail. Make sure you read everything you receive from UNH. Also periodically browse the UNH home page (www.unh.edu), and those of The Center for Academic Resources (see below) and your academic department. If you don't have access to the Internet at home, check with friends, relatives, or your local library.



• Show Yourself The Money

Develop a budget before you come and stick to it. Limit your borrowing to the absolute necessities and, if you work, "pay yourself first" by saving some money before you spend the rest. Limit yourself to one credit card for emergencies. The savings habit combined with "living below your means" will make for less student debt and position you to grow wealth in the future.

UNH Center for Academic Resources, Wolff House, 862-3698
CFAR ("see-far" for academic success) www.cfar.unh.edu