

Spiders FLI Flight Plan

Tips for a Successful Start to College

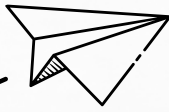
Academic Success

- Use a calendar or a planner to keep track of assignments, meetings, clubs
- Use the time between classes wisely, it's the best time to study
- Read through your syllabi and put major tests and deadlines on your calendar so you can plan your time wisely
- Get to know your advisor, they know a lot about campus
- Go to Office Hours with your faculty, with questions, concerns, or just to get to know them a bit better. They can help you in so many ways
- Read your email regularly – yes, at least glance at all of it!
- Get comfortable asking for help, from your RA, your OA, faculty, FLI folks
- Pro Tip from super successful students - try to be one week ahead in your classes (if you can). You stay on track even when unexpected things arise.

Managing your Money

- Budget your dining dollars. Use the unlimited swipes at D-Hall most often, and your dining dollars can be snacks, coffees, and occasional meals. You can purchase essentials with the rest at ETC without using cash.
- Don't buy all your books before classes start, find out what you absolutely need to have first.
- Look to rent, borrow, buy used books where possible. Small lending library in Westhampton Deanery dining room
- Join the Free Food at UR Group Me to get leftovers from events
- Join the Free Stuff at UR Group Me where students give things away
- Use the Rethink Waste store on campus to find free stuff
- Get an on-campus job. Go to studentjobs.richmond.edu. Usually only 5-10 hours a week, they work with your schedule, and pay starts at \$12/hour
- If an unforeseen financial emergency arises, there is a fund to help. Go to <https://rc.richmond.edu/resources.html#student-finances-scholarship-support-fund>





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Tips for a Successful Start to College

Self-Care

- Get sleep, at least 7 hours a night if possible
- Eat well, don't skip meals, get some healthy options in your diet
- Go to the gym or find other ways to get some regular exercise
- Don't join too many clubs but don't always stay in your room
- Make your own best decisions about your social life; don't do anything you do not want to do
- Use the TimelyCare app when you just to talk to someone when you are upset, find resources for managing stress, etc. timelycare.com/richmond
- Be kind to yourself. College is a big transition and it comes with lots of challenges and feelings. Let people know if you need support (RA, advisor, FLI folks)
- Services are almost always free here, like counseling, tutoring, the gym, etc. Get your money's worth!

Be an Active Part of the Spiders FLI Community

- Join our GroupMe
- Follow us on Instagram@urspidersfli
- Read my emails/join our listserv <https://tinyurl.com/FLIList>
- Come to our events -grab a calendar
- Come see me with questions, concerns, etc.
 - Lisa Miles, Whitehurst 210, lmiles@richmond.edu
804-484-1655

