

# Life after high school ...what you're thinking



From friends, family, and teachers to movies, myth, and legend — there's no shortage of info about what college is supposed to look like, feel like, and be like. Even with all this input, though, many Vermont high school students say that you just don't know what's ahead. You do, however, have a lot to say about the unknown territory that is college:

## your THRILLS

- living in a new place and a bigger town
- having freedom and living independently
- being in a new environment
- experiencing campus life
- getting away from my hometown
- having control over my social life
- making a name for myself
- taking interesting classes
- engaging my mind
- studying abroad and traveling
- starting my own business one day
- starting fresh
- growing up and finding a dream job
- getting a roommate
- making my family proud
- delving into my major
- increasing my earning potential
- making new friends
- joining a fraternity or sorority
- learning the skills to achieve balance — in work, in life, and on the job
- playing college sports
- finding new challenges
- being in charge of my own time
- having more free time just for me
- living on campus
- having access to unlimited food



## your CHILLS

- money — not having enough financial aid & spending money
- living in a new place and a bigger town workload
- figuring out my major
- homesickness — leaving a bfi/gf at home
- choosing the right school
- the application process
- keeping scholarships
- failure to balance workload, sports, social life, etc.
- not being smart enough
- bad roommates and friends
- new experiences
- new people
- getting lost
- depression and loneliness
- change
- not liking the food
- difficulty and complexity of the schoolwork
- time management
- the pressure of expectations and responsibility
- being a loner or having no friends
- being on campus all the time
- not getting a job when I graduate
- leaving Vermont
- having access to unlimited food

## RESOURCES: turn your CHILL into CHILLAX



Every college has lots of resources you can use to help you work through your concerns or challenges. Look at the chills on this page and choose a campus resource to go to.

**Academic advisors** can help you choose your courses, explore career options, and adjust to the culture of higher education.

The **financial aid office** can help you with student loans, scholarships, and grants.

The **free athletic center** may include a weight room, indoor track, swimming pool, and b-ball courts, among other things.

The **counseling center** can help you deal with emotional pressures and problems adjusting to college.

The **school newspaper** provides info on campus events, activities, and clubs; you can also advertise for a job, a roommate, or a ride to Boston.

The **health clinic** can provide treatment for minor problems, in addition to info on alcohol or drug use/abuse.

The **department of residential life** (or student housing department) can help sort out your roommate situation or help you make decisions about what kind of dormitory to choose.

**Academic support services** (or the campus learning center) can provide you with tutoring, access to study groups, writing coaches, or other help you may need in order to be successful in your studies.

The **registrar's office** can help you with transcripts (the official school record of all your classes and grades), changing majors, dropping or adding classes, or transferring to (or from) another college.

Professors have **open office hours** so you can visit to ask questions or talk privately about class material.

**Alumni organization clubs** around the country can provide you with networking opportunities and support from graduates of the school when it comes time for you to look for work.

The **department of student life** has info on community projects, campus programs, fraternities and sororities, student-run radio and TV stations, outdoor programs, campus clubs, intramurals and club sports, and more.

The **career development office** has workshops, counselors, and job search tools to help you.

**School security** can talk with you about safety issues or concerns and can provide info on biking regulations, transportation services, and parking regulations.

The **campus chaplain** can provide faith-based counseling for students of all religious beliefs.