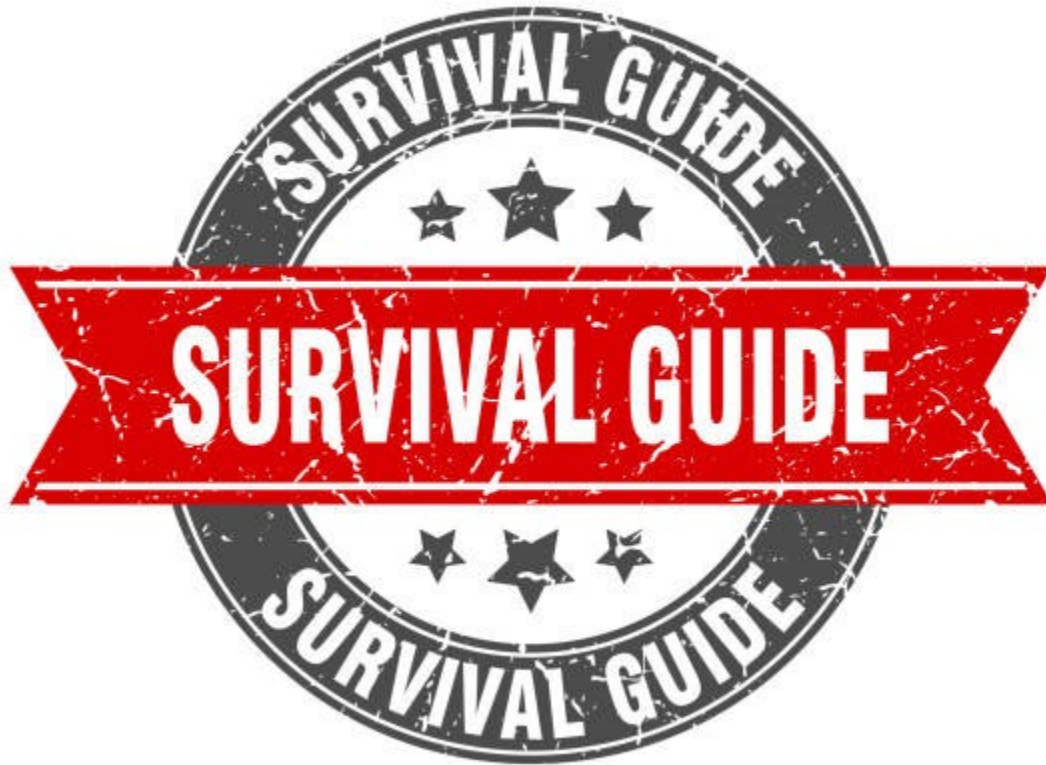


Top tips to surviving your first year at university¹



As a first-year student the prospect of studying further can be intimidating. The sheer size of the campus not to mention new faces, new schedules and new study material is enough to make your head spin. As a first-year student, a lot can be overwhelming and there's a lot of preparation that's much needed as you enter this new chapter of your life.

The good news is that you are not the first person to feel this way. Here are some tips from those who have gone before you and have the benefit of hindsight:

1. Be social

Make a point of meeting new people and broadening your friendship circle. This is not an easy thing to do if you are an introvert but it is important to learn. Friends offer support and comfort during tough days and make your overall experience at varsity more enjoyable.



2. Do your homework

If you think that homework is for school children think again. Be consistent and do your homework everyday. It might be tempting to slack off because you are not being monitored by teachers and parents but this practice is foundational to your academic success.



3. Try new things

Step out of your comfort zone and try new things, as long as you are safe. Join a society or go to places you have never been before. Spend time with people in different study streams or go to talks that are unrelated to your course. These activities can be refreshing and give you that much need break from the routine of studying.



4. Get enough sleep

Another way to recuperate is simply by sleeping. Very often students think that they don't need to rest but sleeping is vital to maintaining your mental and physical performance. The stress and busyness of varsity life will begin to take its toll if you don't find time to relax.



5. Take time to reflect

With so many things happening at once and so many elements vying for your attention its good practice to spend time on your own. These times of reflection will help you to prioritize your time and refocus on your goals.



ⁱ Article copied from <https://www.skillsportal.co.za/content/5-tips-first-year-students>