**Welcome advice from Colgate’s director of counseling and psychological services**

*Dawn LaFrance*

Arrival day is exciting for so many reasons. Many things change on this day, but following some guidelines will help you with this transition.

Adopt a healthy schedule. Enough sleep, proper nutrition, a balance between studying and enjoyable activities — during the stress of the academic year, these basics are often the first to be forgotten. Practice self-care daily.

Meet new people. Go into situations with an open mind. You may be surprised what you learn about yourself as you get to know people who are different from you.

Stay connected to home, but with limits. Using technology such as texts and social media can help you stay in touch with family and friends from home. However, it is important to get involved at Colgate. Meeting new people can sometimes be uncomfortable, but it is part of the adjustment process. Unplug and get involved.

Expect challenges. The adjustment to college life can be difficult. You will build resiliency and better prepare for life after graduation if you can approach challenges with active problem-solving. Remember that challenges are growth opportunities. Use your support systems. Reach out for help or advice if you need it.

*For more information on Colgate’s counseling and psychological services, visit colgate.edu/counseling.*