



# Spring Semester Begins for College Students: Are You Prepared?

## By Steven Nguyen

Spring is here, and for some of you, that means a new semester is getting ready to commence.

If this is your first semester ever, congratulations and best wishes on your new adventure! As a first timer, you're probably filled with a lot of emotions ranging from excitement to anxiousness.

Here are some tips that I would like to share in hopes that you have a wonderful and productive experience.

1. Don't be afraid to ask for help when needed.
2. Learn to budget your time wisely and set a routine when applicable. As college students, it's easy to become overwhelmed and busy. Time not managed properly can lead to stress and poor health.
3. Participate in extracurricular activities! Clubs, sports, etc. It is a great way to destress and make friends!

4. Get to know your disability services coordinator. He/she will be your direct contact to your disability services and accommodations.
5. Know your rights as a person with a disability and a student. Familiarize yourself with terms and laws such as Section 504 of the Rehabilitation Act of 1973, the American Coalition of Citizens with Disabilities (ACCD), and the Office of Civil Rights.
6. Arrive on campus a few minutes early and do a 'dry run' of your class schedule. This will save you a bunch of time and headaches. If you're one to use the restroom often, like me, take note of the nearby restrooms.
7. Technology is your friend, be sure to use it! There are a plethora of programs and apps that will help you, e.g. text to speech, note taking, and organizational assistance apps.
8. No one knows you better than you know yourself.

Have I started you to think? What are some tips that you would add to this list? Start thinking and add what you feel would better prepare you for a positive experience. Take charge of your education and success will follow!



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