

College Preparation - Life Skills and Resources

College, whether you move away or stay home, is a transformative period of professional and personal growth. While the main goal of college is to succeed academically, the college experience also offers opportunities to become more independent and learn life skills. Below are some that catch many freshmen by surprise.

Essential Skills to Have Before Starting College

- Money management
- Basic cooking and grocery shopping
- Laundry
- Vehicle maintenance
- Apartment hunting
- Time management
- Household skills
- Professional email writing
- Budgeting Basics:
 - Have a discussion about finances with your parents (Who is paying for college? What expenses will you have? How much help will you be getting from parents?)
 - Anticipate your expenses: tuition/fees, textbooks, supplies, room and board, food, transportation, clothing, personal spending
 - Learn to track your spending habits and create a college budget

Resources

- [15 Money Management Tips for College Students](#)
- [How to Study Effectively for School or Colleges \(YouTube Video\)](#)
- [10 Way to Improve Time Management For Students](#)
- [9 Ways to Improve Your Organization Skills](#)
- [17 Scientifically Proven Ways to Study Better This Year](#)
- [10 Tips to Stay Healthy in College](#)

Remember!

College is a time to meet new people, find new passions, experience new things, and learn more about yourself. **Above all else, go into college with an open mind and do not limit yourself!**