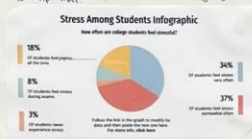


# UNIV

# SHOWCASE!

## 1 STRESS

- College doesn't just cause stress about school work but it can cause stress about being on time for class, finding where your classes are and figuring out how to get adjusted to college life. Some people stress more than others but you have to find a way to help that.



## 2 TIME Management

- Time management is important in college because for most of us it's something we never experienced before. Starting college we have to learn how to balance all of our classes, work, sleep, and personal lives. These 12 tips can be helpful to make sure our college life goes smoothly.



## College life Characteristics

## 3 HEALTH

- Starting college you have to keep your physical and mental health good. It can be difficult since a lot of people are no longer playing sports and we are all figuring out how to become adults. We are faced with many challenges in college but these tips can help us overcome the challenges and keep our health good.



## 4 RELATIONSHIPS

- Forming relationships in college can lead to so many positive outcomes. For instance, you can find your future best, make friendships that last the rest of your life, or find the person you will marry. Creating relationships with others can help you get through your years of college and can even help you become successful in the future.



## 5 OPEN MINDEDNESS

- Keeping an open mind in college is one of the best things you could do. If you always have a positive mindset it will allow your college experience to be fun. Being open to experience new things can allow you to find out more about yourself and meet new people along the way.

