

Get Organized

- **Create Space**– If your roommate is noisy or ever-present, that may mean finding a favorite nook in the library or coffee shop to frequent. Otherwise, set up a nice desk for yourself where you can keep everything you need, focus, and get things done.
- **Create a Schedule**– When planning your activities, be sure you allow yourself the time you need to study and get work done. You may require more time than you realize at first, so it's best to overestimate when it comes to study

hours, so you don't have to pull all-nighters and end up paying for it the next few days.



Student Support Service–
x1862

Admin 360

Phil Kenkel– x1861

Admin 355

Jacque Loghry– x1863

Admin 362

Brenda Johnson– x1259

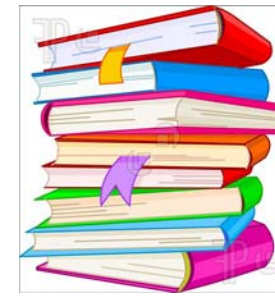
Admin 363

Talent Development Center
– x1726

Admin 372

Personal Development and
Counseling Services– x1220
Wellness Center

http://stress.about.com/od/studentstress/ss/college_stress_4.htm



Don't Stress It's Only College

