

Swimming in Success!

Treading the college waters can be tough. To prepare you for the course – or courses – ahead and make sure you don't belly flop, check out [this interactive article](#).

Below are tips from Valarie Young, [RVCC](#) Job Placement Coordinator and Jenna Gawne, Enrollment and Academic Support Counselor at the [ATAC](#) for new and returning students:

1. Complete registration for your classes – and make sure you receive confirmation.
2. Contact your Financial Aid department and confirm you have completed all the necessary paperwork.
3. Sign up for and take your placement tests (for example, ACCUPLACER). [Find out what your college offers to prepare for these exams](#).
4. Get in touch with your academic advisor; you may need to set up an appointment.
5. Attend orientation. Orientations are designed specifically for new students and provide information specific to your new school and new program.
6. Be prepared for the time commitment. On average students need to study 2-3 hours outside of the classroom for every hour in class. For example, one 3-credit course will require a TOTAL of 9-12 hours a week.
7. Access your [student email account](#) and get into the habit of checking it regularly.
8. If you are a returning student, think about last semester. Are there areas you need to improve on? Things you did well that you need to maintain? Make a list and seek out the support services to help fill in the gaps.
9. Consider what obstacles you will face in the coming year. Make a list and seek out the support services to help fill in the gaps.
10. Remember to come up for air – if you are over stressed or feel you are getting there, take a break – whether it be from studying, exercising, cleaning, whatever.



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