

ARE YOU COLLEGE READY?



Check out these skills and tasks. What can you master before leaving for college?

» Home and Personal Care Skills

- How to use basic kitchen appliances
- How to grocery shop and prepare several quick meals, bonus points if they are healthy!
- Wash/Dry clothes, fold laundry and put it away
- Make a bed (with clean sheets)
- How to properly clean a toilet, shower, floor, sink, fridge, take out garbage, etc.
- How to unclog a toilet
- Set an alarm and wake yourself up on time
- Get rid of spiders and bugs
- If living on campus, how to complete a facilities request form and/or ask for help.

» Life-Management and Organization Skills

- Coping mechanisms for stress, anxiety, homesickness, etc.
- Create a budget
- How to handle a bank account/deposit a check/write a check
- Use a credit card responsibly while avoiding debt and late fees
- Organize all passwords, accounts and important documents in a safe place for reference
- Time management
- Keep a daily calendar
- How to set up internet/cable and other utilities if living off campus
- Calculate a tip at a restaurant
- How to split a check amongst friends
- Address an envelope
- How to back-up information on your computer and other devices
- Manage/clean-up social media accounts (know what is appropriate to post)
- How to apply for a job, interview, show up on time

» Student-Specific Skills

- Keep track of due dates and grades (get familiar with Canvas asap as a helpful tool)
- Access your student portal (MyFRC) to register for classes, complete Financial Aid, etc.
- Maintain healthy study habits (academic honesty, avoid procrastination)
- Contact professors for help (email, utilize office hours)
- How to research a topic and cite your sources



» Student-Specific Skills

- How to read the campus map
- Locate information on the college's website
- Take clear, readable notes and study from them
- Create an outline and write a 5-paragraph essay
- How to speak in front of others
- Seek out extracurricular activities you enjoy
- Maintain a healthy balance between your academic and social life
- Understand consequences for violating academic and student conduct policies
- How to check your student email and understand the importance
- Feel comfortable asking for help

» Transportation Savvy (if applicable)

- Read a map/follow GPS with a hands-free device
- Fill up a car with gas
- Change a tire
- Bike maintenance
- Utilize and navigate public transportation (FREE bus pass with Plumas Transit)

» General Conscientiousness

- How to be a good roommate - set ground rules and be respectful
- How to resolve a conflict with your peers
- Be aware of surroundings, recognize dangerous situations and keep yourself safe
- Know personal medical information and how to make and keep up with appointments
- Emergency preparedness (i.e. power outages, school closures)
- Who to contact in case of an emergency (medical, someone to talk to, financial)
- Avoid drugs and alcohol
- Be sexually responsible and respectful - aware of Affirmative Consent Law
- How to say "no", respectfully and firmly and listen if you are told "no"
- Be open-minded and accept constructive criticism
- When to put your cell phone away
- How to ask for help** - Make contact with at least one employee you feel comfortable talking to
 - » Emotional/psychological support: FRC has a Mental Health and Wellness Center on campus and partnerships with agencies in the community
 - » For academic support: FRC has an Instructional Resource Center where free tutoring is available as well as a Disability Support Program for Students, study hall classes, helpful library staff, and other student support staff.
 - » For food insecurity: FRC has a well-stocked food pantry in the student lounge, assistance for students to apply for CalFresh, and multiple events throughout the year with free meals provided

We look forward to helping you succeed at Feather River College!