

## MODULE #4: Post Secondary Education Life

### Objectives

- Participants will learn about some dorm room essential guidelines that will make the transition to college life easier.
- Participants will be encouraged to visit some college campuses to learn more about college life.

### Context



*Moving to a new environment, especially moving to a dormitory, can be disorienting at first. But the transition to dormitory life can be easier by following the list of things that an incoming freshman would bring to college. Good planning is needed to be prepared and to learn how to adjust well to dormitory life from day one.*

### Handouts & Resources Needed:

Handout 4.1A: Dorm Room List

Handout 4.1B: Preparing for College-Incoming Freshman

Sheet of paper – one for each participant

Pen/pencils

Journals

Activity#1: Preparing for College –Incoming Freshman (55 min) (For advanced Students)

### Procedure:

- Icebreaker
- Tell participants the following:
  - As an incoming freshman living in a college dorm away from home for the first time can take some adjusting.
  - Dorm rooms are generally quite small.
  - Living with a roommate it is necessary to discuss some rules in advance such as bed times, chores, and visiting hours of friends/families. This will help them to prevent conflict between them.
- Ask participants to make two dorm room lists, one including everything that they absolutely cannot live without and the other including personal items that they use everyday (Handout 4.1A).
- Discuss some dorm essential guidelines (Handout 4.1B).
- Once participants are informed about some dorm room essential guidelines, encourage them to visit a college campus student activities or student organizations office.
- Encourage participants to be locally involved in some volunteer organizations.
- Debriefing

## Dorm List

<b>THINGS THAT YOU CANNOT LIVE WITHOUT</b>	<b>Things that you use everyday</b>
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

## **Preparing for College – Incoming Freshman**

Congratulations! The long and tedious college application process is finally over. You have been accepted to college and will start in the fall. As you spend this summer enjoying the last vestiges of your childhood, the question arises of what to bring to your new room. Aside from four walls, most dorm rooms have a bed, a desk, and a dresser for each occupant. At first glance it may seem more like a military barracks than housing for higher education, but do not fear. With the right accessories, a dorm room can be transformed into a cozy home away from home.

Here's a list of things that an incoming freshman should bring to college, in order to make the transition as smooth as possible.

- First, make sure to call your future roommate(s) and try to coordinate who is going to bring what. You do not want to arrive in your new room and have three televisions and no phone.
- Bathroom tote – Most freshman dorms have communal bathrooms, the tote will give you a place to store all your essential supplies and provide an easy way to carry it around.
- Bedding (Pillows, sheets, blankets) – The bed in your dorm room will be nothing more than a mattress on a frame. Different schools have different sized beds, call and check in order to make sure you get the right size mattress.
- Alarm Clock – 9 am classes may not seem early, but a few weeks into college you'll find yourself hitting the snooze bar many times.
- Laundry bag and detergent – Knowledge of how the washing machines work is also needed. No one is going to do your laundry for you. No matter how high the pile of dirty clothes gets. Also, bring lots of quarters with you, as they will be necessary to run the washing machine.
- Phone – Some schools may provide a phone, but more often than not there will just be a phone jack. Before you buy an answering machine, check with the school. Many universities have a voice mail system set up for each student.

- Computer – While this is a large expense, computers are becoming almost indispensable on a college campus. Make sure to check with the school before buying a new computer or packing up one from home. Some schools have technical requirements for computers so they will work on the school network. Other schools will issue each incoming freshman their own laptop as part of their tuition. Also, check to see what type of equipment you will need in order to connect to the school's network. Often times an Ethernet card is needed, which is not standard on most computers.
- Entertainment – While college is a place to learn, no one is able to study around the clock. Having a TV or Stereo will help you relax and take a break from the rigors of academia.
- Camera – College is one of the most interesting experiences of a person's life. You will want to have some pictures of it later on in life.
- Clothing – Be careful not to bring too much clothing with you to school. While it may seem tempting to bring your entire wardrobe from home, the closets in dorm rooms are not that big. A good rule of thumb is that if you have not worn it in two years, then leave it at home. Don't forget to bring some clothes hangers.
- Stuff from Home – Odds are, no matter how ready you are for college, there will be times you will be homesick. Do not worry, this is perfectly natural. To help overcome this homesickness, try bringing some pictures or other objects from home with you to school. This will help you adjust to your new surroundings.
- Finally, don't forget that where you are attending college, there is going to be a store near by. You do not have to bring up every single thing that you will need over four years with you. Rather, bring the essentials and get the little things (pens, paper, etc.) when you arrive on campus.