

# P R E P A R E   F O R F R E S H M A N   Y E A R

## Tools and Resources



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# Tools and Resources

Hello lovely!

Starting college can be pretty scary. Luckily, there are some tools you can use to help you navigate your college life easily. Here are fifteen of my favorites!

## 1. Library

In high school, many students avoid using the library. Either they don't need it for their assignments or they would rather go home and study in their room. In college, however, the library is the perfect place to find some peace and quiet when you need to get a last minute assignment done. The library's private rooms are also a great place for study groups!

## 2. Tutoring center

The reality of how tough college actually is will hit you sometime in the middle of your first semester. This is usually when you have three exams and two huge assignments due all in the same week. One fantastic resource that you should take advantage of is the tutoring center. The tutors understand your struggles and will try to help you as best they can. I know you might feel a little embarrassed about needing to be tutored, but, which is more embarrassing, failing out of a class or getting tutored and passing the class? That part is up to you!

## 3. Khan Academy

One amazing resource that I never knew about until I came to college is Khan Academy. This website has videos teaching anything from math, chemistry, and even arts and humanities! Want to know the best part? It is totally free! This website is pretty much the one thing that helped me make it through chemistry. Want to check it out? Click [here](#)!

## 4. Prep books (ACT, GRE, SAT, etc.)

Have you taken your ACT yet? The trick to doing well on these exams is to take advantage of prep books. You can buy a prep book for pretty much any major exam online or

you can search your local library to find an older edition for free. You can also see if a friend will let you borrow theirs. I used an ACT prep book and am currently using a GRE prep book to help me get into physical therapy graduate school!

## 5. Scholarship search engine

Since you will be entering college soon, you are going to have to begin the search for college scholarships. Sometimes this can be an extremely frustrating process. To help make it a little easier, try using [this](#) scholarship search engine. It helps weed through those scholarships that don't apply to you so that you can find some that work for you! Want to know how I apply for scholarships? Check out this post [here](#)!

## 6. Pomodoro and tomato timer

With all of the assignments and exams you are going to have in college, it is important that you stay productive. My favorite productivity tool is a website called [tomatotimer](#). This website uses the Pomodoro technique to help boost your productivity. In this technique, the student works for twenty-five minutes then gets a five minute break. This cycle continues two more times. After the third twenty-five minutes, you get a ten minute break then begin the cycle again. This process works best when you put your phone on sleep mode during the twenty-five minutes to avoid distractions.

## 7. Planner

If you have talked to any college students lately, then you probably know how important our planners are. At the beginning of the semester, I like to write down (in pencil!) the due dates for all of my assignments as well as when I will have tests and quizzes. Having everything written down helps me prepare for the upcoming week early so that I can avoid last minute stress.

## 8. Google tricks

Probably the most amazing thing that we college students use is Google. I know you have probably used Google millions of times in your life; however, in college it is an essential part of completing homework assignments. You see, sometimes professors like to assign tough questions that are hard (if not impossible) to find in the textbook. This is when I usually type the exact question into Google to help me find the answer. Most of the time, a sweet soul will have put the information online and all I have to do is decipher it to find the answer. You can also check out some more helpful Google tricks [here](#)!

## 9. Grammarly

Do you struggle with spelling and punctuation? If so, Grammarly is perfect for you! Grammarly is a free program that helps you improve your college papers by finding spelling and punctuation errors. Once you have signed up for the free version, you can download it onto your computer and it will run behind the scenes to help correct any spelling you do online or even in your email. Unfortunately, only the paid version can edit through Microsoft Word; however, all you have to do is upload your paper to get corrections. Another great thing about Grammarly is that it helps explain error so that you can learn from it and correct it next time. You can check out Grammarly [here](#)!

## 10. Notecards

Something that I use in college but never used in high school is notecards. When studying for college exams, you quickly learn the amount of information you need to study is massive. The best way that I have found to really focus and piece together all of the information that I have is to create notecards. This works especially well for my more difficult classes where the concepts seem to go together. I like to write a question on one side with the answer on the other. Although making notecards is a long process, I firmly believe that it helped me boost my grade in Anatomy and Physiology from a B to an A!

## 11. Quizlet

Would you rather type up your notecards? Then try using Quizlet! This website is a great way to make notecards, test yourself on these notecards, and even create quizzes to help you see how much you know! You can take a look at Quizlet [here](#)!

## 12. Youtube

You may be thinking, “What on earth can I learn from Youtube besides how cute baby goats are?” Well, believe it or not, Youtube is also full of videos teaching how to do things that you may need to learn for college. For my science classes, I love using Youtube videos to help me visualize cycles, muscle movements, and various processes. If you aren’t a Biology major, I am sure that there are plenty of other helpful videos related to your major.

### 13. Audio notes

Another thing that I started using in college is a tool called audio notes. Instead of recording long lectures like some students do, I record myself reading through the notes out loud and listen to them later while I am getting ready or when I need to study but my eyes are tired.

### 14. Highlighters/multicolored pens

Another thing that I use much more often in college is highlighters and multicolored pens. When I begin studying for exams, I like to go through my notes and highlight the most important information that I gathered from old quizzes and/or study guides. This helps me to really pay attention on the most important concepts. I also like to use multicolored pens when I am taking notes to underline important concepts mentioned in class.

### 15. Pandora (classical music)

The last tool that many college students use is Pandora. No, it is not just for fun anymore! When I need to focus on studying or getting work done, I turn on Pandora and listen to my classical for studying station. Yes, it takes a little getting use to, but I think that it really helps me focus on the task at hand. Plus, it keeps me from being distracted because there are no words that I can sing along to!

I really hope that this list of tools and resources that college students use is helpful to you. I know you are worried about transitioning from high school to college, and I want to help you through it! You will be first to know when my new e-course designed to help you stop freaking out about college is released. I can't wait to guide you through your transition into freshman year!

If you have any questions, feel free to email me at [aslifegrows@gmail.com](mailto:aslifegrows@gmail.com)!

Bye lovely!