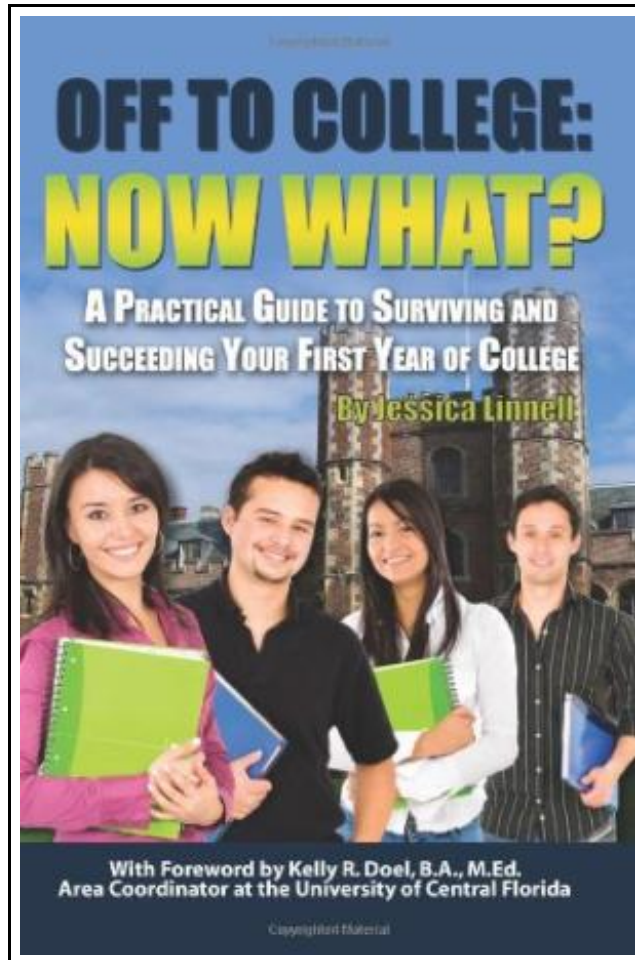


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Atlantic Publishing Co, United States, 2009. Paperback. Book Condition: New. 226 x 155 mm. Language: English . Brand New Book. According to the US Census Bureau s report on the number of college students in the United States, more than 500,000 high school seniors pack up and leave their homes for college each year, intent on starting the next level of their education. The freshman year of college is an initiation into independent living, but it can be incredibly stressful on someone who is not prepared. It is estimated that almost 150,000 students will dropout before starting their second year, and it is not always because of the angry professor or sub-par living conditions. Everything from the cost of living on your own to the stress of trying to balance a job, school, and a completely new kind of social life will weigh heavily on you. The key to being successful in your first year of college is to be prepared for anything that might arise, maintaining a strict, well-organised schedule, balancing your free time and new found social freedom, and putting the right amount of energy into your studies. This unique, groundbreaking book will provide you with a milestone from which to set forth in your new college career.You will learn how you can transition from the rigid daily rules of life with your parents to a rule-free environment, without giving up the education you have worked so hard for. You will learn the four essential cornerstones of a healthy, successful college career: Study, Friends, Health, and Involvement. Many hours of interviews have helped to compile a comprehensive list of studying and living habits and also routines that will keep you locked in and on target throughout your college career. The Freshman 15 is not a simple joke. According...



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