



College Student Survival Skills

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Attending college is often full of numerous changes, new situations, and a variety of stressors. Due to the significance and impact of these stressors, it can be useful to approach this time armed with strategies to improve your ability to manage your overall well-being and thrive during your college years.

Be Open-minded: Become receptive to new and different ideas. Remember that this process is part of how we learn and grow, even if it includes exposure to opinions different from yours. Keep an open mind, come to your own conclusions while considering new information. Consider attending new and interesting speaking events or clubs, in order to expand your horizon. Take advantage of the opportunities around you to engage with people you have never met and try new things.

Identify Your Coping Skills: Coping skills are strategies implemented to improve day-to-day ability to manage stressors. They can come in the form of physical movement, being social, self-care, and journaling, to name a few. You probably already use coping skills; however, identifying them can make them more accessible for use in the future when stressful times arise. *What are some of YOUR coping skills?*

Reframe to identify positives: Our thoughts impact how we feel. Catch your negative thinking and try to think differently by identifying potential benefits or helpful outcomes to problems. This may allow you to develop a new perspective on a difficult situation. Try practicing gratitude and noticing what is going well in your life versus focusing only on what is not going as well as you would like.

Keep Perspective: Recognize what is important to your values and goals, and what is not worth your time and energy. Ask yourself: *Five years from now, how important will this problem be? How can my values provide useful information for resolving this problem?*

Use Campus Resources: Your campus is full of resources and people waiting to support you! Please do not hesitate to take advantage of all they have to offer. These resources can include tutoring and learning support, counseling, career services, residence life, professors, health care providers, and others. Learn where these people are on campus, so you can visit when needed.