



the HER CAMPUS™

guide to
**COLLEGE
LIFE**

HOW TO MANAGE RELATIONSHIPS,

STAY SAFE AND HEALTHY,

HANDLE STRESS, AND HAVE

the best years of your life!

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Stephanie Kaplan Lewis

The Her Campus Guide to College Life: How to Manage Relationships, Stay Safe and Healthy, Handle Stress, and Have the Best Years of Your Life



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As seen about The Today Display "s fun, independent and totally safe and sound.t--especially with regards to navigating a college campus in a way that'Some things are normal sense, but some things aren'" This guidebook touches on everything from dating and studying, to acquiring buddies and joining clubs beyond class. Whether you'com From internet dating to internships--everything you should know about collegeGet set for the best years of your life! Written by professionals behind Her Campus, this college guide can be bursting with insider tips to help you navigate classes, romantic relationships, and all of your extracurriculars--including parties and Greek life. --Today.re a practiced upperclassman or are starting freshman year in only a few months, you'll learn to:Bond with your roommate and set ground rules for your brand-new spaceBeat the Freshman 15 without having to quit dessertSnag a date with the cutie from your Lit classCope with tension and anxiety--even during finals week!Score jobs and internships that may help you transition into post-collegiette lifeYou's essential information, The Her Campus Guideline to College Life shows you how to make the most out of your experience--in and beyond your classroom. Filled with fun checklists and worksheets to help you carry out HC'll also get the lowdown in campus safety so you can enjoy all that college provides while avoiding the unfortunate scary parts that sometimes come with it.



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Must-have got for all incoming university freshmen I bought this for my sister who is started college this season, and I really wish We had had it when I was starting university!. The book literally answers every questions I would have wished to know--everything from getting in a sorority, coping with professors and TAs, how to ace a test, etc. The student who received this as a gift has really enjoyed it! But also for an incoming university freshman, this book gives tons of helpful info that you won't get somewhere else! As a professor and interpersonal psychologist, I came across the advice on a wide range of topics (e. In addition they feel good knowing they will have the reserve to refer to when university begins., how to stay safe on campus, how to chat to professors, how to research and manage period, how exactly to navigate social mass media, how to make an application for careers and internships) to be accurate and on-focus on, and written in a style that may appeal to 18 12 months olds (i. She says it arrived in really handy. But for somebody who is just getting started and doesn't know any thing about the college world, this reserve is for you. Perfect gift for University Girl I ordered this reserve as a gift for my girlfriends's child, because she's off to university this week!. My only qualm about the book is that it consistently presumed heterosexuality (e.g., referring to crushes as "boy toys" or "studs", when it would have been just as user friendly even more inclusive terminology or to acknowledge that some readers could have a same-sex crush), especially given study showing that women tend to be "sexually liquid" (or changing), especially in the college years (numbers are often underreported because of stigma, but it's not unlikely that up to 10% of the readers of the book could have crushes on ladies). If you can get over that, the book can be an easy go through and an excellent resource for someone about to go off to college. One tip I'd add: Take your personal printer to college! In my experience, students who rely on campus printer labs are more likely to carefully turn in work late (or not at all) because they try to print at the last second and run into problems (e.g., the server falls, the printer laboratory is closed, there exists a long line of college students waiting); Whether you're a increasing Freshman or a grad pupil, that is a great book. As a senior in college, I already know a ... As a senior in college, I already know a great deal of information provided in this book. Professor-approved I read this book last night (free of charge on Kindle Unlimited) and ordered it today for 4 senior high school grads that I trainer. Most of what's in here I learned from close friends and my peers around me over time., informal and engaging, however, not too "cutesy"). As for university juniors and seniors, the previous few chapters are really helpful. It offers you everything you need to understand about how to apply for internships and steps to make your online presence professional.. the info in these chapters was accurate, relevant, realistic, rather than too preachy. The publication is certainly fun but also retains it real--I really was impressed by their treatment of very important (but delicate) topics like coping with sexual assault and mental health problems that are all-too-common on college campuses. Gave this seeing that a present to the daughters of two friends who just graduated senior high school. The opinions from them has been positive. Both the mothers and the daughters have read through the publication and feel it offers practical advice for their upcoming college encounters.g. Awesome! I actually read this who reserve today. I've Amazon Prime so that it got within 2 days. student who received this as something special has really loved it!It's well-written, accurate and answers all the questions you should possibly have for university. I've also noticed that college students with their personal printers are more likely to proofread printed versions of their work before turning it in, which results in a higher quality product (and therefore a higher grade).It answers queries that pertain to health, sex, scheduling, professors, internet dating, Greek life therefore much more. . I'm very happy I bought this book.I recommend it to high school students, college students also to parents looks for a gift for their senior high school student or graduating student. The college freshman who received it simply loved it. So well done and so helpful as I prepare for college!! Great tips about things I was super stressed about - like balancing work and fun and getting safe without my parents around! Answers for the forgotten or unasked questions The recipients both said the book was informative and they felt well informed starting college

abroad. Now my head to for women headed for college Four Stars Good gift for HS graduates. My cousin treasured it. I actually learned some of the information I read.. They also feel great knowing they have the reserve to make reference to . I really was excited to get this book. Recommend for incoming freshmen, but also older students--the book is full of resources and tips to have readily available in ANY situation. Very helpful. Absolutely loved this book Absolutely loved this book!e. Excellent read! All Your Questions Answered I'm starting university this fall. As someone who teaches individual sexuality, I also appreciated the guidance on navigating friendships, romantic associations, and hookups (which is certainly super important, however, not a thing that most parents feel safe talking about); Five Stars plenty of helpful advice--would've been more helpful if I could've actually gotten my girl to read it



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