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THE FRESHMAN SURVIVAL GUIDE



SOULFUL ADVICE
FOR STUDYING, SOCIALIZING,
AND EVERYTHING IN BETWEEN

COMPLETELY
REVISED AND
UPDATED

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Nora Bradbury-Haehl

The Freshman Survival Guide: Soulful Advice for Studying, Socializing, and Everything In Between



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A totally revised and updated values-based information to navigating the first season of university that speaks to university students in their own language and offers practical tools that readers need to keep from drinking, sleeping, or skipping their way out of college. However, very much has transformed on campuses. In the four years since its initial publication, THE FRESHMAN SURVIVAL GUIDE has helped a large number of first year learners make a successful transition to college existence. 5 million incoming freshman can prepare themselves for the biggest change they've encountered within their lives: going to college. THE FRESHMAN SURVIVAL GUIDE's updated edition features fresh research and suggestions on problems such as mental wellness, sexual assault, and locating balance. In addition, it features extended sections on dating, money management, and an elevated focus on how the over 1. The explosion of technology, ubiquity of cultural media, and culture adjustments have all added brand-new layers of complexity to the leap from high school to college.



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Read as an upcoming freshman This book has some very nice advice! We didn't expect it to be that serious. My friends made fun of me for this, but honestly it really is so helpful. It addresses everything I've been concerned about and all the advice seems useful and relevant. Thanks for the initial & Five Stars Quick great read. I go through it and gave it to my grandson, who is a university freshman this year. My boy admitted this book was helpful. I'd suggest to combine it with Professor's Information The Secrets of College Success that focuses even more on academics and learning strategies. Both of these books together will do a favor to your freshman. Though written within an entertaining way, the author is very serious in providing new students with the information to keep them centered and safe. We love that it gives actual advice for a high school graduate/college freshmen. Bought this book as something special for my nephew and only skimmed it, but loved everything I go through. It didn't make an excellent high school grad. Daughter appears to enjoy it Gift Didn't receive new book I paid for a new publication but received a used book. My son finished reading in a single day I purchased two books as something special to my child and his girlfriend for the graduation day time. helpful gift. She has already put the fantastic recommendations within this book to great use and I'm sure it'll be her "bible" during her initial semester. Best Guide for Initial Year College Students Bought this for my niece who's entering her freshman year of college. I desire I had trained with to him about six months ago! Great graduation gift with solid guidance for incoming university freshmen. I read some of the chapters and discovered them extremely entertaining and informative. An absolute must have information for the student embarking on this most important chapter of his/her lifestyle. A Freshman Must Read I browsed few a number of of the types of books before buying therefore glad we picked this 1-must go through! Great on all amounts for both freshman pupil and parents. The reserve have a lot useful suggestions for your freshman. They both enjoyed this book. Very helpful to both parents and kids. ALL. COLLEGE-BOUND STUDENTS NEED THIS! It's a straightforward to learn book with practical advices on many aspects of campus living and relations with various other students. It has some wonderful assistance in it. Well-created and interesting. More religious (severe) than expected. I am presently a higher school senior and simply read this book. Not really the graduation gift I expected. Cover looked worn, I think, deliberately. Contains quotes from college students at a wide range of universities and colleges and addresses topics all students worry about. gift. Good resource. Almost force my daughter to start out reading on her way to college and once she began she thank me. Good Overall Good overall review of what potential freshman need to know. Good suggestions and well-planned. The cover was fairly worn. I gave it to the student anyway My college freshman friend loves it I wish this was around when I went off to university! Perfect book Perfect especially for those who are scared of going off to college



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