

Once you have stepped foot onto your college campus or university's grounds, it is time to set aside your anxieties and find ways to get involved. From joining a student organization or playing intramural sports, there are plenty of fun activities to do in between classes. Not only do you increase your chances of making friends by participating in extracurricular activities, you also have an outlet where you can release school related stress.



Being in a new place at a demanding time in your life can cause even a calm person to have worries. Take that nervous energy and turn it into something productive. Land yourself a campus job and take advantage of all the perks that employment has to offer. Besides earning a paycheck, you put yourself into a position to have face to face contact with your peers all day. Strike up a conversation with a co-worker and see where that leads. You never know, you may be the next campus socialite.

Having a busy schedule means you are going to have to learn how to balance out your life. Besides quizzes, group projects, and exams, you have to pencil in time to study, participate in activities, and find time to network. Investing in an over sized desk calendar can help you put things in perspective. If you find that your time slots are overlapping with one another, cut back on an activity or two. The most important thing to remember is that you have come to school to learn and after paying the high cost of tuition, you don't want to sacrifice study time to fit in one more hour at the gym.

Join a study group and broaden your horizons. Not only is it a great way to get to know other students better, it also will benefit you when it comes to test time. Bouncing information off of one or more members of a group may help improve your concentration and will definitely give you something to look forward to. Studying alone is unnecessary and often unproductive.



shilling to a group of people who are not interested in the product. This is a common mistake that many salespeople make. They assume that everyone is interested in their product and they try to sell it to everyone. This is a waste of time and resources. Instead, salespeople should focus on finding the right people to sell to. They should identify their target market and then focus on reaching out to those people. This will increase their chances of success and make their sales process more efficient.