I hope your first semester at NKU is off to an exciting start and college is everything you hoped it would be.

My guess is it’s a lot more than you expected … or it’s about to get that way. Quizzes and tests seem to come along more frequently and papers and projects start to pile up as the semester unfolds.

Juggling classes, homework, work and everything else in life can get frustrating and overwhelming very quickly. Adjusting to the pace of college life often turns out to be more challenging than the actual classwork. So many policies and procedures and deadlines to remember!

Here’s my single best advice on how to relieve stress and save steps when you’re feeling overwhelmed:

Don’t be afraid to ask and ask someone who knows. Talk to an advisor, talk to your instructor, talk to a staff person … or just walk up to the Norse Advising desk in the University Center and ask. It’s there to answer your questions or get you the help you need, pronto.

Pat Moynahan
Interim Director, Norse Advising

A Case for Getting Involved
Nick Snider, Peer Coach for freshmen with last names T-Z

The first semester of college can be the most overwhelming time of your life. As I’m sure you’ve figured out by now, there are more offices, organizations, classes, and new faces than you ever knew existed.

I started at NKU as a nervous freshman from Louisville I had the common first week jitters about making friends, finding my place, and getting used to campus life. Thankfully, I made the decision to attend my very first college meeting. I stumbled into the room ten minutes early, hopefully not looking as uncoordinated and out-of-place as I felt… from there I never looked back.

I won’t say that joining a student organization will make all of your dreams come true and solve all of your problems, but being a part of a community on campus provides you with the opportunity to make friends and create something for yourself. Sometimes it may take a few different organizations before you find the one that really fits your personality, but once you do the possibilities are endless.

You can work your way up the ranks to a leadership position (as I did), or you can just continue offering your time as a member. There are hundreds of ways to get involved at NKU, and once you find a place that fits your interests and needs, I promise you will be thankful you did.

Schedule an appointment with your Peer Coach!
http://peercoach.setmore.com

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Bad Grades
Brianna Holman, Peer Coach for freshmen with last names F-He

Getting a bad grade in college can be very stressful. One bad assignment or exam won’t kill you, but it should make you push harder for the next assignment or exam. Make sure you’re working your hardest in your classes and do the best you can do! Things happen, and you may not always get the grade you wished for. **You’ve got to put in the effort to receive the great results you want.** If you’re really concerned, don't be afraid to ask your professor why you received the grade you got, and what you can do to better prepare for the future. Trust me, they’ll be so glad you care.

Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>September 28-October 13</td>
<td>Midterm grades posted</td>
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<tr>
<td>October 12-13</td>
<td>Fall Break – no classes!</td>
</tr>
<tr>
<td>October 26</td>
<td>Last day to drop a course with a grade of “W”</td>
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<tr>
<td>November 25-27</td>
<td>No Classes!</td>
</tr>
<tr>
<td>December 5-11</td>
<td>Finals Week!</td>
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Tutoring: Just Do It!
Josh Chandler,
Peer Coach for freshmen with last names Hi-K

You’ve probably heard about Learning Assistance Programs on campus – they offer tutoring for every subject offered at NKU. As a Peer Coach, sometimes new freshmen tell me that they’re struggling with a class but they don’t want to use the service.

There are lots of excuses for why not to go but I want to tell you something: **It is nonsensical to be struggling in a class and not take advantage of a FREE service that will help you do better.**

If you are struggling with a class or not feeling very confident with your writing skills, go see the tutors in Learning Assistance Programs. They’re in UC 170 or you can schedule an appointment online at [http://lap.nku.edu/tutorappointment.html](http://lap.nku.edu/tutorappointment.html).

What to DO your first year
Nick Pflum, Peer Coach for freshmen with last names N-R

**Friendships:**
Be open to meeting new people! Get out of your comfort zone, take off the cool cap, and talk to new people. Don’t spend all of your free time with the same few people. Broaden your horizons!

**Professors:**
Connect with your professors! Northern Kentucky University is full of caring professors who want to make a difference in your life. Also – don’t be afraid to ask for help.

Dorm Life:
Get to know people that live in the same hall as you! These people could be your best friends, or not. Either way, it gives you the chance to get to know more people on campus. The worst thing you can do is go straight to your room after class and shut your door off from the world.

Commuters:
GET INVOLVED! Are you tired of hearing this yet? We say it over and over because it’s true! Just because you don’t live on campus doesn’t mean you can’t get involved in an organization that appeals to you. Don’t go straight to your car after school and go home. College is no fun if you just leave right after classes.