

# COLLEGE SURVIVAL GUIDE

National Edition

Featuring Advice from Current College Students and Moms of College Students Who Have Been There, Done That

For more tips, to share your own ideas or to build your own guide, visit Facebook and search for “College Survival Guide 2009.” Region-specific editions of this guide are also available on Facebook and [www.MomCentral.com/CollegeSurvivalGuide2009](http://www.MomCentral.com/CollegeSurvivalGuide2009) if you’re headed off to college on the West Coast, in the Midwest, Northeast or South.

## Popular College Clothing and Accessories:



Jeans

Athletic Shoes



Plenty of T-Shirts

Umbrella



Wallet with Key Chain

## Freshman Orientation

Heading off to college for the first time can mean lots of changes. You will be away from your parents and probably live in a 12’x19’ room with another person you’ve *just* met. You will also have to fend (and care) for yourself. With thousands of freshmen heading off to college this year, The Clorox Company developed this *College Survival Guide* with the help of moms and college students from across the country to help ease the transition and start the year off right.

Inspired by a college student who sent a survival guide to her friends back home in California after her freshman year on the East Coast, this *Guide* will help freshmen and their parents get ready no matter where they are headed.

Every school is different. If you have your own tips, advice and “must haves” from where you go, share them by visiting Facebook and searching for “College Survival Guide 2009.” You can also build your own guide using a template on the site.

## Advice from Those Who Know Best

There are lots of things you need for college, but some things you *won’t* hear about from your parents. Like any new experience, college has a style all its own. While your school administration may have already sent you a list of things to think about, they probably didn’t have your dorm room or wardrobe in mind. Here are some popular items you might want to consider for yourself and things to expect from students who are already in the middle of things.

## Popular College Clothing and Accessories *continued:*



College  
Sweatshirt

Rain Boots



Watch

“Going Out”  
Tops



Tote Bag or  
Messenger  
Bag



## The Boring Stuff Mom Has to Say

The advice for helping you stay healthy, safe and successful when you go off to college is really the same things you've been hearing all your life, but a mom wouldn't be a mom if she didn't tell you anyway. Here are some tips from our panel of moms (*just in case you haven't already heard them*):

- **Safety First** – Your mom may sound like a broken record when she says these things, but they really are important...Don't walk home at night by yourself. If you have to walk home at night, most colleges offer free escort services from security. Find out about this service! If you have to pull an all-nighter, do it in your room, library or another safe and high-traffic area. If you're going for a run, find a running buddy, and don't run on trails or secluded areas after dark.
- **Common Sense** – Sick? Stay at home and rest! This is easier said than done, but try not to go out and spread your germs to others. No one wants them. Plus, laying low for a few days will get you back on your feet much sooner than if you tried to “tough it out.”
- **The School Part of Going to “School”** – Although there's a ton of other things going on, you really are there for *school*, which means classes, research projects and exams. Set “study hours” for yourself to make sure you get to your work, start projects well in advance, form a study group and speak with your professors if you're having trouble.
- **Don't be Stupid** – Enough said. Just remember to consider the consequences of everything you do (and don't do) during your four years with everything from studying to partying.
- **Get Sleep (just not in class)** – Although it may be hard with everything going on, don't let yourself get run down. Sleep is a *must*, so avoid all-nighters if you can. It's an important way to stay healthy by helping boost your body's ability to fight the effects of colds and the flu, and will help you stay on top of your workload.
- **Close Quarters** – Having a roommate can be a great experience, but the simple fact that you two live, in some cases, literally on top of one another, can also bring some challenges. Avoid problems from the start by setting some simple ground rules. Consider the following: Do you want to share food? Do you plan on using the room for studying or socializing? How clean do you want to keep the room? Do you want advance notice before a guest comes over?
- **Be Yourself and Have Fun** – College can be full of new pressures; but it is also a great opportunity to explore new interests, meet new people and have fun. Stay open-minded when trying something new or meeting new people, but always remember to be yourself and have fun!

## Dorm Room “Must Haves”:



Over-the-Door Hangers

Shower Caddy



Clorox Disinfecting Wipes

Bed Risers



Laundry Basket

Plastic Bins



Mini Fridge

Brita Water Filter



## During your four years in college, expect to...

- Develop (and act on) late-night cravings for fast food
- Play Frisbee or some other game on the Quad or school lawn
- Refer to people as “French class guy,” rather than by their real names
- Become a dedicated follower of your school’s football or basketball team
- Develop quirky study habits – you may find that the periodicals section is perfect for paper writing, but that you prefer to do reading assignments in the library’s atrium for better people-watching
- Speak in acronyms – RAs, TAs and many more...
- Be awakened in the middle of the night by the fire alarm at *least* five times a year
- Discover that you’ll go to just about any meeting or presentation if free food or a free T-shirt is involved

## You’re Not in Kansas Anymore: Dorm Room “Must Haves”

While you’ll be gaining some really great experiences when you go off to school, you’ll also be giving up some of the *comforts* of home. While there, your dorm room will become your own personal kitchen, closet, office, entertainment center, dining room and bedroom...all rolled into one. Here are a few “must have” items and tips for your room from those who’ve lived to tell the tale.

## 5-Minute Dorm Room Clean-Up

Great not only for the morning after a late-night get together, but also for when your crush from calc decides to drop by for an impromptu study session.

- **Scrounge up all the trash you can find** – Throw it away *outside* of your room (not just into your closet) and don’t forget to recycle any plastic, glass or aluminum!
- **Brooms aren’t *just* for mom** – Pull out the broom and get rid of the crumbs! Sweeping out the dirt and crumbs from your late-night takeout is a quick way to make a huge difference.
- **Wipe it down** – Give surfaces – from your desktop to your bedside table to your keyboard – a quick clean-up with disinfecting wipes. When your desk serves as a storage space, make-up counter, kitchen and dining room table all at once, it *always* needs attention.
- **Respect your bed** – Don’t have time to make the bed? Pull up your comforter! Rooms always look cleaner (and bigger!) when the bed is made and the furniture is in its place.
- **Top it off with a spritz of air freshener** – Just not too much! There’s only so much fragrance a small space can handle.

**Dorm Room “Must Haves”  
continued:**



Fan

Fun  
Decorations



Bed  
Sheets  
(twin  
extra-  
long)



Cork Board or  
White Board



Pennants or  
Posters for  
Walls

## Seasonal Flu & H1N1 101

Arguably worse than finals week, the flu can really put a damper on your time in college. Many freshmen (and their moms) may think that they've outgrown the need for a flu shot, but this year flu jitters are higher than ever. Think about it – you are now living in close quarters with a lot of new people. When a neighbor sneezes, it's likely you will not only hear it, you may even catch it. But don't panic. There are steps you can take to help protect yourself.

- **Get vaccinated** – In February 2008, The Centers for Disease Control and Prevention (CDC) expanded the flu vaccination recommendations to include all children from six months through 18 years old – the age of many college freshmen. Most student health centers give vaccinations. It only takes a minute and you'll be glad you did it.
- **Wash Your Hands** – Wash your hands with warm water and soap for at least 20 seconds to kill germs. At college, people are everywhere, so wash your hands *often* to keep from spreading germs. Alcohol-based hand sanitizers also work. Carry a bottle in your bag for times when you're not near a sink. You don't even *want* to know how many germs are on the elevator buttons in your building!
- **Cover Your Cough** – If you have to cough or sneeze do it into your elbow, not your hand. Your neighbors and roommate will thank you!
- **Think iDisinfect** – All items that you share with your friends – like computer keyboards, cell phones or video games – should be disinfected regularly, as directed. While you wipe down these personal electronics, consider other frequently touched, hard non-porous surfaces like doorknobs, light switches and the mini fridge handle. Disinfecting wipes are a good option when used as directed to disinfect.

# College Survival Guide “Must Haves” At-a-Glance

## Dorm Room “Must Haves”



Bed Risers



Fan



Bed Sheets  
(twin extra long)



Clorox  
Disinfecting  
Wipes



Over-  
the-Door  
Hangers



Shower  
Caddy

Mini Fridge



Pennants or  
Posters for  
Walls



Laundry  
Basket

Brita  
Water  
Filter



Cork Board or  
White Board



## Popular Clothing & Accessories



Jeans

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Plenty of  
T-Shirts

Umbrella



Wallet with  
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College  
Sweatshirt

Watch



“Going Out”  
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Rain  
Boots



Tote Bag or  
Messenger Bag



Plastic  
Bins



Fun  
Decorations

