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10 College Realities You Should Know Before You Go

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1. Birds of a feather really do flock together



Once you get to college, you're not forced to be in the same classes with the same people since elementary school. You have a lot more freedom to choose your squad, so choose wisely. If you choose to hang out with people who only like to chill at home and never study for anything, chances are, you'll be doing the same.

2. You are going to have an emotional breakdown... or two and that's okay



I remember hearing the stories about how hard college was and how stressful it can be. I didn't really think much of it, and now I see how college can take a toll on you, but it's important to know you're not alone. Do what you have to do to get through that moment and keep on pushing. Whether it's calling home like I did, yoga, playing sports, etc, you have to find things you know will make you happy and sane again.

3. Free food is the best food



When you pay food every day, it really does add up. One reason why I loved college was because I was able to eat what I wanted, but I had to learn I couldn't buy food every day. Free food is a blessing for a broke college student. Take advantage of the free food on or around campus. You, and your wallet, will thank me later.

4. Your in a new place for a reason, so go explore



It's no fun to just go to class and go back to your room. College is more than studying and homework. You came to college to gain new experiences, don't be shy. It'll only benefit you to go out and explore your environment.

5. It's okay to sit by yourself



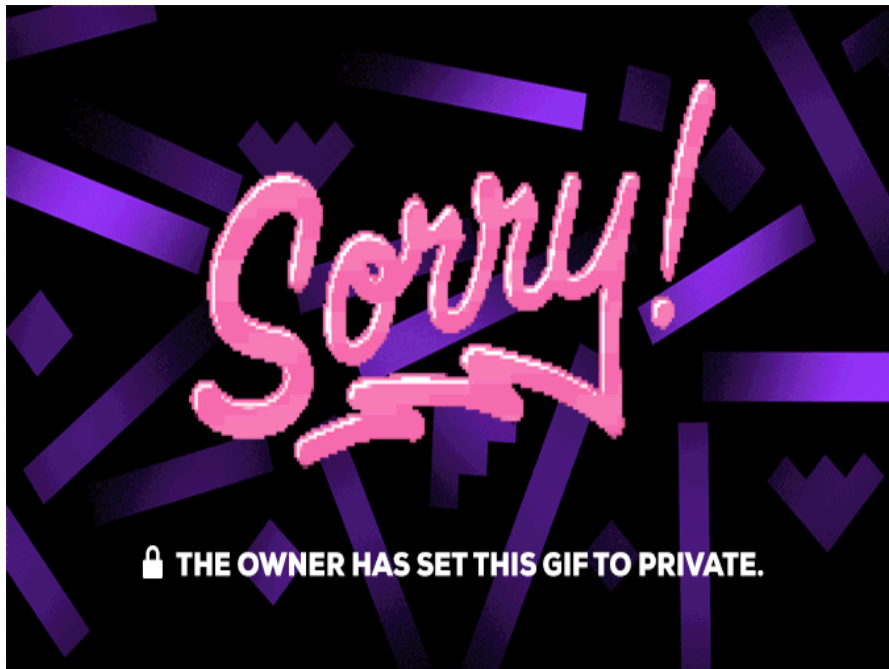
Part of being grown is being able to be okay with being by yourself. It's not the end of the world if you have no one to sit with in the cafeteria or study with in the library. You going to have to know how to go and be out alone as your own person.

6. Your professors are there for a reason, use them



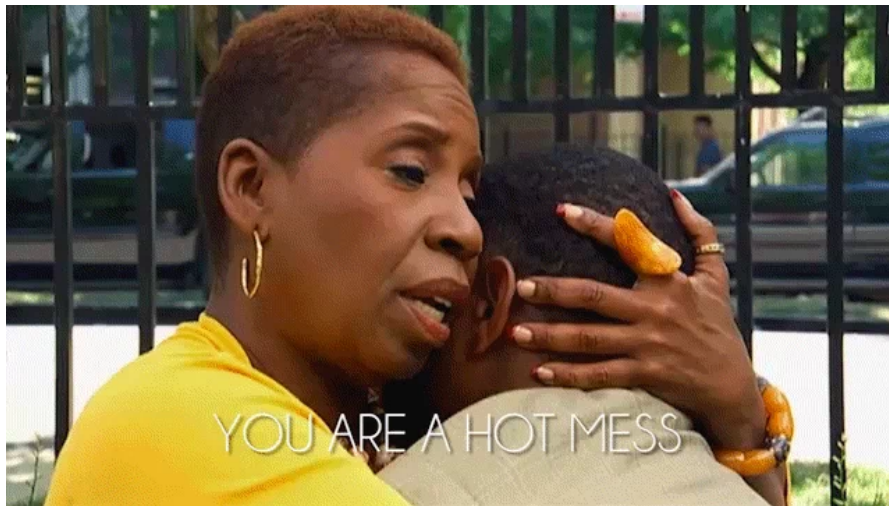
It took me two years of college to realize this one. When you get a bad grade on a test or are confused on a concept, don't be that shy person in the back who just takes the grade. Be proactive! It's not going to hurt to go to office hours. Even if you don't get the grade you want, going to your professor helps establish a much-needed relationship for letters of recommendations. Some professors give you a boost in your grade just for showing up to office hours. Trust me you'll want that relationship.

7. If you want to stay in college you have to sacrifice a few weekends



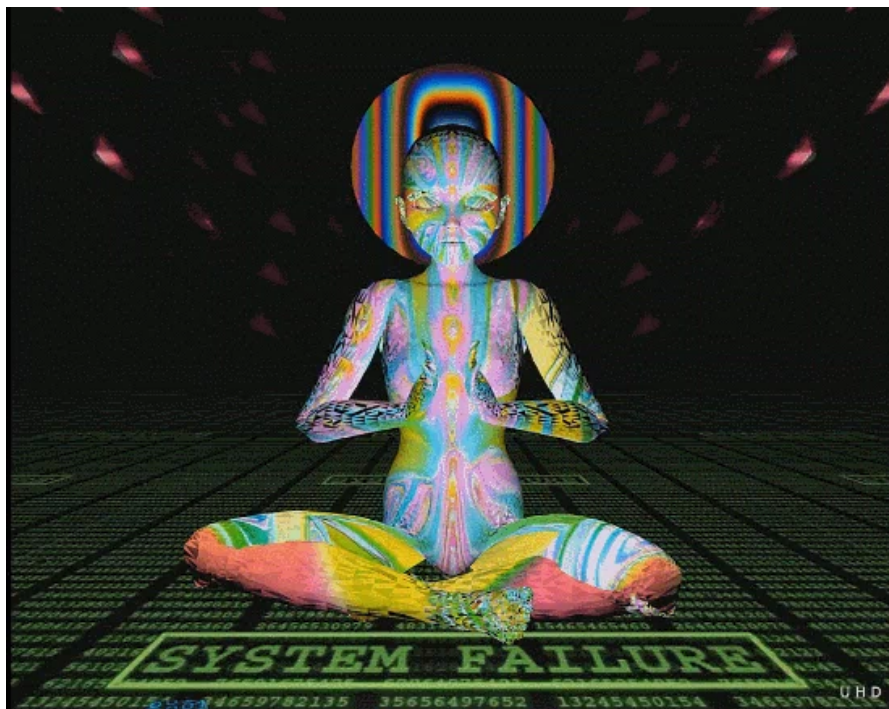
Not every weekend is going to be a night out. Sometimes, you'll have to pull an all-nighter from Friday night into Saturday night. It's okay, it doesn't make you any less cool. It makes you smart.

8. Find your home away from home



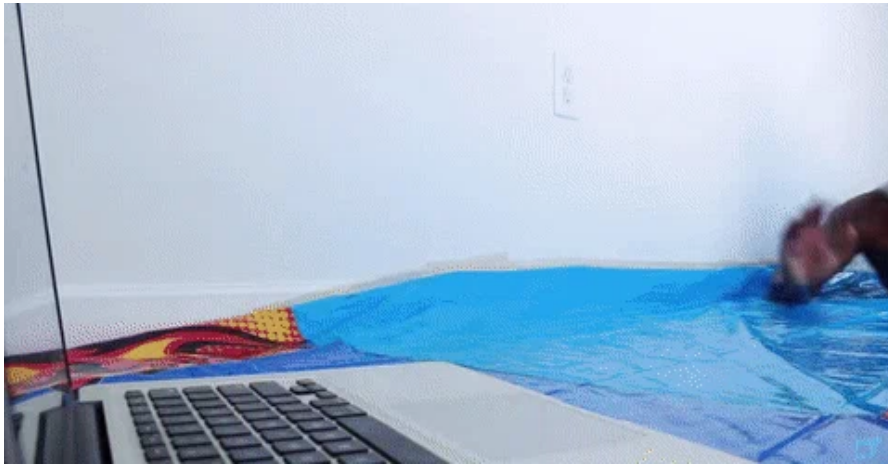
You are going to run into some difficult times as I mentioned before. A lot can happen in your academic and personal life during college. It can happen right on campus or back home. You'll feel homesick, might break up with a boyfriend or girlfriend or you might just want to dropout altogether. Find a supportive [crew](#) who will help you through tough times.

9. Take the time to take care of your mind, body and soul



When you neglect your body and soul, your mind can't function and when your mind can't function, it's not good. If you can't get your mind right how do you expect to perform. As for your soul, try to at least keep some of your morals. Don't let college turn you into something you're not. Someone is always watching!

10. Find a place where you know you can actually get work done



For me, it's the tech center on the first floor, away from all human interaction. This could be different for you. Maybe you study better alone or maybe you need to be surrounded by people who are studying to help motivate you. Either way, it's good to figure out study habits that work for you.

Hopefully, this list is helpful and gives you a good heads up on what to expect from college.

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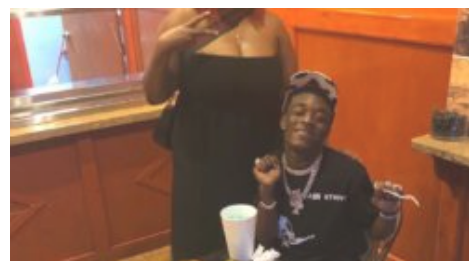


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