



# **6 SECRETS**

**TO A SUCCESSFUL FIRST YEAR OF COLLEGE**

# Why this Matters

Do you want to make sure your child has a successful college experience, and that your investment in their education leads to a graduation in four years and a job to start their career?

***Then, don't leave it to chance.***

The current freshman drop-out rate is 30%. And, in the most recent surveys, 65% of college students say they are feeling stressed on a regular basis.

I'm telling you these statistics because it's the current reality, and you should know the potential pitfalls of college.

But, with the right preparation, I believe all students can have a fulfilling and enjoyable experience that prepares them for what's next in their life.

My three daughters graduated from Yale College, and I saw the level of stress they and their friends experienced. Great academic qualifications aren't enough to ensure that your child will be able to manage their life on a college campus. For many, it's their first time living away from home and the responsibilities can feel overwhelming.

**I've learned which skills are required for college students to function well, and graduate on time. These skills are the key to college success and this is your guide to them.**

The next question is whether you will be able to help your child implement all of the skills. If you would like to hear how I can support you and your child in this process, let's talk.

SCHEDULE A COMPLIMENTARY MEETING with Dale to learn how she can help your child prepare for success in college:

**I want to talk with Dale**



## About Dale...



Dale Troy, College Success Coach, Certified Health Coach, and the mom of three Yale College graduates, helps college students succeed in college starting from freshman year, by teaching them the most important skills for academic and social success.

Dale is a graduate of both Yale College and Yale Law School. She believes all students can succeed in college if they are prepared, and that the 30% dropout rate in freshman year is unacceptable.

Dale has been spreading her message through appearances on podcasts, summits, Facebook lives, and with guest blog posts.

## What parents say...

*"The on boarding for any college Freshman can be traumatic and daunting. Now add the stress and uncertainties of navigating COVID-19. My daughter benefited from her group sessions with Dale Troy, the "College Success Formula". My daughter was guided to best prepare for what a new college experience would throw at her. Having a plan and goals going into a new environment is vital, it reduces stress and gives any freshman an excellent foundation and start to what should be an exciting time and new chapter. Thank you, Dale! "*

*- David C., parent of a freshman*

*"I had just launched my son into freshmen year at college when I found Dale Troy's "College Success Formula" program online. This course equipped my son with tools to feel organized, healthy and in control. The skills he learned from Dale Troy have helped him to incorporate healthy habits into his daily life. The stress reduction tools he learned are already making a big difference for him. He is happier, healthier and his grades have improved since participating in this program."*

*- Stacy D., parent of a freshman*

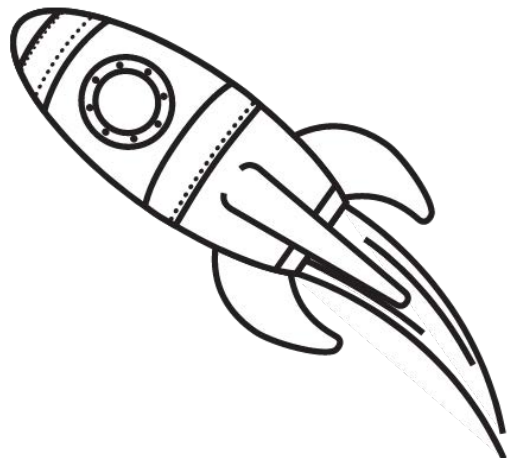
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## **Secret # 1**

Create a Vision  
and  
Set Your Goals



# Create a Vision and Set Your Goals

Unlike high school where everything is mapped out for you, in college you will have the chance to decide what's most important to you and what choices you will make.

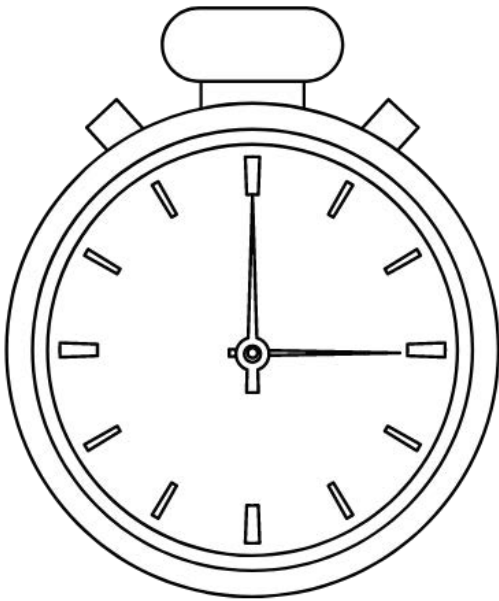
Before you get to campus, it makes sense to think about what courses you are interested in, what activities or clubs sound exciting, and how you want to balance your time between academics, extracurricular interests, and social life.

The big question is: How would you like to structure your first year in college? What would make it a successful year for you?



## **Secret # 2**

# Manage Your Time



# Manage Your Time

Once you have decided on your goals for freshman year, you must think about how you will achieve them. The most important tool you can use to schedule your time and make sure you are able to fulfill all your commitments is a planner. In high school, your academic schedule was created for you. In college, you actually choose your courses and decide what will fit into your schedule.

For instance, you could decide to have no classes on Fridays or no classes before 10 a.m. Similarly, you could decide to have only lecture courses or only courses that meet twice a week. Because there are so many options, the best way to prevent becoming overwhelmed is to set your goals and use a planner to see how your course choices will fit together. Your planner should also be used to decide which clubs or extracurricular activities you want to join based on when you have time to do them.

Filling in your planner with all your everyday habits, like studying, meals, showers, exercise, laundry, and so forth is also essential. Why? Because you want to make sure everything gets done. What about free time to just socialize? Exactly! The only way to know when you really have free time is to fill in your planner fully. You will see blocks of time where nothing specific is scheduled and that is your free time.

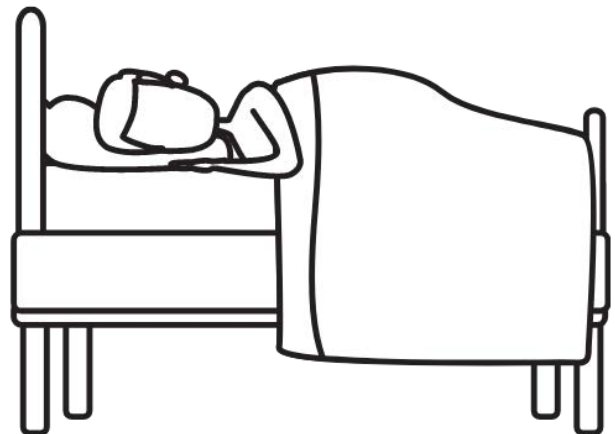
Those free time blocks can be used for socializing, for catching up on academic subjects, or working on a big project that requires more time than your basic study blocks. In my experience, poor time management is the biggest reason why students get stressed or even end up doing poorly their freshman year. You will have more success if you know how to manage your time and use a planner regularly.





## **Secret # 3**

# Build Healthy Habits



# Build Healthy Habits

Your daily habits have a big effect on how you feel both physically and mentally. It's easy to get caught up in the excitement of being at college and not pay attention to your daily habits. While you're still living at home, it's a great time to pay attention to and practice making healthy choices so they will become your regular habits.

What habits are most important to focus on? Healthy eating, drinking water, sleep, and exercise. Healthy eating means focusing on fruits and vegetables, grains, nuts, healthy fats, and lean protein. What you eat effects your energy, your ability to focus on your studies and the strength of your immune system. Most people don't drink enough water and that can cause fatigue, digestive problems, and headaches. The rule of thumb is to drink the equivalent amount of water (in ounces) to half of your body weight. For instance, if you weigh 100 lbs. your goal is to drink 50 ounces of water every day.

Many students complain of feeling tired due to lack of sleep. Most students need between 8 and 10 hours of sleep to feel rested and able to focus in class. That may sound like a lot. If you plan your day well, you should be able to get that amount of sleep on most nights. Of course, there will be times when deadlines and commitments don't allow for the optimum number of hours of sleep.

Exercise of any kind will produce endorphins in your body that naturally make you feel happy and less stressed. That's a great benefit for any student. Additionally, exercise helps you sleep more soundly and also improves digestion. I suggest committing to regular exercise and choosing something that you like to do. Simply walking is a great form of exercise.



## **Secret # 4**

Create a  
Support Network  
on Campus



# Create a Support Network on Campus

When you live with your family, you have a built-in support network with people you can rely on. When you go to college, the campus becomes your new home and it's important to create a feeling of comfort and support similar to what you had with your family.

There are four groups on campus that you should focus on to create your college support network. These four groups are: peers, professors, adults or residential assistants in the dorm, and personnel in the health center.

Developing supportive relationships with these four groups of people on campus requires you to be intentional. Finding your peer group will happen by participating in dorm activities, joining clubs, socializing at meals, and talking to other students in your classes. Connecting with professors will happen by participating in class and attending office hours where you can develop more of a personal relationship.

People who live in your dorm for the purpose of helping students should be relatively simple to connect with since that is their role. Don't take them for granted. Ask them questions, let them know what concerns you may have, and go to them when you're feeling lonely or overwhelmed. Finally, become familiar with the health center in terms of both the exact location and the procedures you need to follow if you want to go there in an emergency or for a non-emergency appointment. You and your family will have peace of mind knowing you are comfortable with the health services on your campus.



## **Secret # 5**

# Manage Stress



# Manage Stress

You may have heard that college is stressful. Yes, most students do experience some level of stress, but the word "stress" can mean everything from feeling a bit worried about a test to feeling so overwhelmed by how much work you have that you can't function.

Stress is common, but there are many ways to keep stress under control. If you know what to do before you get to college, you will be better prepared than most students.

Everything you have learned so far will help you manage stress: setting goals, planning your time, eating well, getting enough sleep, exercising, drinking water, and developing relationships on campus to support you. In addition to all those strategies, there are specific stress reducing tools you can use every day to feel calmer, in control and confident that you can be successful in college.

I recommend that you try some of the following tools and choose one or two that you would like to use in college. Practice using them now and you will be ready to incorporate them into your college life.

Tools for stress management include:

- A Gratitude Journal
- Yoga
- Mindfulness
- Deep Breathing
- Walking in Nature
- Playing with Pets
- Listening to Music
- Meditation
- Aromatherapy
- Affirmations



## **Secret # 6**

Have a  
Growth Mindset



# Have a Growth Mindset

College, like life in general, will have its ups and downs. You will have great days and days that are challenging or discouraging.

The students who are the most successful will be able to handle the ups and downs – they will be resilient. How do you become resilient? You develop a growth mindset.

That means you accept whatever happens, learn from your mistakes, and keep moving forward believing that you have the power to improve by putting in more effort.

You believe in yourself. You don't get discouraged by setbacks, rather, you see them as challenges to overcome. College is all about growing and learning before you move into the "real world." It makes sense to have a growth mindset in college.

You are there to develop yourself in intellectual, social, and personal ways. If you view college as an exciting time to grow and learn, you will make the experience a successful one.



# Next Steps

You have two options.

The first option is to work with your child on the six skills to prepare them for college life. That may work if your child agrees to follow through with your plan to work on these six skills together.

The second option is to allow me to teach your child those skills; I often serve in that role for parents because children are usually more receptive to a non-family member.

My role is one of support and accountability. I become your student's cheerleader and mentor - giving you peace of mind knowing your child has someone focused on their habits for success in college.

To speak with me privately about your son or daughter and explore how I can support you, **[schedule a College Success Call.](#)**

**I want to talk with Dale**



You can also reach me by email at:

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Or by text or phone at: 203-912-8078

**Dale Troy, College Success Coach**

