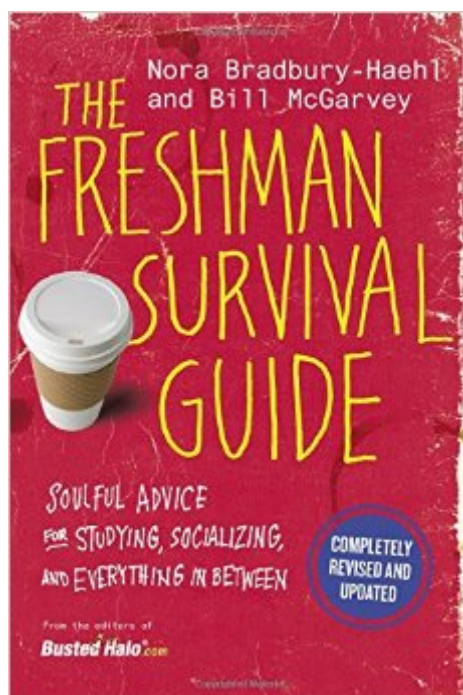


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# The Freshman Survival Guide: Soulful Advice For Studying, Socializing, And Everything In Between



## Synopsis

A completely revised and updated values-based guide to navigating the first year of college that speaks to college students in their own language and offers practical tools that readers need to keep from drinking, sleeping, or skipping their way out of college. In the four years since its initial publication, THE FRESHMAN SURVIVAL GUIDE has helped thousands of first year students make a successful transition to college life. However, much has changed on campuses. The explosion of technology, ubiquity of social media, and culture changes have all added new layers of complexity to the leap from high school to college. THE FRESHMAN SURVIVAL GUIDE's updated edition features new research and advice on issues such as mental health, sexual assault, and finding balance. It also features expanded sections on dating, money management, and an increased focus on how the over 1.5 million incoming freshman can prepare themselves for the biggest change they've encountered in their lives: heading off to college.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (67 customer reviews)

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## Customer Reviews

I was the first in my family to go away to college, and as the oldest of all the cousins, I didn't really have someone that could give me advice on the major transition I was about to go through. I had all the guides in the world to help me get IN to college, but now that I was actually there, I felt a bit panicked. I wish I had this guide back in 2005 when I started school!The Freshman Survival Guide doesn't just skim the surface. It takes a real, honest look at the logistical, academic, social, and emotional issues students will face during their first year at school, and gives thoughtful advice that comes from students, professors, and experts alike. Every incoming freshman should read this

book.

I bought two books as a gift to my son and his girlfriend for the graduation day. They both liked this book. It's an easy to read book with practical advices on many aspects of campus living and relations with other students. My son admitted this book was helpful. I'd suggest to combine it with Professor's Guide The Secrets of College Success that focuses more on academics and learning strategies. These two books together will do a favor to your freshman.

My daughter is heading off to college this fall. Here is all the information I want her to have presented in a way that's appealing to her. Perfect!

25. That's how many of this title I've purchased so far. Years ago, I gave this as gift to a young friend heading to college. In his thank you note, a few months after he settled into his dorm, he mentioned how useful this book was to him. "A lot of great advice" were his exact words. Last year, working in a high school, I wanted to give some seniors a token of thanks, to tell them I enjoyed working with them. I chose this book to give as that gift. When your relationship is strictly "school", it would be tough to find individual gifts, this book helped solve that problem. I'll be back next year for another dozen copies.

Length: 2:12 Mins

A brief (2 min) video overview of the Freshman Survival Guide

This book covers many issues that freshmen face co-habituating at school. It is plainly written and offers strategies to resolve differences before they become huge obstacles to rooming together.

Very helpful book. So many freshman come to college ill prepared for the academic and social challenges they will face. This book gives them a helping hand.

Loved this book as a gift for a recent grad. It's balanced, well written, responsible, and fun. Highly recommended for high schoolers looking forward to college, and for their friends, parents, relatives, and friends them looking for a great gift idea.

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