Here are the basics to surviving at college.

- Pillows
- Twin XL Sheets (Extra Set)
- Mattress Pad
- Comforter
- Bed Side Cadi
- Clothes
- Clothes Hangers
- Towels
- Desk Lamp
- Room Lamp (Room Light is annoying)
- Power strip
- Extension Cord
- Pens, Pencils, Binders, Stapler, Scissors
- Duct Tape
- TV (optional)
- Refrigerator

**Who We Are**

“Our smart, engaged and friendly students and faculty are at the heart of St. Mike's. The rest of the happiness formula? Take a close-knit community, a perspective-changing exploration of the liberal arts and sciences, a legacy of service and a Vermont location that combines the best of a small city with incredible mountain views. Combine that with a challenging curriculum, meaningful faculty-student research and internships, a stellar graduate school acceptance rate and a supportive environment for contemplating life’s deepest questions and mysteries.”

-Saint Michaels College Website

**A GUIDE TO A SUCCESSFUL TRANSITION TO COLLEGE**

Helpful Hints From Current First Years, Resident Assistants, and Professors.

GET THE INSIDE SCOOP BEFORE MOVING IN!
Hear From Your Future School Mates and Current First Years!

When asked, “If you could have known one thing that you didn't know coming into your first year, what would that one thing be?” the students responded saying........

- “To understand that everyone is in the same position as you and the best thing to do is to leave your door open and meet as many people as possible!”
- “That the upperclassmen and the rest of the student body is much more friendly and supportive than I thought they would be, don’t be scared. They understand what you are going through.”
- “That the transition was extremely smooth and I can already tell these are going to be the best 4 years of my life!”
- “I wish I knew that I would have a lot of free time, so learn how to manage your time with school work and try to get involved with clubs and school activities.”
- “If I could have known one thing it would be to be smart with your money and not buy pointless stuff, money runs out faster than you think.”
- “I wish I knew that there was an option to raise your bed into a loft or bunk, and that to attain this option it would cost money. Raising your bed saves a lot of space in your dorm room but can also become a pain to climb up and down.”
- “I wish I would have known to bring a lot of food. I highly suggest bringing as many snacks as possible.”
- “Make sure you have a credit or debit card if possible so you always have money available. Also put money on your Knight Card so you can do laundry and you can also use that as a form of payment for a lot of things.

The most common response received from current first years was to use your time wisely. You have a lot of freedom and responsibility in college. The key to success is an individual’s ability to devote time to studying/homework as well as free time and time to spend with friends. In order to have a smooth and healthy transition to college you must make sure to set aside some time to enjoy college. Go out on the green and play some pick up sports, go to the gym, check out downtown Burlington and more.

HEAR IT FROM A PROFESSOR!

Professor Paul Olsen says…..

“What would I like to have known before going away to college? That’s the question I’m charged with answering for incoming first year students. Since the old cliché of “hindsight is 20/20” is true, this question is relatively easy for me to answer. Although I’ve been away from school (as a student) for a long time, I do remember what would have been helpful to know.

Firstly, you’ll be presented by many with the choice between having fun OR succeeding academically. That’s a false choice. You can do both. There’s plenty of time to make friends, ski or snowboard, go downtown, visit Montreal, etc. AND do well in your classes. It’s just a matter of managing your time and establishing priorities. Secondly, the faculty at Saint Michael’s College wants you to succeed. Take advantage of their office hours if you have questions or problems. We are here to help you. Finally, take advantage of the other resources available on campus. Personal Counseling, Writing Center, Campus Ministry, Health Services, Career Services, Residence Life, Athletics, MOVE, etc. are all here to help you get the most out of your time at Saint Michael’s College.

College is an exciting and transformational time of life. Get the most out of it.”