YOUR JOURNEY TO FIRST-YEAR SUCCESS
A K-STATE FIRST COMPANION TEXTBOOK
Your Journey to First-Year Success
A K-State First Companion Textbook

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INTRODUCTION
HOW TO USE THIS TEXTBOOK
As you are just starting your college journey, you will encounter many types of teaching and learning. We want to talk about how to use this online textbook.

**Reflect as you read**
This textbook incorporates numerous reflection activities throughout each chapter, designed to keep you focused on the reading and thinking about what you’re learning. You can complete each of these activities in your printed Activity Guide.

**Engage with the textbook**
In Chapter 15, we will provide strategies for engaging with your reading assignments. Before you get there, however, we want to make sure you find a strategy that works for you to engage with this textbook. You can print off chapters, take notes on a separate sheet of paper, or use software that allows you to take notes right on your computer or electronic device. The key here is to do more than just read the material. Instead, you want to actively engage with it. You’re going to learn so much more that way!

**Ask questions as they arise**
If you have questions about the material as you read, don’t be afraid to ask your instructor, learning assistant, or your peers. You learn more when you ask questions, so speak up if there’s something you don’t understand.