



K-STATE 1 FIRST

**GUIDE TO COLLEGE
STUDENT SUCCESS**

..... **FOURTH EDITION**

The **K-State First** Guide to College
Student Success:
The Essentials for First-Year
Students at Kansas State University

Fourth Edition

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INTRODUCTION



INTRODUCTION

By Gregory Eiselein
Director of K-State First

Welcome to K-State

K-State First is our University's way of supporting students as they make the tremendously important transition from high school to college-level learning and college life. We have four core programs – CAT Communities, First-Year Seminars, Guide to Personal Success, and the KSBN Common Reading Program – designed to engage students and assist with that transition. But we also wanted to pass along some collective wisdom about how to survive, thrive, and love your college experience. This e-book, *The K-State First Guide to College Student Success: The Essentials for First-Year Students at Kansas State University*, is our attempt to summarize in a compact, readable form some of the most important knowledge, advice, and perspectives you will need to make your first year of college a success.

This book is built around four chapters. The first chapter provides a crash course in the essential history and traditions of Kansas State University. In chapter two, we try to clarify some of the unwritten rules of the college experience by explaining some guidelines of college student etiquette, many of which boil down to being kind and being responsible. Chapter three covers the essential skills you will need to succeed and to graduate, from time management and critical

thinking to health and wellness. And we conclude this edition of *The K-State First Guide to College Student Success* with a chapter about this year's common read, *The Curious Incident of the Dog in the Night-Time*.

Starting your college experience can be an exciting and life-changing experience, though it also often includes some unknowns and perhaps even a few situations that can be intimidating at first. This book will provide solid advice on navigating the uncertainties and overcoming difficult or challenging new expectations. But more important than any book will be the people you meet and the friends you make in this learning experience. Others in the K-State family – students and friends, faculty and student life professionals, RA's and LA's, administrators and campus leaders, tutors and advisors and mentors, alumni and staff – are all here to support you throughout this journey. And they will probably end up being your most important resource throughout your college career.

If I were to offer what I consider to be the single most crucial piece of wisdom about succeeding in college, it would be this:

Make meaningful connections with the other members of your K-State family – your advisor, your teachers, your fellow students, and the rest. Make friends. Go to class always, but also go to your professors' office hours. Be brave and try to meet new people and make new friends each week. Ask for help when you need it. Take advantage of the people around you who want to help you. That's why they're here – to help *you*. Your college success will ultimately be your responsibility and your achievement, of course, but the others you meet during your college years will also play an essential role. Learning is social, and becoming an active part of the K-State family will improve your learning and ensure your college success.

Welcome to K-State, and enjoy your first year here!