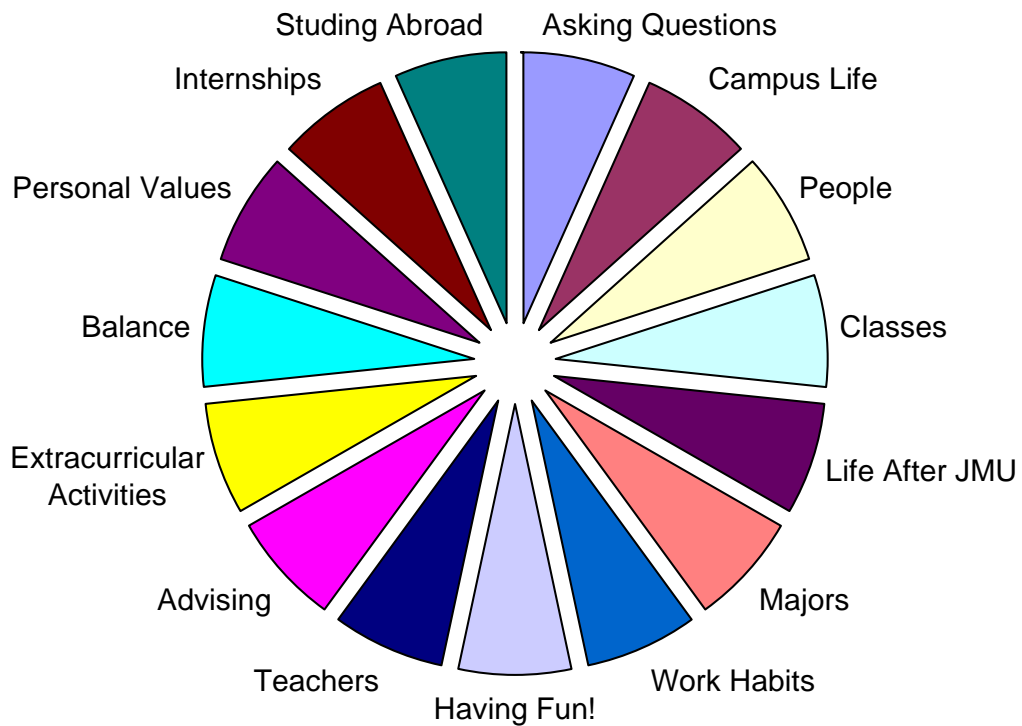


# THIS IS NOT YOUR MOTHER TALKING!

## ADVICE TO NEW JMU FRESHMEN FROM THE GRADUATING CLASS OF 2004



# TABLE OF CONTENTS

INTRODUCTION .....	1
ASK QUESTIONS .....	2
CAMPUS LIFE.....	3
PEOPLE.....	4
CLASSES .....	5
LIFE AFTER JMU .....	6
MAJORS.....	8
WORK HABITS.....	10
HAVE FUN! .....	12
TEACHERS.....	13
ADVISING .....	14
EXTRACURRICULAR ACTIVITIES .....	15
BALANCE.....	17
PERSONAL VALUES .....	18
INTERNSHIPS .....	19
STUDY ABROAD .....	20

## INTRODUCTION

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to James Madison University! You are about to embark on an exciting and challenging new phase in your life.

You have lots of questions about JMU and how you can make the most of your years at the University. You probably have been asking your friends about college life and JMU. More than likely, your parents have provided lots of advice for you also.

We'd like to have the May 2004 JMU graduating class provide you their advice! We recently asked these graduates to provide their responses to the following question:

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"Looking back on your academic career at JMU, what is one piece of advice you would give to incoming freshman that you wished you had received?"

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We received literally hundreds of comments from these graduates and would like to share them with you (with punctuation errors and all). We could not share all of them, but have provided the best in this document.

Take a few minutes to read their advice. We're sure you'll find something useful.

Again, best wishes in your JMU career!

JMU Office of Institutional Research

<http://www.jmu.edu/instresrch>

## ASK QUESTIONS

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ASK QUESTIONS! Don't be afraid to ask a teacher for help, the more questions you ask, the more answers you will get and you will be better off in the long run. I missed out on a lot of opportunities by not asking for help or direction.

Be aggressive. Not everyone will know the answer and not everyone will be looking out for you like in high school. You need to be proactive and find the answers and stay on top of your courses needed for graduation etc.

Sit down and think about exactly what you want to get out of college. Talk to professionals in the field you want work in. Ask them how they got there, where they see themselves down the road, what is a typical day like, etc.. Find out which profession aligns closest with what you plan to get out of your college experience.

Yes Yes. Finally somebody asks me!!!! Please tell the incoming students to be aware of all the help around campus on the particular subjects. I failed subjects that would make you laugh because i was not aware of the help on campus. First of all contact the reading and writing center in Wilson Hall. There are some very great Editors and Writers in that department. They helped me go from a F in English class to all A's and helped me be able to learn how to write better. This happened to make me change my major to Technical and Scientific Communication. I really believe that I had to work hard to get out of this school. I messed around my first and second year like I was the King of Physics, but I noticed that I had to study and take the time to do it and stop listening to my friends to get things accomplished. I even had to tell some of them Goodbye and leave me alone! because they were very bad influences. I Graduated and came out on the bright side and Now I have received a scholarship for grad school and I couldn't be happier to come back to such a fine college.

Consult upper classmen within your major as to which professors to take. Having an interesting professor makes any class much easier.

Don't just go through the motions.....ask yourself the tough questions - the whys, the 'what's the point?' kinds of questions and try to determine as early as possible what your passion is.

Don't be afraid to ask your professor's for advice about school and future career advice. They are there to help and most are more than happy to do so.

Don't be afraid to ask for help, use all the resources that JMU has to offer from the beginning.

It is not a sign of weakness to ask for help - whether it be from a professor, a friend, or campus life services about a roommate change. I spent too much time trying to tough out situations that could have been easily solved had I not been to proud to ask for help.

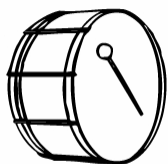
Do not be afraid to ask for help when you are trying to determine your major. It will save a lot of time.

Keep yourself informed!!! This is not high school and people won't be telling you when certain things need to be done...or even that they are your responsibility. Don't let yourself fall through the cracks. It's a big school and you can miss out on a lot if you don't keep yourself up to date.

Talk to seniors and upperclassmen and ask them as much as possible for advice or to dos/not to dos. Classes, majors and other aspects of your college life are important in building you as a person. Also I would recommend getting involved in a group...find your niche. Whether its a varsity sport or the snowboarding club. Its important to discover your interests and develop your personality.

## CAMPUS LIFE

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1) Stay on campus two years. 2) Meet people inside of class and outside of class. Have friends from different social settings. 3) When the time approaches, take advantage of the career development resources for internship and career advice and placement. 4) Try to take classes that are outside of your declared major.

This area has so much to offer - take advantage of it as much as possible. Stay for a summer, a totally different, enjoyable experience

Take chances and do something different and unexpected. Don't be afraid to get involved!

Everything happens for a reason, there will be many laughs, tears, fights and parties, take each experience as it comes. NOVA = Northern Virginia. Quarters are a freshman's best friend. You cannot double punch on Friday, Saturday or Sunday. Take advantage of all of the services offered for free at UREC, the health center, the career development center, the counseling center, clubs and organizations as well as student government. There are so many resources available that are just begging to be used!!

Make use of all the resources around campus. Academic and Personal.

It gets easier. At first, school and being away from home seems like a daunting task. After a few weeks of wishing I had stayed home, JMU became one of the best places to have come.

Utilize FYI writing center and your professors and your roommates and hallmates when it comes to writing papers. I became such a better college writer with the assistance of others to proofread and help structure your paper. Also, if there is a class you really want to take in general education but it's filled...give until next semester. Don't skip out on classes you would really like to take. But in the same sense don't wait until senior yr to finish gen ed. Taking finals for gen. ed is NO FUN at all come graduation time.

Try to not study in your dorm room, there are too many distractions in such a small space

Don't limit yourself. Try every class; hang out with every group; go see all the plays, concerts, speakers; take advantage of Skyline Drive and all the amazing outdoor adventures around Harrisonburg.

Textbooks cost a lot more than they should. Bring extra money to cover the costs.

Take more advantage of UREC.

Be courteous to your roommate no matter what situation you find yourselves in. It will make your year go much smoother.

If you use a lot of Dining Dollars, get the 11 punch meal plan ASAP. Also, don't throw away those papers you get on how to set up your computer so it doesn't get a virus... they're important.

Take more pictures!

You will learn more about computers than you ever knew, but be aware of the frustration they can cause.

# PEOPLE

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Take the time to meet as many people as you can. Take advantage of all the opportunities you have around you. The best way to learn about groups and activities are from your peers.

Everyone at JMU is wonderful, meet as many people as you can and find one trait you admire in them...take that trait and add it to your daily life. By the end of your 4 years you will be well on your way to becoming who it is you want to become.

Enter JMU with an open mind. Try new things. Branch out and get out of your comfort zone. You can meet hundreds of people this way and develop new interests.

Get involved! I was fortunate enough to audition for and be accepted into an acappella group, Note-oriety. These women became my best friends. We ate together, hung out on the weekends together, rehearsed together throughout the week, and shared common interests, goals and values. It's comforting to know that you can have an automatic group of friends at a school where you may not know many people. So get involved as soon as you can! You won't regret it!

My only advice would be to branch out as much as possible, because it is never in your life going to be as easy to make friends as it is freshman year. I would recommend that people not live with friends from high school but take a chance with someone new.

Meet as many people as you possibly can in the first week in the dorm, after that groups of friends start to form and you might be left out

Don't be afraid to be yourself, even if that takes discovery into who you really are. Seek out a lot of different groups available at JMU and be willing to give them each credit and find what works. Don't just survive or seek to fit in; seek rather the opportunities that allow you to stand out and draw others into who you are.

Live it up, it goes by very quickly. Meet as many people as possible. Get involved

Get involved, make friends outside of your suite or hall. But dont get over-involved.

Don't feel obligated to go out to parties to meet people or to be cool. Take advantage of TDU and all on campus events. They are tons of fun!

In your freshman year, you are not as busy as you think you are...take more time to try things you've always wanted to do and meet people - they will be your best friends from college.

Join as many clubs and organizations that you can handle. There are groups that I didn't even knew existed until my last year. You will find people with all sorts of interests!

Also, meet as many people as you can- it makes the college seem much smaller and less overwhelming.

Savor your time at JMU... by that I don't mean take forever to graduate. What I do mean is that you need to enjoy the time while you're in college. Life changes a lot when you graduate, and it is truly the friends and experiences that you have at JMU that will shape you as a person and help you when you enter the working world!

Meet as many people and make as many friends as you can. You might lose track of some of your old high school friends, but the friends you make in college will last years after you have graduated. College friendships extend beyond college and will be important the rest of your life.

I would give this advice, It is okay, if you don't feel like you fit in in the first two seconds that you are on campus, give it time and you will find your place. Also get involved in those clubs and organizations that you feel are interesting, you will meet your life long friends there.

Get involved, but not in over your head. There are enough clubs at JMU to fail any student.

Be social. I feel as though I limited myself my freshmen year. Although I made a few good friends, but feel as though I should have been more social. Also, it is important to mix the right amount of social with study!

Make friends with as many people as you can, but make sure that you also maintain relationships with friends from home. If there is one thing I really regret, it is that, as an athlete at JMU, most of my friends were also athletes. I wish I had more friends outside of that circle.

Discover what you want to do and don't be afraid to look at your options. Once you are in what you really want to do in life, make contacts with anyone in that field that you can. I think the most important thing I have learned while at JMU is, it is not just about what you know, but who you know also.

Keep in touch with people you meet, and keep phone numbers, emails, etc. because you will be looking for them when it's time to ask for references, etc.

get involved on and off campus. I wish I hadn't waited until the last two years...I could have been much more productive. Also, GPA isn't everything, sometimes there is more to life :)

Take more pictures!

Don't take advantage of the fact that your friends are right there for you to see all the time. I would say I took that for granted.

Try to get as involved with organizations as much as you can, it is a valuable experience to meet others in an environment other than classes and in the dormitory. Communication with people that you may not normally interact with could give you great learning experiences and friendships.

Get involved with people and causes you're passionate about.

Find a mentor in one of your teachers and make lots of friends with people in your major. Very important!

## CLASSES

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Worry about what you are learning, not just cramming for a good letter grade

No matter how intelligent you are (or think you are), there's a subject out there that will humble you. Make sure you challenge yourself in your coursework, otherwise you're wasting your educational dollars.

go to class and take things seriously, get help if you need it. . . college is not a thing like high school!!

Take classes on topics that you have never taken before, even if it seems hard or funny or no one else you know is taking, if it seems cool to you give it a try. That is what the add/drop time is for. And you never know you might find some new subject you really love!

Start off slow! While we all are wide-eyed and full of aspirations at the beginning of college, we need to ease our way into this new environment. When we take on too much, we are more likely to hurt our spirit to succeed because we set ourselves up to fail. I'm not saying every freshman should only take a 12 credit max load per semester, but the combination of new coursework and living situations (e.g., dorm living) creates plenty of challenges for the great minds of our time to work out, before moving on to more prestigious enterprises.

Actually read your texts.

Go to class freshman year and read the books. You must read the material given, sometimes the prof will not go over it in class. Freshman year is not that hard you just have to do your work and learn how to manage your time

Find out about all the majors and minors you are the least bit interested in. Then find out about all the classes in them, the prerequisites required, and how classes from different disciplines can complement what you really want to do. Look into double majoring/minoring.

Don't sweat the whole registration process because you will get all the classes you need and everything falls into place.

Try to focus on what you want to major in right away because if you wait too long, you will have trouble getting the classes in time and might have to stay an extra semester or two. Also, it is stressful to be taking 4 major classes in your last semester senior year!

Take GenEds seriously! They are harder than you think and can significantly bring down your GPA.

make sure you take a pretty moderate courseload and dont over do it. its a new experience and school will be the last thing you want to think about(though not for everyone)! more importantly learn to manage your time because you have alot more free time. also try to make sure you look at all your options for gen ed courses. you can get an idea of what major you would like from taking ones you think you might be interested in. that way you wont change majors nine times and be behind.

Don't take classes you don't absolutely need to take your first semester, you'll want to save your elective credits for when you're a senior or if you change your major. **AND STUDY ABROAD!**

**GO TO CLASS!!!** The fewer classes you skip, the better you will do in them. You can study your book and other people's notes until you know every word, but it can't make up for going to class. I learned this the hard way!

Take classes seriously; after all you are in college to get an education and the training you'll receive here will be invaluable to your career! Don't skip classes and get to know your professors - forming those relationships is key!!

After deciding your major, enroll in one related course to better judge/reassure your choice. Do this prior to enrolling in a full semester of related classes; do this while still completing your general education courses.

Don't just worry about taking the General Education classes all at once. While they are required, it is a good idea to always take at least one or two classes a semester that really interest you.

Go and experience new things...if you are undeclared, take your time choosing your major; if you are already declared, still check out the other majors and take elective courses because JMU has a diverse range of very good majors to choose from (and you can always do two!)

Try your best from the very beginning and be sure to check with your advisor when scheduling. Try to outline a plan for which courses to take each semester and have tons of backups, because you'll need them!

Go to every class, it is the best way to get good grades. Even 8 am classes, and no matter how little sleep you got the night before. Only miss one or two classes each semester in each class.

## LIFE AFTER JMU

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If you have any idea of a specific career you may be interested in, find an internship your freshman year. Volunteer to work with professors in your department and help with their research. Get involved academically! It will be the only way you have experience coming out of college and most likely will land you a job you want.

Do internships early. Focus on getting a career so you have one waiting for you when you graduate.

Start looking for a job before graduation. Build your resume by doing one or two volunteer opportunities for

over one year's time. Get an internship or two.

Start looking for jobs sophomore year or earlier, even if you want to go to graduate school. Looking and applying for jobs helps you learn more about what the professional world is looking for in your chosen field. This gives you both a leg up when you get done with grad school and gives you a backup if you can't get into the graduate program you want right away.

Sit down and think about exactly what you want to get out of college. Talk to professionals in the field you want work in. Ask them how they got there, where they see themselves down the road, what is a typical day like, etc .. Find out which profession aligns closest with what you plan to get out of your college experience.

Grades do matter, but the experience you obtain while at college truly gauges how successful you are getting a job or into grad school.

if you know what you are interested in doing for a career, seek internships or opportunities to be involved in that profession early and often in your college career

Pick a major that includes classes you WANT to take and enjoy because you will then most likely get a job in that field and do that for the rest of your life.

get internships during the summers- dont just lifeguard and wait tables. I got internships, and it has prepared me beyond belief for the real world. They are invaluable! You are basically SOL if you didn't have at least one during your college years. It's very competitive out there, and internships makes you look prepared and driven to grad schools and employers.

Talk to different dept. heads and see what combinations of major/minor would best suite what you would be looking to do down the road. Also, go to the career center ASAP in Wilson and research career info on your major

I wish that someone told me the value of internships and overall experience. It is very hard to get jobs in the real world. It is not stressed enough that you WILL not get employed if you don't know someone or you have PLENTY of experience and even then people will not want to hire you fresh out of college. You also have to put in your dues before you can have a career of any kind.

research your major thoroughly and make sure you know what it is you want to do when you finish college. When you know what it is you want to do, make sure to actively seek employment in that field early and often during your senior year. If possible, get internships over summer vacation in a field of interest to you. Also, summer school isn't just a way to catch up on classes, its a way to free up credit hours during the regular year to take classes you actually WANT to take instead of what you are required to take.

apply for madisontrak early on to get internships

Keep in touch with people you meet, and keep phone numbers, emails, etc. because you will be looking for them when it's time to ask for references, etc.

Keep on the ball...your grades now will determine what kind of employment you can potentialy find when you graduate

Start networking early, do internships, get involved in any club or organization that will help in finding a future career.

Look for internships early, really try to study abroad and plan for this by saving the funds and arranging your course schedule. Don't rely on advisors, take the initiative yourself because JMU is not going to plan your career for you. Start job searching and looking into career skills that are necessary for your career as soon as you have an idea of what you would like to pursue.

Get to know your teachers - they're not only good resources of information during college, but many can get you connected with jobs afterward.

If you're interested in going into advertising, take SMAD classes along with Marketing classes. This will give you tangible skills that you can use to market yourself when job hunting.

A college degree does not guarantee a good job right after you graduate. Don't throw away the skill of waiting tables immediately. It may come in very handy when you need to pay your bills.

Think about what you want to do for a career, but don't worry too much about it. Eventually settle on a major once you're sure of what you want.

get ALL the internships you can manage. good to help decide what you want to do, great for resume, but especially good to take the mystery and scariness out of the real world. also, go abroad. i couldnt because i played a sport, and i wish i had.

# MAJORS

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Don't choose a major just because you feel that you need one. Wait until you figure out what you want to do with your life.

Find out about all the majors and minors you are the least bit interested in. Then find out about all the classes in them, the prerequisites required, and how classes from different disciplines can complement what you really want to do. Look into double majoring/minoring.

Keep your GPA as high as possible with gen-ed classes! Major courses are **HARD!**

Don't be afraid to switch majors or try new things. The ability and flexibility JMU gives its students regarding majors and fields of study is exceptional.

Research alternate academic programs besides your first choice major or field of study in case you decide to change and explore all of your interests

Don't rush into choosing our major. Pursue something that you already know you enjoy instead of trying something new and hoping you'll like it. If you find yourself in a major you don't like, it's never too late to switch it.

Do not get yourself into one academic program your first semester. Once you start taking a lot of classes you may realize that you don't want to do what you initially thought.

Sit down and think about exactly what you want to get out of college. Talk to professionals in the field you want work in. Ask them how they got there, where they see themselves down the road, what is a typical day like, etc .. Find out which profession aligns closest with what you plan to get out of your college experience.

Get extremely serious about what it is that you want to do with the rest of your life now. Everyone tells you that you have plenty of time to figure it out-you don't. Some majors you need to start on freshman year to complete in four years.

that it's okay to come in as undecided. i declared a major from the beginning and ended up changing it, which put me behind later in my jmu career. coming in undeclared allows you to explore many different paths and take general classes that can be applied to any major.

GPA does matter, even freshman and sophomore year. But more important than GPA is your major choice. Don't pick any easy major just to get a BBA. Madison Trak is great. USE IT!!!

Don't be afraid to switch majors if you aren't sure you will be happy in the future with your current one.

If you are a graphic design major purchase a macintosh/apple computer because the labs are hardly ever opened and it's really hard to get your work done!

Really use counselors and try to investigate what you might want to do if you aren't sure.. it will make your life much easier.

Don't worry about majoring in what will make you more money or what will look good to others, major in something that you will enjoy doing and then figure out how you can make it into a career.

It is ok not to pick a major right off the bat. Give yourself some time to experience different subjects and courses and then decide

To apply as soon as possible to the college of your chosen major because the acceptance procedure can be very competitive.

Choose a major that would or minor that would actually make me employable.

Pick a major that includes classes you WANT to take and enjoy because you will then most likely get a job in that field and do that for the rest of your life.

Visit the academic advising office and really get to know the programs and different degree requirements

Talk to different dept. heads and see what combinations of major/minor would best suite what you would be looking to do down the road. Also, go to the career center ASAP in Wilson and research career info on your major

Come into college undeclared and take as many different courses as possible while you are a freshman. This will greatly increase your odds of choosing something you will love for the rest of your career at JMU. If you find it hard to choose, add a minor, it makes you more diverse in the applicant pool somewhere down the line (graduate school or employment).

research your major thoroughly and make sure you know what it is you want to do when you finish college. When you know what it is you want to do, make sure to actively seek employment in that field early and often during your senior year. If possible, get internships over summer vacation in a field of interest to you. Also, summer school isn't just a way to catch up on classes, its a way to free up credit hours during the regular year to take classes you actually WANT to take instead of what you are required to take.

After deciding your major, enroll in one related course to better judge/reassure your choice. Do this prior to enrolling in a full semester of related classes; do this while still completing your general education courses.

not all geneds are easy, study hard for them b/c they will bring down your gpa if you dont, they do matter even if they aren't part of your major,

An overall piece of advice would be to decide on you major early in your college career and if it is possible take summer courses either at JMU or at a community college near your home. This will make your senior year less stressful by the time it arrives and give you extra time to search for a job or apply to graduate schools during your senior year. Planning ahead for me helped with a smooth transition from college graduate to a graduate student

Try to stay for five years and don't get set in a major too early. If you take all you GENEDs and whatever other electives you have first you will have more time to discover yourself and your true thoughts and interests in life.

Do not worry about what others think, pick a major that makes you happy.

Know what you need to graduate! Don't depend on anyone else to know it for you.

I wish that I had been told that you can be something other than a business major and that liberal arts careers really do exist.

Make sure you choose a major that you are going to be satisfied with. Job markets change, as do your career aspirations. Don't choose a major coming out of high school and then get to your junior year after have taken a bunch of your major courses and realize that's not what you want to do. Take your time and think the process through.

Major in what you want to, not what your parents want you to. Its important to enjoy what you are learning about in order to do well.

Find a mentor in one of your teachers and make lots of friends with people in your major. Very important!

# WORK HABITS

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Attend class, and do your work on time.

Academics first. Even if you took 20 credit hours a semester, you'll still have enough time to goof off and do the college (partying) thing. What you do now and how you do it will greatly affect what you will be able to do in the future.

go to class and take things seriously, get help if you need it. . . college is not a thing like high school!!

Stay organized. Time management is the key to success, especially at a school like JMU where everyone is so involved in a thousand different things.

Make sure to start off w/ good grades which allows for easier later years when there is added stress on finding jobs.

You NEED to study first semester, even if you think you can get by without it, like in high school.

You can't study like you did in high school and expect to receive the same grades - you have to work much harder if you want to excel.

Go to class freshman year and read the books. You must read the material given, sometimes the prof will not go over it in class. Freshman year is not that hard you just have to do your work and learn how to manage your time

At a university, you need to be very conscious of your workload and assignments for the entire semester. At the beginning of the semester, a student should plan out how he or she will accomplish all of the goals and assignments for the class so that stress is kept to a minimum later. Also, during exams, the best policy is to take one exam at a time. Worrying about exams at the end of the week will not help you do well on your exams at the beginning of the week.

show up for class. make an effort to know the professor and get them to learn your name it's the easiest way to get a good grade.

Don't mess around your freshman year and spend the next three years trying to fix the GPA you received first and/or second semester freshman year.

It's not as tough as everyone tells you...just set aside a LITTLE bit of time each day and you'll do fine.

College is going to be a blast...but it will also be tough. Freshman year you'll have to adjust to being away from your family, friends, and home for a very long time and sometimes this isn't easy. All I can say is stick it out...after freshman year adjustment you are sure to have a blast! You will go through hard times and loss, but you'll also meet many fabulous friends and professors who will help you along the way. Be prepared to do some growing spiritually, mentally, emotionally, and socially, because that is what college and JMU is all about!

Study! It can make all the difference in the world. You will regret it during graduation time if your freshman grades were poor.

Start school strong, go to all your classes and really take the time to do well from the very start. It's hard bring up your grades in the last couple years of school. Everyone hears this and hardly pays attention, but be sure to set up a schedule so you can balance schoolwork and social life. Make a floor study time in your dorm, or set aside a study time with some of your close friends. Knowing that everyone else is studying too makes it easier on you.

Take time during the day to get some work done so that you aren't doing all your work at 2 a.m. Trust me your GPA will thank you, especially if you're thinking of any grad school

GPA does matter, even freshman and sophomore year. But more important than GPA is your major choice. Don't pick any easy major just to get a BBA. Madison Trak is great. USE IT!!!

When reading is assigned....read it. Read it as soon as it is assigned. Not only will you understand what is going on in class, you will be able to avoid the unbearable night before stress before tests as well as avoiding embarrassing moments when called on in class.

Utilize FYI writing center and your professors and your roommates and hallmates when it comes to writing papers. I became such a better college writer with the assistance of others to proofread and help structure your paper. Also, if there is a class you really want to take in general education but it's filled...give until next semester. Don't skip out on classes you would really like to take. But in the same sense don't wait until senior yr to finish gen ed. Taking finals for gen. ed is NO FUN at all come graduation time.

Take Freshman year more seriously, at least in the academic department. For me, my goofing around Freshman year was the difference between graduating with a 3.0 and a 3.5.

Attend classes regularly, because it is not what you know of the subject, but what your teacher thinks he/she knows.

Study hard, go to class... it really does make a difference, but make sure you also make time to have a good time... hang out with your friends the four years will be gone before you know it (take lots of pictures), and finally don't be afraid to make mistakes because that's the only way you'll ever truly learn

Play hard and work harder (and not vice versa.)

Enjoy your time at JMU. Work hard but take the time to be a college kid also. Join honor societies and find interesting internships. Take full advantage of the amazing faculty that you have at JMU they will do everything they can to help you succeed all you need to do is ask.

Just because the parents aren't around doesn't mean you should go out and party every night. Your grades start from the beginning of your career and even though you may not think you'll want to continue with school. Also get to know your advisor, you'd be surprised how much he or she can help you out.

GO TO CLASS!!! The fewer classes you skip, the better you will do in them. You can study your book and other people's notes until you know every word, but it can't make up for going to class. I learned this the hard way!

Start off on the right foot each and every semester. It will keep your confidence high and give you a strong foundation for the upcoming challenges ahead.

**STUDY STUDY STUDY**

Take classes seriously; after all you are in college to get an education and the training you'll receive here will be invaluable to your career! Don't skip classes and get to know your professors - forming those relationships is key!!

Do well your first couple of semesters. Its a lot easier to keep your GPA high if it starts high then trying to bring it up if you start out low.

set aside time to study and discipline yourself to keep it faithfully. Write your papers one week in advance in order to avoid staying up all night the day before its due

Don't give up when things are difficult.

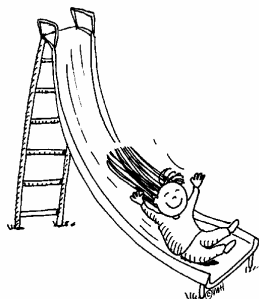
take things one step at a time...sometimes everything becomes an overload and don't procrastinate

Keep yourself informed!!! This is not high school and people won't be telling you when certain things need to be done...or even that they are your responsibility. Don't let yourself fall through the cracks. It's a big school and you can miss out on a lot if you don't keep yourself up to date.

Go to every class, it is the best way to get good grades. Even 8 am classes, and no matter how little sleep you got the night before. Only miss one or two classes each semester in each class.

# HAVE FUN!

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Enjoy college. It is an experience like no other. Remember to study, but don't make studying your life. Get out there and do things. Make it the best four years of your life, or five, or six...

Do as much as you possibly can to make sure you enjoy the time spent at JMU. Academic performance is important, but don't let that aspect of college dominate the social aspects.

Don't waste one day! It will be over before you know it!!

Live it up, it goes by very quickly. Meet as many people as possible. Get involved

Live every day like it is your last, take advantage of as much stuff as possible, college is the best time of your life.

Live every moment like its your last because it ends sooner than you think, and you dont want to look back wondering What if.

Don't feel obligated to go out to parties to meet people or to be cool. Take advantage of TDU and all on campus events. They are tons of fun!

Make the most of your time because it really is the best four years of your life but be sure to actually learn everything, not just classroom knowledge.

As far as college memories go, you will recall freshman year time and time again because the magnitude of living on your own, being in a dorm and finally studying what you want to learn about is a huge developmental point in your life. Too bad you won't realize this anytime during your freshman year! Also, there is no JMU How-To manual. You will read information here and there but mostly you will take the lead from your peers and learn by experience. For example, don't try memorizing all the buildings on campus. Between your classes and activities, you'll practically have everything nailed down in about a month. The infusion of familiarity just sort of happens.

Don't hold back, give it all you got. Find a balance between true, wholesome friends and academic accomplishments of which you can be proud. Be open for change and influence and learn from others as much as possible. Let your surroundings influence you instead of trying to mold them into something familiar

Party responsibly and call your parents at least once a month so they know you're not dead.

Savor your time at JMU... by that I don't mean take forever to graduate. What I do mean is that you need to enjoy the time while you're in college. Life changes a lot when you graduate, and it is truly the friends and experiences that you have at JMU that will shape you as a person and help you when you enter the working world!

live.

Play hard and work harder (and not vice versa.)

Enjoy your time at JMU. Work hard but take the time to be a college kid also. Join honor societies and find interesting internships. Take full advantage of the amazing faculty that you have at JMU they will do everything they can to help you succeed all you need to do is ask.

Don't limit yourself. Try every class; hang out with every group; go see all the plays, concerts, speakers; take advantage of Skyline Drive and all the amazing outdoor adventures around Harrisonburg.

Eat at Kline's.

Don't take your academics so seriously that you forget to have the time of your life. You have the rest of your life to be a grown up and work for a living. Enjoy being young.

Have fun but work hard. JMU is full of good times!

Make sure to enjoy every single minute of college, because it'll be the best four years of your life, and you'll want to make the most of it, and worry about the rest of your life much later.

enjoy as many things as possible while you're at school, both academic and social opportunities!

No matter how bad classes may seem on some mornings and some nights its still better than when they all end.

Cherish every minute!

Enjoy the time you have in college and don't wish graduation to come sooner.

It's OK to have fun, but get involved with something early on so that you can put your own mark on JMU.

Don't take advantage of the fact that your friends are right there for you to see all the time. I would say I took that for granted.

Eat at D-hall more

## TEACHERS

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Talk to your teachers after class. Make sure they remember your name!

Get to know at least one professor well. Be proactive.

The professors love when you seek them out for advice and help. It is part of the college learning process I believe to have a good professor-student relationship. They are much more helpful and friendly in a one-on-one setting.

If you have any idea of a specific career you may be interested in, find an internship your freshman year. Volunteer to work with professors in your department and help with their research. Get involved academically! It will be the only way you have experience coming out of college and most likely will land you a job you want.

show up for class. make an effort to know the professor and get them to learn your name it's the easiest way to get a good grade.

Take all of the opportunities that you will be given to you and create those that aren't. I know it will begin to sound like a cliché soon, but your profs. are going to be your greatest tool for success, so take advantage of their knowledge. My freshman year I was no angel, and I do regret that, believe me when I say that sacrificing that Thursday night out with friends is worth sacrificing for the opportunity to work on an independent study. Their will be ideas and concepts that will come your way that you will be interested in. Take those and run with them, create projects out of them, research them, and trust me the work will not go unnoticed.

Talk to your professors and create relationships.

Attend classes regularly, because it is not what you know of the subject, but what your teacher thinks he/she knows.

Make friends with your teachers! Take advantage of the office hours - they are set for a reason and are meant to help you. Plus, taking the time to meet with the teacher shows your interest, and that can make a difference on border grades.

Don't be afraid to ask your professor's for advice about school and future career advice. They are there to help and most are more than happy to do so.

Enjoy your time at JMU. Work hard but take the time to be a college kid also. Join honor societies and find interesting internships. Take full advantage of the amazing faculty that you have at JMU they will do everything they can to help you succeed all you need to do is ask.

Take advantage of every single opportunity that you encounter. Become involved at JMU. Get to know your professors and advisor(s) very well, and utilize their services!

Forget pride, if you do not understand what is going on in class or in your homework, **GO TO OFFICE HOURS ASAP.**

Talk to your professors, ask questions in class, and go to office hours. It is beneficial when your teacher is familiar with your name and face.

Set up meetings with your professors if you have any concerns, questions, or comments. I have never found a professor at JMU that wasn't more than willing to be there for me.

You have to make an effort to have personal relationships with professors. Don't hesitate to go see them at their office hours, its not like high school where they'll just learn your name and you need them for references and recommendatiosn in the future!!

Don't be afraid to make friends with your teachers. They are valuable ressources for information and most of the time willing to help you when necessary.

Don't be intimidated by your professors; talk to them and ask for help if you're struggling in a class.

Get to know your professors, ask them plenty of questions.

Talk to your professors!! If they can see that you show a genuine interest in the subject, they will be willing to help if you need it.

Get to know your teachers - they're not only good resources of information during college, but many can get you connected with jobs afterward.

Find a mentor in one of your teachers and make lots of friends with people in your major. Very important!

## ADVISING

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Really use counselors and try to investigate what you might want to do if you aren't sure.. it will make your life much easier.

Visit the academic advising office and really get to know the programs and different degree requirements

Talk to different dept. heads and see what combinations of major/minor would best suite what you would be looking to do down the road. Also, go to the career center ASAP in Wilson and research career info on your major

You don't have an advisor like high school. There are people there to help you, but you must find them and ask them the questions that will give you the help you need. If you don't stay on top of deadlines you could get yourself into deep water, or end up taking

more classes than you really need.

1) Stay on campus two years. 2) Meet people inside of class and outside of class. Have friends from different social settings. 3) When the time approaches, take advantage of the career development resources for internship and career advice and placement. 4)Try to take classes that are outside of your declared major.

Don't take too many credits, don't overload yourself. Get your general ed classes out of the way first so you can work with your major easier in your later years. Keep in good touch with your advisor.

Just because the parents aren't around doesn't mean you should go out and party every night. Your grades start from the beginning of your career and even though you may not think you'll want to continue with school. Also get to know your advisor, you'd be surprised how much he or she can help you out.

Take advantage of every single opportunity that you encounter. Become involved at JMU. Get to know your professors and advisor(s) very well, and utilize their services!

I would advise incoming freshman to meet with their advisers on a regular basis to discuss their progress and their schedule of classes. I waited too long and had many surprises, forcing me to take summer sessions and cause undue stress!

Use the resources that the school offers in terms of career advising. Getting an early start on this will only help you in the future.

Be prepared to take responsibility for planning your own 4-year academic course...advisors cannot be expected to know everything and will not ensure that you graduate in four years

Visit the AACD Resource Center (Wilson 305)!

Know what you need to graduate! Don't depend on anyone else to know it for you.

Do not be afraid to ask for help when you are trying to determine your major. It will save a lot of time.

Look for internships early, really try to study abroad and plan for this by saving the funds and arranging your course schedule. Don't rely on advisors, take the initiative yourself because JMU is not going to plan your career for you. Start job searching and looking into career skills that are necessary for your career as soon as you have an idea of what you would like to pursue.

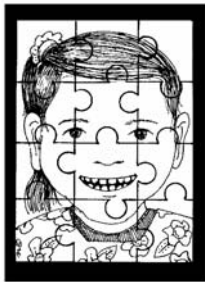
Don't wait until after graduation to visit the career center! Become acquainted with the academic and professional resources (including people) in the library as well.

Try your best from the very beginning and be sure to check with your advisor when scheduling. Try to outline a plan for which courses to take each semester and have tons of backups, because you'll need them!

Feel free to change advisors, talk to department heads in the areas you are interested in because general advisors don't really know the specifics for all majors.

## EXTRACURRICULAR ACTIVITIES

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Get involved with as many activities and groups as you can from the start. Don't take for granted the services offered by JMU.

That it is okay to have a life and do well at JMU. There are so many clubs and activities that don't interfere with your class schedule.

Get out there. There is so much to do that you need to be proactive and if something interests you do not let fear or passivity slow you down.

Keep your GPA as high as possible with gen-ed classes! Major courses are HARD! Also, look at possible clubs and activities to get into freshman year. I learned a lot more junior and senior year about organizations that I would have loved to be involved in all four years.

Also, there is more time to commit to organizations early in college.

Take chances and do something different and unexpected. Don't be afraid to get involved!

Everything happens for a reason, there will be many laughs, tears, fights and parties, take each experience as it comes. NOVA = Northern Virginia. Quarters are a freshman's best friend. You cannot double punch on Friday, Saturday or Sunday. Take advantage of all of the services offered for free at UREC, the health center, the career development center, the counseling center, clubs and organizations as well as student government. There are so many resources available that are just begging to be used!!

Get involved in everything that you can, regardless of whether you want to or not. You might regret it later if you don't!

Seek out as many clubs and organizations as possible as early as possible, and place academic success and accomplishments as a top priority.

Get involved! I was fortunate enough to audition for and be accepted into an a cappella group, Note-oriety. These women became my best friends. We ate together, hung out on the weekends together, rehearsed together throughout the week, and shared common interests, goals and values. It's comforting to know that you can have an automatic group of friends at a school where you may not know many people. So get involved as soon as you can! You won't regret it!

Don't be afraid to be yourself, even if that takes discovery into who you really are. Seek out a lot of different groups available at JMU and be willing to give them each credit and find what works. Don't just survive or seek to fit in; seek rather the opportunities that allow you to stand out and draw others into who you are.

Getting involved is so important, but does NOT have to be done immediately. I felt it was nice to do it gradually because just getting acclimated to college is so hard that adding things such as activities and organizations can make it harder. Every organization I did changed my life in some way, I wish however that I knew it was okay to ease into things and I didn't have to jump right in.

Take advantage of all the activities and programs. You take for granted that those opportunities will always be available

In your freshman year, you are not as busy as you think you are...take more time to try things you've always wanted to do and meet people - they will be your best friends from college.

Try and do as many different things - clubs, events, elective courses - as possible. Dip your toes into every available pond. Don't stay in your dorm room; get out and do something new and exciting!

Join as many clubs and organizations that you can handle. There are groups that I didn't even know existed until my last year. You will find people with all sorts of interests!

I wish I had understood that getting involved in clubs, sports, volunteering or any other organizations REALLY helps your motivation. I found the more active I was, the happier and more complete I felt.

Get involved! You never know what kind of opportunities you will get unless you completely dive into JMU!

participate in as many activities as possible and get involved in life at jmu..there are so many different opportunities to apply yourself and have fun, while meeting new friends.

Try something new every semester!

I would give this advice, It is okay, if you don't feel like you fit in in the first two seconds that you are on campus, give it time and you will find your place. Also get involved in those clubs and organizations that you feel are interesting, you will meet your life long friends there.

Take advantage of the special speakers, workshops, events, etc. that are held throughout campus. JMU offers so much, and I wish I had taken advantage of it more.

Joining clubs and working on campus is the best way to meet people. They have common interests and are generally the type of people you want to spend time with.

Be sure to get involved with things you find interesting early, because by the time you are a senior you will be too busy to join/participate in anything new.

Don't limit yourself. Try every class; hang out with every group; go see all the plays, concerts, speakers; take advantage of Skyline Drive and all the amazing outdoor adventures around Harrisonburg.

It's OK to have fun, but get involved with something early on so that you can put your own mark on JMU.

Make sure you become involved in at least one extracurricular activity every year and hold an office in at least one.

Get involved with campus activities, get out and experience different things. When you interview for jobs later on, you will have more experiences to reflect on and will be better able to express yourself.

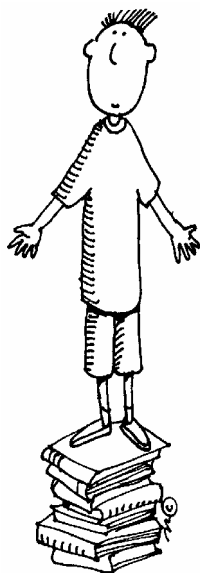
Get involved with people and causes you're passionate about.

Join as many clubs and organizations as you can your freshman year. There are clubs for almost every imaginable interest at JMU. Join up with other people that have the same hobbies, views, skills, etc. It's a sure way to make a ton of friends, looks good on the resume, keeps you involved, and makes your time at JMU that much more enjoyable.

talk to seniors and upperclassmen and ask them as much as possible for advice or to do/not to do. Classes, majors and other aspects of your college life are important in building you as a person. Also I would recommend getting involved in a group...find your niche. Whether its a varsity sport or the snowboarding club. Its important to discover your interests and develop your personality.

## BALANCE

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That it is okay to have a life and do well at JMU. There are so many clubs and activities that don't interfere with your class schedule.

Enjoy college. It is an experience like no other. Remember to study, but don't make studying your life. Get out there and do things. Make it the best four years of your life, or five, or six...

Start off slow! While we all are wide-eyed and full of aspirations at the beginning of college, we need to ease our way into this new environment. When we take on too much, we are more likely to hurt our spirit to succeed because we set ourselves up to fail. I'm not saying every freshman should only take a 12 credit max load per semester, but the combination of new coursework and living situations (e.g., dorm living) creates plenty of challenges for the great minds of our time to work out, before moving on to more prestigious enterprises.

Don't invest all of your time in your school work, extra curriculars are VERY important to have.

Seek out as many clubs and organizations as possible as early as possible, and place academic success and accomplishments as a top priority.

Don't try to run out and do everything your freshman year. Relax and get used to JMU first. You will have plenty of time to do everything you want to do later. :)

Do as much as you possibly can to make sure you enjoy the time spent at JMU. Academic performance is important, but don't let that aspect of college dominate the social aspects.

Find a good balance between studying and socializing early on.

Start out slow!!!! Do not try to take a full course load freshman year because you will be swamped. Choose classes carefully and try to balance your schedule so that for every difficult class you have one or two easier ones.

Getting involved is so important, but does NOT have to be done immediately. I felt it was nice to do it gradually because just getting acclimated to college is so hard that adding things such as activities and organizations can make it harder. Every organization I did changed my life in some way, I wish however that I knew it was okay to ease into things and I didn't have to jump right in.

Don't hold back, give it all you got. Find a balance between true, wholesome friends and academic accomplishments of which you can be proud. Be open for change and influence and learn from others as much as possible. Let your surroundings influence you instead of trying to mold them into something familiar

**DON'T PUT ALL OF YOUR EGGS IN ONE BASKET.** Explanation: Variety is key. Do more than just go to class. Work in more than one location. Intern with more than one company, or have multiple internships with one company. Participate in more than one organization, or have multiple positions within one organization. The multiple experiences will be an asset during interviews and give you something to talk about. Not to mention giving you a competitive advantage.

Remember that you're at college for academics. I did not have any problems with this, but I've seen a lot of friends party too much and get poor grades.

Study hard, go to class... it really does make a difference, but make sure you also make time to have a good time... hang out with your friends the four years will be gone before you know it (take lots of pictures), and finally don't be afraid to make mistakes because that's the only way you'll ever truly learn

Enjoy your time at JMU. Work hard but take the time to be a college kid also. Join honor societies and find interesting internships. Take full advantage of the amazing faculty that you have at JMU they will do everything they can to help you succeed all you need to do is ask.

College is not only about learning job skills, but about learning who you are and your potential. Balance your academic and social lives, get out in the community, and learn that there is more to Harrisonburg than just the JMU campus.

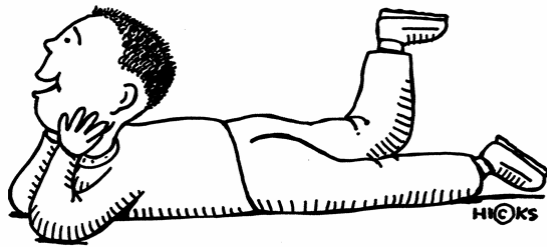
Do well in school, but don't spend all your time studying. Make memories that will last a lifetime, if you spend all your time in the books, you will regret it. BUT with that being said, don't fail any classes because you might regret that more!

Take advantage of all the departmental resources and activities provided to help become a well rounded individual.

Find a good balance between doing well on your academics and getting involved with as many student orgs. on campus as possible. Enjoy all the great things JMU has to offer

## PERSONAL VALUES

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Enter JMU with an open mind. Try new things. Branch out and get out of your comfort zone. You can meet hundreds of people this way and develop new interests.

Take every opportunity possible--never be closed minded.

Everyone at JMU is wonderful, meet as many people as you can and find one trait you admire in them...take that trait and add it to your daily life. By the end of your 4 years you will be well on your way to becoming who it is you want to become.

Don't be afraid to be yourself, even if that takes discovery into who you really are. Seek out a lot of different groups available at JMU and be willing to give them each credit and find what works. Don't just survive or seek to fit in; seek rather the opportunities that allow you to stand out and draw others into who you are.

Don't just go through the motions.....ask yourself the tough questions - the whys, the 'what's the point?' kinds of questions and try to determine as early as possible what your passion is.

Don't worry about majoring in what will make you more money or what will look good to others, major in something that you will enjoy doing and then figure out how you can make it into a career.

Keep an open mind towards people and academics. Don't be afraid to switch your major, because a senior in high school doesn't always know exactly what they want to do when they grow up.

do not be cool and try to fit in by driving fast, wearing your collar up, and wearing flip flops when its 25 degrees outside. pay attention when you drive, because students at jmu think they are more holy than God and walk out in front of moving cars, most of the time without looking.

Don't streak the quad when the cops are around.

Don't rush to get out and get a real job!

College is not only about learning job skills, but about learning who you are and your potential. Balance your academic and social lives, get out in the community, and learn that there is more to Harrisonburg than just the JMU campus.

You have to make what you want out of it.

Try to stay for five years and don't get set in a major too early. If you take all you GENEDs and whatever other electives you have first you will have more time to discover yourself and your true thoughts and interests in life.

Do not worry about what others think, pick a major that makes you happy.

Get involved with people and causes you're passionate about.

Major in what you want to, not what your parents want you to. Its important to enjoy what you are learning about in order to do well.

# INTERNSHIPS

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Do internships early. Focus on getting a career so you have one waiting for you when you graduate.

If you have any idea of a specific career you may be interested in, find an internship your freshman year. Volunteer to work with professors in your department and help with their research. Get involved academically! It will be the only way you have experience coming out of college and most likely will land you a job you want.

1) Stay on campus two years. 2) Meet people inside of class and outside of class. Have friends from different social settings. 3) When the time approaches, take advantage of the career development resources for internship and career advice and placement. 4) Try to take classes that are outside of your declared major.

**DON'T PUT ALL OF YOUR EGGS IN ONE BASKET.** Explanation: Variety is key. Do more than just go to class. Work in more than one location. Intern with more than one company, or have multiple internships with one company. Participate in more than one organization, or have multiple positions within one organization. The multiple experiences will be an asset during interviews and give you something to talk about. Not to mention giving you a competitive advantage.

get internships during the summers- dont just lifeguard and wait tables. I got internships, and it has prepared me beyond belief for the real world. They are invaluable! You are basically SOL if you didn't have at least one during your college years. It's very competitive out there, and internships makes you look prepared and driven to grad schools and employers.

I wish that someone told me the value of internships and overall experience. It is very hard to get jobs in the real world. It is not stressed enough that you WILL not get employed if you don't know someone or you have PLENTY of experience and even then people will not want to hire you fresh out of college. You also have to put in your dues before you can have a career of any kind.

apply for madisontrak early on to get internships

Start networking early, do internships, get involved in any club or organization that will help in finding a future career.

Look for internships early, really try to study abroad and plan for this by saving the funds and arranging your course schedule. Don't rely on advisors, take the initiative yourself because JMU is not going to plan your career for you. Start job searching and looking into career skills that are necessary for your career as soon as you have an idea of what you would like to pursue.

All incoming freshman should learn to budget their time as effiecently as possible. This will allow them to enjoy the JMU social life and excel in academics at the same time. I would also suggest that all freshmen attempt to land an internship every summer throughout college. This gives them great experience and a leg up when searching for a job after graduation.

get ALL the internships you can manage. good to help decide what you want to do, great for resume, but especially good to take the mystery and scariness out of the real world. also, go abroad. i couldnt because i played a sport, and i wish i had.

## STUDY ABROAD

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Go abroad! Even if you don't think it's for you, it is!

Make room in your college career to study abroad. Never again in your life will you have the opportunity to immerse yourself in another culture so uniquely.

Don't take classes you don't absolutely need to take your first semester, you'll want to save your elective credits for when you're a senior or if you change your major. **AND STUDY ABROAD!**

Look for internships early, really try to study abroad and plan for this by saving the funds and arranging your course schedule. Don't rely on advisors, take the initiative yourself because JMU is not going to plan your career for you. Start job searching and looking into career skills that are necessary for your career as soon as you have an idea of what you would like to pursue.

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