

## *How to Survive College:* **Advice from ECforME Second-Years**

- ▶ ▶ ▶ “You can do it. I struggled with almost every single class my first year and was still able to pass them all. It was not easy by any means and it won't be. There is tutoring out there to help you. You should use it. Be organized. Use a planner. Keep dates in it.”



“If you are quick to worry and have anxiety—stop, breathe, and relax.

“When everything seems to be overwhelming, know there is always someone to help you.

“Reach out to a friend and don't be afraid to email a professor.

“There are centers and tutors that can help. Also, many clubs and sports to keep you on track.

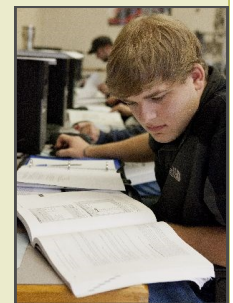
“Believe in yourself and look ahead to your future. What you are currently going through will pass and just make you stronger.”

- ▶ ▶ ▶ “Dig deep and find your courage. Things will improve if you keep a positive attitude.”

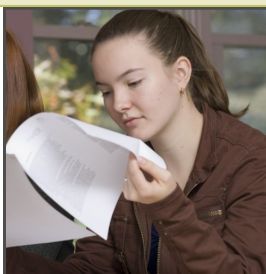


“Keep your head up. Things will get better.”

“Keep going. It gets easier once you get used to your teachers and school.”



*Go all the way!*



 **Maine Community  
College System**

**EARLY COLLEGE FOR ME**

