

Welcome, Class of 2013, to Xavier University! I cannot wait for your arrival on August, 21! My name is Tristan Nighswander, and I am a junior double major in Economics and Finance, with a minor in Theology from Port Clinton, Ohio. Part of the territory of being a junior (one year away from senior) is a compulsive need to look back and reflect on the years prior. I remember the summer before Xavier and the feelings of collegiate dread and nervousness about starting a new chapter in my life. I was worried about being away from home and my family, taking harder classes, making friends, and finding my niche in a completely new place. These are the common worries with coming to college, which means that it is a road many of us have walked before. Hopefully, this email will give you some helpful tools to help you make your transition to Xavier a smooth and stress free one. I know that these helped me.

Talk with Your Family:

Sitting down and having a conversation with your family before you start classes is a great way to determine the amount of contact you will have with them once school begins. Perhaps you plan on talking once a day or once a week. Maybe you should initiate the phone calls rather than them calling you. Talking about these kinds of things ahead of time may seem unnecessary, but it can most definitely alleviate stress from your family. The last thing you will want to worry about once classes begin is your family worrying about you, or worse, having them calling 7 times a day.

Take "ME" Time:

Cliché? Yes. Helpful? Absolutely. Making sure that you take time out of every day to do something for yourself can really help lower your stress level. Taking a walk, playing some games in Gallagher, or maybe even trying a yoga class at O'Connor can provide a nice break from your day. Something as small as hanging out on the greenspace relaxing after a long day of classes could do wonders! Taking this time will help you focus on your school work and help your productivity.

Get Involved Right Off the Bat:

The most amazing aspect of Xavier is the overwhelming sense of community. Do not be afraid to dip your feet into the pool of endless potential. There are hundreds of opportunities to get involved at Xavier. Getting involved with something gives you a sense of purpose and can keep you busy, which helps keep your mind off of being homesick. Club Day on the Mall is September 14 and offers a great opportunity to explore Xavier student organizations. Take time to walk around all of the tables and find a few things that may interest you. You can attend the club's first open meeting to get a better idea about the club's purpose.

Know Your Resources:

If you find yourself completely in over your head with class work, having roommate issues, or just swimming in stress, there are plenty of resources on campus to help. The **Learning Assistance Center** can provide you with an individual tutor for a tough class and your **Resident Assistant (RA)** is always willing to help settle any issues you maybe having with your roommate. Perhaps you find yourself in a situation where you need to talk to someone completely removed from the situation. The **McGrath Health and**

Counseling Center has professionals who are always available to provide free and confidential help and advice.

I hope that this short list of suggestions helps you prepare to take the leap into college life. College is definitely one of the most exciting and fun times of your life .We can't wait to see you for the Manresa Program. Until then, have a fabulous finish to your summer! If you have any questions please feel free to call (513) 745-3662 or email manresa@xavier.edu.

Sincerely,

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