

How to have a successful 1st year



AT RICE

Socially

- *Loneliness at Rice is commonly reported to be one of the greatest challenges at Rice. Make friends early and make efforts to keep in touch.*
- *Everyone in your department is NOT smarter than you. Most students are used to being the top of their class. Rice is extremely selective and thus everyone has his or her unique strengths. Most people initially come here feeling that they are not smart or good enough. Everyone who makes it through Rice's competitive admission process has the potential to succeed. Don't be intimidated by your peers, you will only alienate yourself.*
- *Most graduate students are eager to prove themselves worthy their first year; they may neglect social activities and overwork themselves.*
- *Some students have such an intense work schedule that they are too tired for social engagements.*
- *Lack of social support can lead to depression, anxiety and loneliness*

Emotionally//Mentally

- *Get plenty of sleep and exercise. During the most stressful times, we tend to get less sleep and exercise less. These are 2 things you should not forego, particularly during times of stress.*
- *If you are anxious or concerned about an academic challenge, don't be afraid to ask your advisor for help. If he does not help, try asking one of your peers who has been here longer the 3rd, 4th and 5th years can be great resources.*
- *Don't stress about the future, focus on the here and now.*
- *Keep in touch with friends and family abroad. Whenever possible take time out to visit if possible. If you cannot travel overseas try visiting a friend or family member who is not so far away.*

- *Take mini vacations, and use your holidays to take breaks not to work*
- *Think positive, if everything seems bad, consider making an appointment with the Rice or International Students Office. We are here to listen and assist where we can.*



Physically

Eat well; the wellness center has a nutritionist who will see you for a free consultation and 3 free follow-up appointments.

If you miss your ethnic foods, there is probably a place you can find it or something close in Houston.

Exercise, the Recreation center gym has many group fitness classes, great cardio machines, plus swimming pool with extended hours and several different courts for team sports.

Team sports are a good idea, for social interaction and exercise.

When you are sick take time off and rest. Visit Health Services early.

Academically

Continually communicate with your advisor and departmental faculty.

Learn how to use good time management to keep on schedule and follow-through on deadlines.

If you are uncertain about a project or expectation, ask and ASK EARLY.

Inform your advisor of your limitations or explain reasons for why his/her expectations may not be met. Help him/her understand what is realistic for you.

Set goals and deadlines that you are certain you can keep. Make sure you participate in this process.

If you feel you are being treated unfairly talk to someone.

RESOURCES

Rice348-4867

Health Services.....348-4966

Wellness Center.....348-5194