



Back-to-School Tips: College Students

The start of a new school year can bring a mix of happy and nervous anticipation. Here are some tips to help you get this school year off to a strong start:

Settle Into a Regular Sleep Schedule

It's common to shift your sleep schedule when you're not in school, but adjusting back takes time. The week before classes begin, start following the sleep schedule that fits your class and activity times. Aim to go to bed and wake up consistently, ideally waking an hour before your first class or event.

Find Your Study Spaces

Studying in more than one place can boost your focus and help you retain information better than sticking to just one spot. You might have a special study space at your desk or the library, but also consider other quiet, distraction-free places—like a coffee shop, an outdoor area or a common lounge. Different spaces for different subjects can even serve as helpful memory cues.

Carefully Review Each Course Syllabus

While it's tempting to set syllabi aside, they're given to help you understand the workload ahead. Use each syllabus to plan your semester wisely. On lighter weeks, read ahead or get a head start on long-term assignments to ease future pressure.

Organize and Master a Planner

Whether you prefer a digital calendar or a paper planner, learn how to use it effectively before classes start. Mark key dates—not just class times but due dates, exams and review sessions. Also schedule meals, social activities and regular bedtime. Having a clear plan helps you block study time and work on big projects while knowing when to relax.

Get to Know Your Professors

Go beyond just attending class. Introduce yourself, come prepared and ask questions—chances are, others have the same ones. Use office hours to deepen your understanding and look for ways to get involved in class-related activities or projects.

Don't wait for a problem to become a crisis. Reach out to professors if you're struggling or feeling overwhelmed. Talk to your residence advisor if roommate issues arise. If you're feeling anxious or depressed, contact your school's mental health services. Colleges offer many resources to support your success and wellbeing—use them!

BHS provides referrals to qualified mental health professionals that can help. To speak to your designated Care Coordinator about your benefits and options for support call BHS at 800-245-1150.