

QuickStudy**ACADEMIC**

Surviving the College Ride

College-Life
Tips Guide

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first time
on your own
chills



Last minute review
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No Parental Guidance, No On-hand Allowance

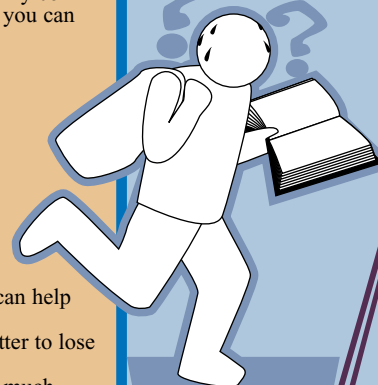
- no parents in town completely rocks, take advantage of becoming your own person on your own time
- call the rents to update them, not just for money, it will make them happy to see you being so responsible... a small price to pay for their respect and support
- talk to your bank about setting up an easy transfer of funds to your account in case of an emergency
- if your parents are scrutinizing you from afar, they are only concerned about your new trip to adulthood, let them know you can handle it... but show them you can as well

Getting More Friends

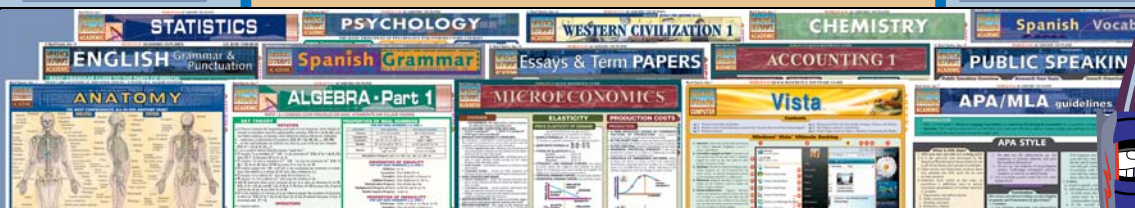
- play intramural sports; try out different teams and sports
- join a fraternity or sorority... choose wisely
- try out different and interesting clubs or organizations
- start your own interest group, this could be the most rewarding personally and professionally
- get a part-time job that has a fun environment and fun people working in it

Lots of Friends

- new realms of inner searching may be reached, friends can help if you let them
- be careful lending money and possessions to friends, better to lose a friend than to lose your stuff and a friend
- too much peer pressure can mean a friend does not care much about your decisions and goals



Last minute review
without QuickStudy®



your own
everyday
spills

Laundry

- if you can't separate darks from lights, at least separate something new for the first couple of washes; use cold water only
- three tablespoons of a dishwashing liquid can be used as detergent (Dawn is best)
- use cold water on everything to prolong the life of your clothes
- hang your favorite darks up to dry inside, they might take a day, but they will not fade
- every dryer has a lint trap - when it is clogged, your clothes dry slower, you eat electricity, and your dryer overheats... clean the trap after every other load

Dishes and Food Disposal

- if you do not expect to have company for dinner, then keep just one or two of all place settings and utensils in use - then dishes can't pile up, plus you'll have to wash them before you can eat
- suggest your roommate does the same, that way if you have to clean up after them it will not inspire untold rage
- moms are good at doing systematic scanning sweeps for the smallest crumb in the wrong place, try to at least get that crust-filled pizza box under your bed... it's a start
- if food around the house becomes a problem, you can always get a couple of pet rats (pretty cheap) that can roam and eat your unwanted leftovers

QuickStudy® guides available for more info: Stain Removal, Herbal Therapy, Nutrition and Vitamins & Minerals

Controlling Bugs

- boric acid is a powder that comes in a squeezebottle - take outlet covers and light switch covers off - squeeze the powder into the wall through the opening - also squeeze it under the stove, fridge and anywhere else (unless you have pets, then just do it in the walls) roaches take this back to the nest and they all die horrible deaths at your hand
- many states and cities have codes that specify mandatory pesticide spraying at the cost of the landlord; check it out with an exterminator (they'd be happy to oblige)
- share this info with your neighbors, your bugs could just be visiting from next door
- if you leave food around, you may not need the pet rats... female cockroaches have around 40 babies each birth and after mating once can stay pregnant for the rest of their lives... reproduction has everything to do with their food supply, and they can be starved out of reproduction in only 12 hours

Ailing Health

- take vitamin C, echinacea and zinc
- "chicken & rice" type soups can replenish electrolytes lost during the evacuation of unwanted bodily fluids, yum
- for the stomach and throat, cup after cup of hot lemon or peppermint tea with honey will do wonders
- sleep... when you wake up have some tea then go back to sleep, if you can't sleep, watch the fishing channel... sleep
- suck on throat lozenges or unsweetened candy
- drink tons of water and some orange juice, fluids are a must after losing so many
- no beer if you're feeling under the weather or if you were just sick; it lowers the immune system and you can get sick again

annoying
unavoidable
bills

Guides
with
MORE

Checking Account

- no matter how large they are or how big a franchise, most businesses do not accept out-of-state checks
- now would be a good time to experience the fun and exciting world of money management by setting up an account on your own and getting to know the workings of a financial institution; you'll be dealing with them for the rest of your life
- picking a bank that has locations in areas that you frequent will eliminate the costly one to two dollar service charge for using an ATM that is not owned by your bank
- a funds transfer number given to your parents can make an all too important emergency deposit just a phone call away
- some universities have set up a system where the bank has an agreement with the university and your student ID card acts as your debit card, credit card, meal ticket and more; you probably do not want to lose it

Cash Flow

- a debit card is your ATM card acting as cash; if you have it, you can spend it... and spend it you may, just make sure you record these transactions; overdrawing can cost you between twenty and thirty-five dollars for the overdraw; then if a check happens to go through in the meantime, that'll be an added twenty-five or so for the bounced check
- banks and credit card companies love irresponsible people; late fees and overdraft fees are free money for them; refuse to give away your money by being organized and responsible
- budget, budget... budget; budget, oh and budget
- if you are going somewhere dangerous like the mall, out on the town or even on a date, take out the amount of cash you can spend within your budget and for your own good, please... leave the card at home, no, ah... leave it

Credit Cards and Your Credit History

- it is known that credit card companies target college students realizing that they are new to money management; the best money they can make is from late fees and over-the-limit fees which together can add up to fifty dollars a month; a high price for taking the bait of temptation
- on the other hand, if you exercise awesome powers of self control and use it responsibly, the credit card can be a savior in bad situations and can start building your credit history
- any payment, of any kind, for any bill that is late, can be posted on your credit history; most importantly, when you go to buy a house, that month late phone bill four years ago will show up like spinach between the crevices of a million dollar smile

WARNING

- demand that the people you meet hook you up with their favorite music; vary your tastes and set a scene for future memories

- stay focused, your involvement in school will determine your starting pay when hired right after school

- show someone your depth and power and look them in the eyes

- stay fit by exercising or working out; if you make this part of your routine now, it will be easier to stick with it when you hit the daily grind

- a watch, a day-planner and plenty of QuickStudy® guides are good gifts for students wanting to maximize their time

- keep spare deodorant in your car or backpack, if you are a go-getter you never know where you'll end up or how long you'll be there

- don't get yourself knee deep in BS; if you say you're going to do something, don't slack, make it count, people will remember you for it

- carrying bookbags & backpacks on one shoulder has been proven to cause future back problems from a shifting of the vertebrae

- be wary of heart breakers, they will mess with your focus that could foul up YOUR future, the most important future of all

- follow your gut... you can have that crazy drunken college story if you go out, or possibly diplomatic immunity as an American Ambassador if you stay in and study

- confront your achilles heel; i.e. if you don't like speaking in front of people, speech class is a much better place to start than a convention with 500 business associates

- keep your feet on the ground, unaccomplished goals become dreams; dreams disappear when you wake up in low rent housing

- an unwanted anything is about as serious as you can get; protect yourself ladies and gents

WARNING

WARNING

Renting & Roommates

- first off, consider staying in the dorm for at least a year; even if you are not a social type of person; a network of friends can result from this experience, and package deals can include meals at the cafeteria
- if you do decide to rent make sure your lease is the right length of time: if it is twelve months but you are leaving in nine, then you will be responsible for three months rent, and you can be taken to court for it
- if you are splitting rent with someone, no matter who the person is, have a plan for assuring that both halves of the rent are paid; if your roommate is slick, he or she could intercept notices that could lead to eviction; on most leases, this will affect your credit even if you were not the one who missed paying rent (I was fooled by a roommate and was given a surprise 24 hour eviction notice in the middle of final exam week... how fun!)
- some apartment complexes have accommodated for this by renting apartments that essentially have a leasing agreement for each room so that each person is only liable for their share
- ask your roommate what they expect from you right away; write down a system of do's and don'ts together first thing, then post it somewhere (in a cabinet maybe); this may help keep some peace in your pad

Phone Service

- if you're rooming with other people, you might not want long distance service hooked up on your phone (check with phone company); you can still dial out long distance using a calling card bought at your nearest gas station; the bill will be cheaper and there will be no arguing over strange calls to Uruguay
- check with the phone company about slimming down your bill; some charges could be features included in the original service that you do not need

Transportation

- your school may not even allow students living on campus to have a car; some may allow it after the first year living on campus...check with your school
- a university should have its own bus system, most of them only require your student I.D. to ride
- other student oriented transportation services may be available at little or no cost; contact student services to investigate
- get a bike if it's practical for the distance; it may combat the "freshman fifteen"
- quite a few people get older cars that are easily repaired - brake pads for a Honda are only ten dollars - it's as easy as changing a tire and you save sixty to a hundred dollars for labor; detailed repair manuals are available at any auto parts store

Sharing the Grocery Bill

- simply not a good idea
- countless best friends have decided to challenge this food sharing negativity, only to end up alone, heart filled with rage and hands holding the long awaited yet sadly empty pan scattered with brownie crumbs

Food on a Budget

- dorm meal tickets are the way to go if you do not want to worry about food your first couple of years; you get plenty of it, there is one bill and it's an option parents like to hear about
- meal tickets are (usually) available for people living off campus as well, and if you're not in a dorm, this is a good time to socialize and be seen
- ramen noodles, of course (not very healthy though in the instant form - loaded with sodium)
- pasta and rice can be kept for months, can be made to any size portion you want, and can be eaten in endless different dishes... use makeshift sauces, soup or parmesan cheese and butter as a topping to get plenty of protein and variety
- when getting meat, size out portions that you might eat at one sitting and freeze the portions separately
- lots of sandwiches never fail, and when you buy a loaf of bread, freeze half if you don't expect to finish it before it needs a shave prior to spreading on the mayo; just leave it out a couple of hours to thaw before eating
- get a job at a place that serves food of some kind... chances are you can eat for free or at a discount

all day
all night
thrills

ATTENTION

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Personal Rewards

- take advantage of the freedom of your college years; 15 hours a week is considered a full load in college, 40 hours is the load of an average employee, 45 to 60 hours a week is more like it if you want to move up the ladder, figure in driving time and you're up to an average between 10 to 15 hours for one day
- in the quest for fun experiences, realize your limits, respect the law and respect those around you
- most importantly, respect the fact that your priority in school is to set up a strong foundation for becoming a successful human being; celebrating and lounging are the personal rewards for this striving toward success
- if your "personal rewards" far outweigh your successes, take a step back, review your situation and the direction it is heading; take steps to make a change; if you need help, don't be afraid to ask for it, friends or family will respect you for the acknowledgement of the problem

Parties and Going Out

- do not feel pressured into drinking, parties are still parties without alcohol and drugs... if there is a lot going on, no one will notice anyway, and you will be entertained for hours
- while the drinking age may not be something on your mind, it is on the mind of the undercover policemen that attend college parties and frequent bars, and the best time of your life can turn into your worst in a split second
- sometimes referred to as the "drunk bus," some areas have a free service for picking up club and bar goers; a van or bus may rotate hot spots to take people home when they do not have a designated driver or cab fare; not only is it safe but also a fun ride (if you can only imagine)
- have themed festivals for food or film with friends; a vampire film fest could include fake teeth, blood punch, a lot of slicked back hair and Vampires Kiss, Lost Boys, Interview With a Vampire and Nosferatu

Considerations

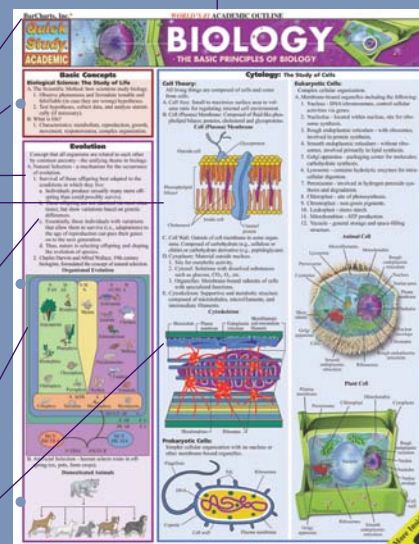
- drinking has its time, place and circumstance for those who choose to do so (at the legal age limit)
- pre-consumption recommendations include: drink at least three glasses of water, take vitamin B-12, an aspirin, milk thistle (for the liver); these can all be taken together and may help decrease the negative effects alcohol has on your body
- post consumption causing major malfunction - drink orange juice or sweetened iced tea; Coke syrup can be bought in its raw form at some drug stores and a spoonful is said to do wonders; you can repeat the pre-consumption recommendations and add peptobismal or alka-seltzer; caffeine and sugar will ease suffering

Relationships

- many people meet their future spouse in college; in a few years you may be returning or moving to an area that does not offer much in the arena of dating - in college you are surrounded by intelligent people your age with similar interests in an extremely social atmosphere
- on the other hand, relationships can ruin your college experience, be extremely comforting, destroy GPA's in a single bound, send some students packing, isolate you from other students and friends, be a learning experience and last but not least, all of the above
- this is a good time for many people to grow as individuals, to experience as individuals, to develop a comfort with being a single person facing challenges and conquering them by your "lonesome," then feeling that "lonesomeness" turn into individuality
- if you haven't already learned to emotionally distance your mind from matters of the heart, then start now; before you moved away for college, most of the people in your life may have been concerned with your feelings, prepare yourself for the "cruel world / jungle-out-there"
- long-distance relationships are generally not a good idea; big phone bills, mind wandering and refusing to meet new people are all problems; evaluate the strength of the relationship before spending your college years taking on more stress than you need

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Personal Safety

- alcohol and drugs can alter your perception and actions enough that you could find yourself in a dangerous situation without realizing how you got there
- some studies have shown that 1 in 4 women throughout their college years have either been date or acquaintance raped, or had to fight off date rape
- don't leave your drink unattended; some date rape drugs will dissolve undetected in a drink and cause paralysis; sometimes victims remember the rape and the inability to move, and sometimes they don't remember at all
- some universities now have escorts that can walk you from one place to another for protection on campus; use them, or become an escort if you have the extra time
- safety paths or trails are also available at some schools, with emergency phones spaced out along the path
- mace or a personal hand-held alarm should be kept readily available if you walk through dark, secluded sections on or around campus (or anywhere really)

Trips - Road and Abroad

- road trips and trips to foreign countries are highly recommended, this is the perfect time in your life for this freedom
- taking classes overseas that apply credits at home is a very common undertaking and often very affordable; check with as many offices as possible on this, one resource will not give you all the possibilities
- students, the college of your major and professors organize trips all over the world in packages that are discounted to fit a student's budget
- road trips with friends can be the cheapest, most fun way to see parts of the country, especially if you rough it with 6 to a room

QuickStudy® for your ride

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Courses and Majors

- skipping out on orientation and other introductory events could mean missed opportunities for early registration; classes can fill faster than your index finger can dial the registration phone number
- review required courses, plan a loose schedule that includes all of them over the first couple of years, then you don't have to worry about them when you have more interesting courses to take
- when planning for registration, always have a back-up plan and a list of alternate courses you could take if one or the other is full; this could get tricky where times of your classes are concerned, make sure you have the correct times
- if you are unsure about which major to choose, don't panic, allow yourself a little time to take a couple of courses that look interesting
- be serious about your search for a major, don't get caught up in college life only to realize that you did not research career opportunities, it's the only way you can truly find a career that you KNOW you will enjoy; make sure the work itself is satisfying to you

Networking

- any person you meet could be a possible hook-up or contact for a job opportunity in the future
- build bridges and don't burn them; getting that job you want will be 99.999% easier with a solid contact and a plethora of references
- get phone numbers, e-mails, home addresses and keep up with your contacts after college; you may think the people you hang out with are not valuable as contacts... but they very well may be, even only a year after college
- the most valuable networking is done with professors and club and organization members; they will be exposed first-hand to your work and will hopefully get a chance to see you in action

Projects (for resume)

- a project is experience to a possible employer; the more work you do on it, the more experience you have; spend the time to make it look professional
- without the tangible evidence of your abilities shown from completing a project, an employer, client, or investor has nothing to make them feel confident that you are the person for them
- in essence, your degree is a piece of paper indistinguishable from the next piece of paper that another graduate holds; it is not a golden ticket into a career wonderland, you'll have to prove your worth

Connecting With Professors

- visit your professor during office hours (not always and only near test time) you will learn more from them and they may clue you in on the things to pay more attention to when studying
- professors make great references when applying for job opportunities, but they have to know who you are, and you have to make an impression
- sitting in the front of the class is a great idea if you're going to get involved and always pay attention, otherwise you could be calling attention to your obvious boredom with the subject and the instructor
- asking good questions will distinguish you from others and give the instructor feedback that may energize the class and the discussion; this could in turn energize your grade
- don't go overboard kissing butt; professors see this a mile away
- go to every single class, you should AT LEAST be that interested in the subject, profs notice this even if they do not take roll

Interning

- check early on with the college of your major, an internship may actually be required
- absolutely invaluable when it comes to landing the best jobs; if you didn't intern, someone else did and their resume is on top of a stack of two hundred more, including yours
- grin and bear it through your internship no matter how hard it may seem, the people working with you may think they need to baptize you with fire; if you take it like a champ - then chances are they will offer you a real job when the internship is up, and you will be treated as a colleague not a peon
- make sure you are performing tasks that can be used as experience in the field you want to work in; some companies may try to take advantage of a free copy room person; granted you may perform some of these menial tasks, just make sure it's not all you're doing
- research and find a company that will be most rewarding to you career-wise; if the company doesn't usually have interns, you could probably convince them to take you in, especially for free or close to it

On Campus

- buying used textbooks will save you money; just make sure the edition the professor is using is the same edition, it will make a huge difference if the professor refers to page numbers in class
- do not leave your books, umbrella or jacket alone for a second
- parking stickers are a must if you drive to school, towing companies in college towns sometimes seem above-the-law with their ability to take your car in any situation
- get your parking stickers early, smaller campuses may have a cap on parking sticker sales
- the first day of your courses may be required, if there is a waiting list for the class and you miss, then your seat may be given to someone else that's waiting; this is a rule that can not be disputed

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