

Adult Student Survival Guide- Tips from the frontlines

Little Things You Wish You Would've Known Sooner

There are nap **pods and hammocks** located throughout campus. If you have a long break between classes, it may be a great opportunity to recharge. Nap pods can be found in the Student Union, Cone, and Atkins Library. There are two hammocks near Storrs, behind the architecture building and a few more near Atkins Library. - Jess

In the Cone Center, 2nd floor, at the back of Niner Central is a **great place to study**. Also the restrooms there are the cleanest in the whole school. Lower level of McEniry is also an ideal place to study, because not many people go there. If you ever want a quiet place to think or read, the gardens are also a great choice. - Han

As an adult commuter student, I was so nervous about where I would reheat my food. I am not at the age where I can eat greasy, processed foods every day! I enjoy my healthier meals. **There is a microwave in the library** on the ground floor by the vending machines- just look behind them. It is a little hidden, but it is there. - Liz

Apply for ALL the scholarships. The scholarship portal is a great resource and very easy to navigate. There are scholarships that are **targeted to adult students**, transfer students, and re-entry students. - April

There is an open **meditation room in the Cone Building** called Peace Haven.
- Cassie

Read books outside of class. It may seem like you are already too busy to complete daily challenges, but **add a book to your routine**. It will change your life. - Jazmin

Please utilize UREC. They have showers and lockers. You do not need a lock for the locker because it is integrated. Plan your day and **try to spend some time working out** because it really does help with the stress of being an adult student, life, work, and everything else in between. - Liz

Academic Resources You'll be Glad You Used

Utilize resources at the **University Center for Academic Excellence (UCAE)**.

Tutoring is a great resource and it is completely free! Do not be discouraged if your course is not listed, you can email tutoringserv@uncc.edu. - Jess

The Writing Resources Center is a great resource for having a second set of eyes to read over your papers. They offer a variety of ways to utilize their services. - April

Learn how to use CANVAS right away! Understanding how to **navigate CANVAS for your courses** will prevent you from missing assignments and due dates. - Alison

Tips for Success in the Classroom - Helpful Hints

Keep your instructor in the loop. If you are experiencing any problems that could interfere with your class, don't be afraid to talk to your instructor. Send them an email- **remember email etiquette** and keep it professional. Instructors don't mind helping you. They would prefer that you keep them in the loop rather than in the dark! - Vicky

Office hours are a thing. Don't hesitate to **reach out to your professor** for help if you need it. The longer you wait to access help, the bigger the trench you dig. Most professors and advisors hold virtual office hours! - Jazmin Y.

NOTES! Take notes even if you say to yourself "I'll remember that!" It's easy to forget a simple concept when we have so many other responsibilities. Microsoft OneNote is an amazing application to keep all your notes in one place. It can be used in a web browser or desktop app. - Lauren

Send an **introduction letter to each of your teachers** with a brief overview of yourself and what your goals are in the class. Ask your questions about the syllabus here. They will appreciate that you already read it and took the initiative. - Adam

Review the questions at the end of chapters; many of the questions on quizzes and tests come from those. Before a test, take the questions to your quizzes or from the reading and **make your own test to practice.** This has made me more prepared for anything I've done yet. - Adam

I have found that **if I really like a teacher, I will take a few classes with them** because you know their teaching style and they know what kind of student you are (show them that you are hard working). Always go above and beyond and do your absolute best in whatever your assignments and responsibilities are. Teachers will notice you and I have had a couple tell me (one before I even asked her) that they would give me a good reference! - Glory

The Most Impactful Career and Future Planning Tips

Don't forget to get your three items from the **professional clothing closet at the Career Center**. You can get three items of clothing and accessories for job interviews per semester if needed. That can be very helpful in not only having the education but looking the part (professional). Don't forget to bring your school ID with you because they will scan it to show you got your items each semester. - Glory

If AT ALL possible, **get an internship!** I know as adults we have other jobs and responsibilities, but if you can find a way to make an internship work, do it. It's so helpful for real-world application of what we are learning, but may also lead to a full time position for after graduation! - Lauren

Go to the **career fairs and internship fairs**, please! You will want to spend some time researching companies and people you want to work with after graduation and this is a wonderful opportunity to actually meet people from that company. - Lauren