

PREPARING FOR SCHOOL

From Counseling Services and the AOD Program at Arcadia

Heinz Hall Ground Floor Office #38
215-572-2967

COMPLETE ALCOHOL/EDU-HAVEN

AlcoholEdu and Haven are interactive educational programs designed to help you protect yourself and others.

The courses are confidential, take approximately two hours to complete, and can be completed in segments. Access will be available in late-July.

Course must be completed by Monday, August 19.

MEDICATION REFILLS

Make sure that you have a few months supply of your prescription before arriving to campus. Avoid running out of medication before you are able to return to your provider.

SUPPORT SYSTEM PLAN

Identify your support system and talk with them about how you plan to stay in touch. Finding the right balance between connection to home and connection at Arcadia can be challenging and looks different for everyone.

PRACTICE SELF CARE

Make an extra effort to take care of yourself, including making time to rest, eat balanced meals, exercise and avoid abuse of alcohol or other drugs. Try to develop a manageable schedule, including identifying your optimal place and time in the day to study.

REALISTIC EXPECTATIONS

Give yourself some time to adjust. Recognize that relationships take time to develop (e.g. most students' friendships from home formed over a period of years), and that your surroundings will become more familiar over time.

COUNSELING TOOLBOX

Information and helpful tools can be found on the Arcadia Counseling Services website. Familiarize yourself with this invaluable resource before classes start.

myarcadia/counselingservices

JUST BREATHE...

Transitioning to college can be stressful and can sometimes feel overwhelming. Download an app to help stay centered and focused. We suggest Headspace or Happify.