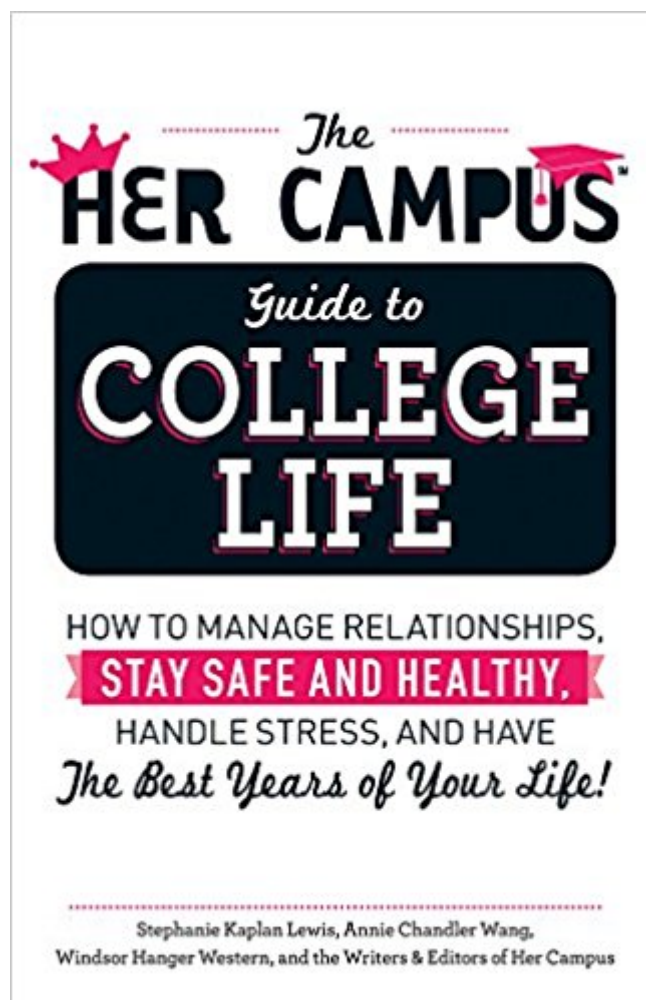


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# The Her Campus Guide To College Life: How To Manage Relationships, Stay Safe And Healthy, Handle Stress, And Have The Best Years Of Your Life





## Synopsis

From dating to internships--everything you need to know about collegeGet ready for the best years of your life! Written by the experts behind Her Campus, this college guide is bursting with insider tips to help you navigate classes, relationships, and all your extracurriculars--including parties and Greek life. Whether you're a seasoned upperclassman or are starting freshman year in just a few months, you'll learn how to:

- Bond with your roommate and set ground rules for your new space
- Beat the Freshman 15 without having to give up dessert
- Snag a date with the cutie from your Lit class
- Cope with stress and anxiety--even during finals week!
- Score jobs and internships that will help you transition into post-collegiette life

You'll also get the lowdown on campus safety so you can enjoy all that college has to offer while avoiding the unfortunate scary parts that sometimes come with it. Complete with fun checklists and worksheets to help you carry out HC's essential advice, The Her Campus Guide to College Life shows you how to make the most out of your experience--in and outside the classroom.

## Book Information

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## Customer Reviews

I read this book last night (free on Kindle Unlimited) and ordered it today for 4 high school grads that I coach. As a professor and social psychologist, I found the advice on a wide range of topics (e.g., how to stay safe on campus, how to talk to professors, how to study and manage time, how to navigate social media, how to apply for jobs and internships) to be accurate and on-target, and written in a style that will appeal to 18 year olds (i.e., informal and engaging, but not too

â œcutesyâ •). As someone who teaches human sexuality, I also appreciated the advice on navigating friendships, romantic relationships, and hookups (which is super important, but not something that most parents feel comfortable talking about); the information in these chapters was accurate, relevant, realistic, and not too preachy. My only qualm about the book is that it consistently presumed heterosexuality (e.g., referring to crushes as â œboy toysâ • or â œstudsâ •, when it would have been just as easy to use more inclusive terminology or to acknowledge that some readers will have a same-sex crush), especially given research showing that women tend to be â œsexually fluidâ • (or changing), especially in the college years (numbers are often underreported because of stigma, but itâ™s not unlikely that up to 10% of the readers of the book will have crushes on women). If you can get over that, the book is an easy read and a great resource for someone about to go off to college. One tip I would add: Take your own printer to college! In my experience, students who rely on campus printer labs are much more likely to turn in work late (or not at all) because they try to print at the last minute and run into problems (e.g.

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