

Freshman Year for Dummies

Some hints on how to survive the first year of college

By Kate Rose
Staff Writer

Open houses, applications, SAT's, orientation, move-in day and first college classes are just some of things that freshmen encounter on the road to higher education. Sitting alongside other freshmen, sometimes excited and sometimes nervous, either way not knowing completely what to expect. Advice is often given by friends and family, but can be overwhelming.

It is now that freshmen get a chance to sit back and enjoy their first reading of *The Rider News* and get a little advice from Rider students who survived their freshman year and lived to tell the tale.

It all starts with the residence hall, a second home to many Rider students, or the car, if you are commuting.

When it comes to living on campus, many incoming students worry about sharing a room with a stranger and living away from friends and family.

"Get to know your roommate as best you can," said senior Rebecca Soffen. "Be honest with each other about your likes and dislikes."

Residence hall staff suggests roommate contracts and often run programs that help hall members to create friendships. Roommate conflicts do occur, but open minds and patience are a key to keeping the peace.

There are a lot of changes that one must adapt to freshman year and students find different ways to help them cope with these changes.

"My friends helped me the most," said Anthony Trevean, a senior. "School

was stressful and they were always there to help take the load off and keep me laughing."

The stress of college can really get to students but there are many people to turn to, from friends to professors, to residence hall staff, administration and the counseling center.

"There are times you may feel down and overwhelmed, but there's always someone you can turn to for help," junior Casey Kocsis said. After spending a year as a resident advisor, she is fully aware of the resources available to students who are feeling stressed.

Sometimes simple comfort foods like Easy Mac and Cup of Noodles can do the job, while other students may look towards Daly's or the Bronc Diner.

"Chicken fingers and mozzarella sticks," is what junior Melissa Andus said helped her survive freshman year. Late night visits to what was then called the C-Store gave her energy to finish midnight study sessions.

Currently studying abroad in Australia, Andus misses the snacks that helped her through her first year at Rider.

When it comes to classes many students have the same advice. Keep up on the work or it will get out of control later.

"I went to all my classes and kept up on the reading," said senior Brian Harden. Though it seems simple, reading the textbook is sometimes the easiest way to do well in a class. It is also easy to give in to the temptation to sleep in and skip class, but it is also the easiest way to



Photo by Jennifer Khun

Freshmen Kim Jarosiewicz (left), Rachel Stuckey (middle) and Brigid Redmond (right) relax in their room, their new home away from home, as they take in all of the excitement of starting their first year at college.

fall behind.

"Always use a planner," Soffen urged. With a full load of classes and extracurricular activities a planner helps to keep important dates and deadlines in order.

Senior Nick Ciampolillo was enthusiastic about all the opportunity freshmen have.

"The best advice I could give to incoming freshmen is to just get involved in something," he said.

"We are here to study and do well in classes, but that is only half of what college is about. Just as important to collegiate success is networking and socializing, because doing so helps you grow and develop as a person just as much as getting an A in a class," he added.

Getting involved has made all the difference to many students at Rider. There is so much more to Rider University than simply going to class.

A member of the lacrosse team, fraternity Sigma Phi Epsilon, the Finance Board and DJ at the student pub, senior Tymish Halibey has taken full advantage of Rider's opportunities outside the classroom. He suggests that students, both residents and commuters, get involved on campus at evenings, nights and weekends to check out all the different things to do.

"Check out the clubs, meet the Greeks, run for office and get to know all the people you can," Halibey suggested. "Go out and experience all that Rider has to offer!"

CAMPUS CORNER

COMPILED BY LACEY KOREVEC, FEATURES AND ENTERTAINMENT EDITOR

Saturday, September 20

SEC Film: *2 Fast 2 Furious*

7:30 p.m., BLC Theatre

Mass

4 p.m. and 7 p.m., Gill Chapel

Bus Trip to Philadelphia Museums

11 a.m., Meet in front of BLC

Sunday, September 21

SEC Film: *2 Fast 2 Furious*

7:30 p.m., BLC Theatre

Mass

11 a.m., Gill Chapel

Bus Trip to Great Adventure

11 a.m., Meet in front of BLC

Monday, September 22

Supper and Devotions/PCM

5-6:30 p.m., Gill Chapel

Senior Night in the Pub

9 p.m. - 2 a.m., (Must be 21)

SEC General Board Meeting

10 p.m., BLC 245

Tuesday, September 23

LASO Chill Night

7:30 - 9:30 p.m., Pub

School Ring Sales

12 - 6 p.m.,

Outside University bookstore

Time Management Workshop,

10:30 p.m., Hill Hall A-Lounge

Wednesday, September 24

Greeks Around the World

9 p.m., BLC 245

School Ring Sales

12 - 6 p.m.,

Outside University bookstore

Thursday, September 25

BBQ with CCM

5 p.m., Emmaus House

SEC Film: *The Italian Job*

7:30 p.m., BLC Theater

Bronc Buffet

10 p.m. - 1 a.m., Daly's

School Ring Sales

12 - 6 p.m.,

Outside University bookstore

Friday, September 26

SEC Film: *The Italian Job*

7:30 p.m., BLC Theater

AMC Theatres

at Hamilton

Sept. 19 - April 21

Freddy Vs. Jason: 1:50pm | 4:30pm | 7:30pm | 9:50pm

American Wedding: 4:50pm | 7:40pm | 10:00pm

Cabin Fever: 1:50pm | 4:15pm | 7:20pm | 9:40pm

Camp: 1:40pm

Dickie Roberts: Former Child Star: 2:15pm | 5:00pm | 7:35pm | 9:55pm

Dirty Pretty Things: 1:40pm | 5:20pm | 7:35pm | 9:50pm

Freaky Friday (2003): 1:30pm | 4:15pm | 7:05pm

Jeepers Creepers 2: 2:15pm | 4:40pm | 7:15pm | 9:35pm

Le Divorce: 1:30pm | 4:20pm | 7:10pm | 9:40pm

Matchstick Men: 2:00pm | 3:45pm | 4:45pm | 6:30pm | 8:00pm | 9:15pm

The Medallion: 5:35pm | 7:45pm | 9:45pm

My Boss's Daughter: 9:25pm

No Good Deed: 1:35pm | 4:00pm | 7:00pm | 9:20pm

Once Upon a Time in Mexico: 2:00pm | 2:45pm | 3:45pm | 4:30pm | 5:30pm | 6:15pm | 7:00pm | 8:15pm | 9:00pm | 9:45pm

Open Range: 1:55pm | 5:10pm | 8:10pm

The Order: 2:20pm | 5:10pm | 7:30pm | 10:00pm

Pirates of the Caribbean: The Curse of the Black Pearl: 1:45pm | 5:00pm | 8:15pm

S.W.A.T.: 2:10pm | 4:45pm | 7:25pm | 9:55pm

Seabiscuit: 1:45pm | 3:00pm | 5:00pm | 6:30pm | 8:20pm | 9:30pm

Thirteen (2003): 1:30pm | 4:10pm | 6:45pm | 9:15pm

Uptown Girls: 2:25pm | 7:55pm