



Back-to-School Tips: College Students

The beginning of a new school year often brings a mix of excitement and uncertainty. One of the best ways to ease the transition is by reestablishing a consistent sleep schedule before classes begin, allowing your body time to adjust. Taking time to review each course syllabus before the semester gets busy also helps you understand expectations, plan ahead for assignments and reduce stress throughout the term. Starting the semester with healthy routines and realistic expectations can help you feel more confident and prepared for the weeks ahead.

Build Healthy Study Habits

Creating good routines early can set you up for success throughout the semester. Explore a few different study locations, such as the library, a quiet coffee shop or an outdoor space, to help improve focus and retention. Stay organized by using a planner or digital calendar to keep track of class schedules, assignment deadlines, exams and personal commitments. Scheduling study sessions in advance and breaking larger projects into smaller tasks can make your workload feel more manageable while helping you maintain a healthy balance between school and personal life.

Use the Support Around You

Success in school isn't about doing everything on your own. Get to know your professors by participating in class, asking questions and taking advantage of office hours. If challenges arise, reach out early to professors, residence advisors or your school's mental health services for guidance and support. Colleges offer a variety of academic, social and wellness resources designed to help students succeed, so don't hesitate to use them. Asking for help is a sign of strength, and building a support network can make your school year healthier, less stressful and more rewarding.

TELUS Health provides referrals to qualified mental health professionals that can help. Call TELUS Health at **800-245-1150** to speak to your designated Care Coordinator about your benefits and options for support.