Paper



**TOOL** 

### **College Survival Guide**

Our packing checklist, 7 day studying schedule, and emergency contact sheet will help you get ready for college.

### **Tool Includes:**

- **Back to School Packing Checklist** 4
- 7 **Weekly Study Schedule Templates**
- **Note-Taking Templates** 13
- **Emergency Contact List Template** 16





**TOOL** 

### **College Survival Guide**

Transitioning from high school to college can be an exciting time, and a stressful one. It's important that you're prepared for the first time you venture away from home. Our survival guide will help you get everything you need packed, get you on track with a studying schedule, and organize your emergency contacts.

### **What You Will Need**

Hammermill® Paper Highlighter, Pens or Markers for Coloring and Personalization



### Packing Checklist

Print out the following checklist. It will help serve as a guide in what you need for school. Add to the list as needed.

BED	COMPUTER & ELECTRONICS	NOTES
Blankets Comforter Pillows Pillowcases Mattress Pad	Keyboard  Mouse  Headphones  Cables  Surge Protector	
DESK	Computer Printer Printer Ink	
Calendar Folders Desk Lamp Paper Clips Post-its	Paper for Everyday Hammermill® Copy Plus  Paper for Presentations Hammermill® Premium Color Copy  USB Flash Drive	
Stapler Envelopes Scissors Glue Trash Can Notecards Recycling Bin Tape Ruler Pens and Pencils Postage Stamps	FOOD  Cereal Granola Bars Bottled Water Juice Soda Popcorn Soup Dehydrated Noodles Peanut Butter and Jelly	
CLASS SUPPLIES	Bread  Macaroni and Cheese	
Notebooks Pens Highlighters Notepaper Textbooks Calculator Backpack Index Cards	ROOM  Posters and Wall Art Framed Pictures Television Corkboard with Pushpins Extension Cord Alarm Clock Organization Containers	



TOILETRIES & BATHROOM	MISCELLANEOUS	NOTES
First Aid Kit	List of Emergency Contacts	
Prescription Medication	Medical Insurance Card	
Vitamins	Student ID	
Makeup and Cosmetics	Checks and Bank Info	
Pain Reliever		
Brush and Comb	Car Registration Batteries	
Shampoo and Conditioner	Flashlight	
Hair Straightener and Dryer	Sewing Kit Umbrella	
Curling Iron	Water Bottle	
Shower Caddy Washcloths		
Bath Towels and Robe	Safety Pins	
	Sports Equipment Organization Containers	
Mirror To other up and To other out of	Containers	
Toothbrush and Toothpaste  Deodorant		
Floss	CLOTHING	
Shaving Cream	CLOTTING	
Soap	Dress Clothes	
Sunscreen	Workout Outfit	
Lotion	Running Shoes	
O-tips and Cotton Balls	Flip Flops	
Toilet Paper	Pajamas	
Tweezers	Pants	
Nail Clippers	Jeans	
Razors	Shorts	
1102010	Shirts	
	Socks	<u> </u>
LAUNDRY SUPPLIES	Shoes	
	Sweaters	
Laundry Detergent	Swimsuit	
Fabric Softener	Underwear	
Change for Washing Machine	Watch	
Stain Remover	Jewelry	
Laundry Hamper	Hat	
Hangers	Belt	
Ironing Board		
Iron		





## Weekly Study Schedule

Choose from one of the following weekly study templates. Print one out for each week. Keep them in a binder or hang them near your desk.

MONTH

INTERNATIONAL @PAPER HAMMERMILL.

MONTH

THIS WEEK: Soals:	events	notes:	assignments
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MONTH

MONTH							
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## College Survival Guide: Weekly Planner

MONTH			

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# Template for Note-Taking

Print out multiple copies of our note-taking templates for added efficiency and organization.

Class		Date						
oday's Topics								
opic								
Support	Support	Support						

Class	Date
Today's Topics	





### Emergency Contact List

Just in case, an emergency contact list is good to have available at a moment's notice.

### **HOME** and **FAMILY**

HOUSE PHONE CELL: WORK: FAMILY CONTACT 1 CELL: WORK: FAMILY CONTACT 2 CELL: WORK: FAMILY CONTACT 3 CELL: WORK: **MEDICAL** PHYSICIAN POISON CONTROL HOSPITAL DENTIST PHARMACY MEDICAL INSURANCE **EMERGENCY** CAMPUS POLICE AMBULANCE FIRE DEPARTMENT POISON CONTROL AUTO INSURANCE

MAJOR EMERGENCY

Call 911

