



TOOL

College Survival Guide

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

Tool Includes:

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

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

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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.

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- DESK

© 2010 Blackwell Publishing Ltd *Journal of Internal Medicine* 267: 105–113

- ## CLASS SUPPLIES

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- FOOD

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- ROOM

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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

goals:

[illegible]

notes:

[illegible]

SUN _____ MON _____ TUES _____ WED _____ THUR _____ FRI _____ SAT _____

Morning	Afternoon	Night

MONTH _____

THIS WEEK:

goals:

notes:

[illegible]

S	M	T	W	T	F	S
events						
to do						
assignments						

MONTH

S	M	T	W	T	F	S
TO DO:				GOALS:	CLASS:	
NOTES:					CLASS:	CLASS:
					CLASS:	CLASS:

TO DO:

GOALS:

CLASS:

NOTES:

MISC:

INTERNATIONAL  PAPER
HAMMERMILL®

Paper for **Life.**

MONTH _____

SUN /	MON /	TUES /	WED /	THUR /	FRI /	SAT /
TO DO:		GOALS:			CLASS:	
					CLASS:	
					CLASS:	
NOTES:		MISC:			CLASS:	
					CLASS:	
					CLASS:	

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Template for Note-Taking

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

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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:

MAJOR EMERGENCY
Call 911

MEDICAL

PHYSICIAN
POISON CONTROL
HOSPITAL
DENTIST
PHARMACY
MEDICAL INSURANCE

EMERGENCY

CAMPUS POLICE
AMBULANCE
FIRE DEPARTMENT
POISON CONTROL
AUTO INSURANCE

