

Top Advice to Freshmen (From 2006 Freshman Student-Athletes)

General

1. Be organized and learn early how to manage your time from the beginning
2. Stay organized (use your planner)
3. Get as much sleep as possible
4. Attend sporting events and meet new people
5. Be open minded to diversity in relationships
6. Find out about area churches (if going to church is an important part of your life)
7. Do not park in illegal places, park in your designated areas (parking tickets are no joke)
8. Eat healthy
9. Choose friends wisely – realize that making friends who share the same values takes time, so keep working at it until you find what you're looking for
10. Stay in touch with friends and family who are in other locations
11. Be prepared for friends at home to change
12. Stay positive
13. Don't go out every night, especially weeknights
14. Take time for yourself when needed
15. Be prepared for the possibility of homesickness
16. Have a good balance between your social, academic and athletic lives
17. Try to get a home cooked meal as often as possible
18. Be on time for meetings, practices, etc.
19. Leave early for class in case there is a train
20. Have access to money
21. Try and budget your money the best that you can
22. Know your meal plan limitations, and plan accordingly
23. Use time between class and practice wisely
24. If you have a laptop, have wireless capabilities to use on campus and in study hall
25. Be prepared for the worst—it is a roller coaster ride
26. Be prepared for changes in the weather
27. Don't be afraid to ask questions, regardless if you think they are “stupid questions”
28. Be aware of the high crime rate in Memphis

Academics

29. Be prepared for everything to be faster in the classroom and on the playing field – be prepared for college level classes and a tougher workload – it's not high school anymore
30. Don't procrastinate on your work
31. Study for tests in advance, don't wait until the last minute
32. Get help early
33. Go to every class – only miss due to travel
34. Sit as close to the front of class as possible
35. Take good notes in class
36. Do your homework, even if it doesn't count for a grade (it helps)
37. Read material for class ahead of time so you can follow the instructor during lecture
38. College classes require much more writing than high school classes – be prepared to write a lot of papers in many classes, not just English
39. Use weekends to catch up on schoolwork
40. Make time to study aside from study hall
41. Take advantage of extra credit offered
42. Be prepared for foreign teachers

Working with Professors, Counselors, and Coaches

43. Show your professors respect and gain their respect in return
44. Introduce yourself to your professors and talk with them often
45. Communicate with your professors about travel dates and days of absence
46. Don't be afraid to ask your professors, counselors, and coaches for help
47. If you think you need a tutor, ask for one immediately, don't wait until it's too late
48. Get your study hall hours each week
49. Take summer classes if possible
50. Get ahead on your academic work, especially when you're going to travel
51. Be open to constructive criticism from coaches, professors, and counselors – remember, they are here to help you become better in everything you do
52. Communicate with your coaches, professors, and counselors – ask for their feedback
53. Professors are much more willing to help you out if you go to class regularly

Be Aware of List (Items you won't necessarily like but will be realities as an athlete)

1. Coaches will require early morning workouts and practices
2. When you're in season, it feels like you will have no time for a social life
3. Some professors are lenient with athletes who miss class/assignments for traveling, others are not – you have to try your best to work with each individually
4. There are punishments for missing class/study hall
5. There is always the possibility of getting red-shirted

Survival List

1. Come to school in shape – use the summer to weight train, run and prepare for pre-season
2. Bring an answering machine
3. Bring an alarm clock
4. Bring plenty of pictures of friends and loved ones
5. Bring winter and summer clothes
6. Bring transportation if possible
7. Bring a calling card
8. Bring a computer if possible
9. Bring a vacuum/broom
10. Bring ear plugs
11. Bring the necessities (toilet paper, soap, notebooks, pens, pencils, calculator)
12. Bring enough money
13. Bring a mini-refrigerator
14. Bring a cell phone
15. Bring an umbrella
16. Bring a playstation/xbox