

University of Montana

ScholarWorks at University of Montana

University of Montana News Releases, 1928,
1956-present

University Relations

8-27-1984

Coping with first-day syndrome

University of Montana–Missoula. Office of University Relations

Follow this and additional works at: <https://scholarworks.umt.edu/newsreleases>

Let us know how access to this document benefits you.

Recommended Citation

University of Montana–Missoula. Office of University Relations, "Coping with first-day syndrome" (1984).
University of Montana News Releases, 1928, 1956-present. 8906.
<https://scholarworks.umt.edu/newsreleases/8906>

This News Article is brought to you for free and open access by the University Relations at ScholarWorks at University of Montana. It has been accepted for inclusion in University of Montana News Releases, 1928, 1956-present by an authorized administrator of ScholarWorks at University of Montana. For more information, please contact scholarworks@mso.umt.edu.



University of Montana

Office of University Relations • Missoula, Montana 59812 • (406) 243-2522

MEDIA RELEASE

pedraza/vs1
8/27/84
dailies & weeklies

COPING WITH FIRST-DAY SYNDROME

By Carlos Pedraza
UM News and Publications

MISSOULA--

You are a college freshman and it's your first day on campus. You sit in your dorm room, just having noticed that the dorm doesn't provide bed sheets and you didn't bring any. Your frustration gives way to desperation as you realize you have no idea what classes you're going to take or how to sign up and pay for them.

You panic. You've fallen prey to the First-Day Syndrome.

The first day of college tends to overwhelm a new student, but the University of Montana provides a full week of activities, Sept. 16-21, designed to ease the transition to college life. The best way to cope with any new experience is to plan ahead.

If, for example, you plan to move into your dormitory on Sept. 16, you might want to know where on the 200-acre campus your dormitory is. Check the literature you've been sent by the university; many of the brochures have campus maps. You can always try calling the Admissions Office (406/243-6266) for directions.

Next, think about what you need to bring. The dormitories supply only the bare essentials in furniture: a bed (no sheets!), a desk with a lamp, a chair, dresser and closet. Everything else you bring. Some suggestions from a seasoned professional dorm resident: a hot pot (for soup, coffee or tea), a popcorn popper (popcorn being a college diet staple), an extra reading lamp (in case you prefer reading in bed instead of at a desk), and a television (this will make you popular among your neighbors who will prefer to visit you to trudging all the way to the TV lounge).

(over)

first day--add one

Now is the time to plan for what you're going to do after you've moved into the dormitory on Sept. 16. To get started on the right foot, the University of Montana is holding its second annual Welcomefest Sept. 16 from noon to 5 p.m. on the mall at the corner of Arthur Ave. and University Ave. The Welcomefest features food, music, and an information fair presented by various campus services.

The orientation activities that begin Sept. 17 are designed to help students complete all the tasks required before registering for classes as well as to provide the opportunity to learn about campus services and organizations. The university will also offer personal assistance meetings and workshops in study skills.

Orientation begins with a number of meetings where students will receive directions and a packet of materials to assist them in registration.

If students attended UM Days in April their meeting will be Sept. 17 at 10:30 a.m. Students who came to summer orientation in July or August will meet at 1:30 p.m. Those freshmen who did not attend either program will meet at 8:30 a.m. Transfer students will meet at 9:45 a.m. All meetings will be in the University Theatre.

After these meetings, students will gather in small groups with UM Advocates, upperclassmen volunteers who staff orientation events. Students' individual concerns will be dealt with at that time.

Although new students can look forward to many more events that first week, planning ahead for the first day can ensure a victory over the First-Day Syndrome.

#