

How to Survive in College

Balancing Academic, Social, and Personal Development



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The reason why we choose this topic

After going to college, there are many things that you have to coordinate and plan by yourself, rather than the school will arrange them for you like in high school, so it is important to balance time and energy planning for academics, social interactions, and self-development.



Social skills development



Building good interpersonal relationships, exploring social skills, teamwork, and conflict resolution are important at the university, as there are many assignments or reports that require teamwork in the textile department, especially in the marketing group



How to Relax and have good mood

Wearing your own favorite style!



- **Feel more confident**
- **More comfortable**
- **Good mood**

Have some “me time”



- **Without social**
- **Follow your heart**
- **Selfcare**

How to Relax and have good mood

Positive
Vibes
Only

Stay positive



Eat a balanced diet



Work-life balance



Sleep better

You are doing
GREAT!

be kind to your mind

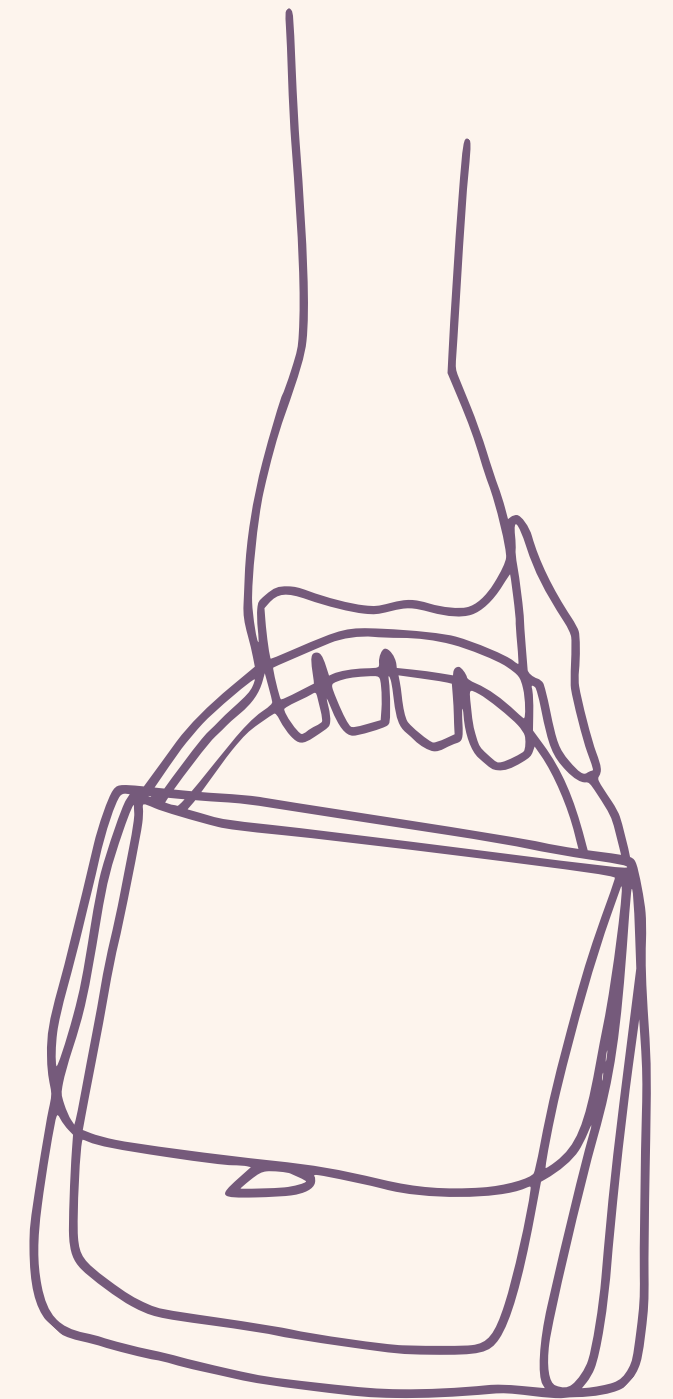


Believe in yourself

Financial Management



- Create a clear budget sheet, outlining monthly expenditures and income to ensure a rational allocation of funds.
- Learn to distinguish between "needs" and "want", prioritizing essential requirements to avoid unnecessary spending.
- Actively seek part-time job opportunities to supplement income, ensuring it doesn't compromise academic commitments.



THANK YOU

