



# Plan4CollegeNOV

TULSA CITY-COUNTY LIBRARY

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## Some Changes

Well, I am sure you have all noticed a bit of a change with this month's P4C newsletter from TCCL. I really hope you like the new format and the new information.

We felt it was time to give our readers a bit more than we have provided in the past. To that end we have added some new monthly content in the form of articles that will talk about college life, help teens get ready for the change and also articles to help parents get ready for the change as well.

The links will still be here, as well as any programming coming up that you may want to check out. We are always looking for feedback on our ideas and we hope that you write us and let us know what you think.

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## Money Money Money!

Afraid of the whole "I am now on my own and have to pay my own bills" aspect to college? This monthly column is here to give you advice and links to help paying for college and paying your bills while in college a bit easier to prepare for. There's a great article over at [Beingfrugal.net](http://Beingfrugal.net) from a college girl named Brittany which every prospective college kid should read. It has some great ideas on how to save money while at college (and most of these can be started even in high school and carried on to retirement). Here are some of my favorites from the list.

- Want to have a pizza night? Taco night with friends? Have each person bring one ingredient to contribute to the meal and it will be astronomically cheaper for the host, and that much tastier too.
- Bike it. Not only does using your bike help out your wallet, it's a good work out for the gluteus maximus.
- Bus it. Public transportation is one of man's greatest inventions because it is cheaper than car insurance and history's highest gas prices (which you won't have to pay if you ride the bus/metro/insert other mode of public transportation here). All it takes is a small fare or your campus's bus passes (some universities charge, others give them out for free for a limited number of hours).
- Thrift stores, garage sales and second-hand shops are a college student's best friend when old clothes wear out. It is a widely held belief that thrift stores are the places to shop whether you are cheap or not, because there is such a wide range of clothing that fits anyone's taste and it's rare that you'll see someone else wearing the same clothing item you've bought from a second-hand shop.
- Learn how to budget in unique ways. One method is separating money from your most recent paychecks and putting it into envelopes for different expenses. Budget and know where your money is going.
- As opposed to washing your clothes on campus with quarters or at a Laundromat, wash them at a friend's house and pay them a couple dollars.

## Advice for the Empty Nest

It's not just a whole new world for the students, but for the parents as well. In this new monthly column we'll be looking at help for parents as well, not just financially but also psychologically and socially too because we understand that a big chunk of your household just walked out the door. To start things off, [Totally Unique Life](#) has a pair of great articles written by the parent of a recently freed student. The [first article](#) is written very shortly after the author's daughter leaves for college in August of 2009. The way Mr. Bassette describes things about the leave-taking itself is poignant and heartfelt and I think anyone could empathize with it. The [second article](#) is advice from Bob 6 months later on how he dealt with things and advice for others. These articles are a couple of years old but they are no less vibrant and relevant today as in 2009.

One of the most important tips is the very first one: Communicate but give them space. I know that when I was in college I LOVED hearing from my parents, once a week or so; the feeling didn't always carry over to the third or fourth call in a week, however. Your child is going through a lot and they need your support and to hear from you so they know they're not alone. Having said that, however, remember that they are busy and probably have a ton of things going on and calls from home can become an additional stressor rather than a reliever when they come too often. I think my mother and I came to an agreement that we would talk once a week, and if I hadn't called her by the weekend then she would call me. This worked out great for us, but every situation is different and some kids really do want to talk more often and others less often, try to find that perfect balance (which means communicate with each other).

## Upcoming Programs at TCCL

Do you know TCCL offers computer classes at many of its branches? For more information take a look at our [Event Guide](#)

This month's cover was taken outside of the Herman and Kate Kaiser Library  
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## Q & A

This space is set aside to answer question from our readers. If you have a question that you would like answered, please feel free to email us. Our email addresses can be found at the bottom of this page.

Questions can be about the college experience, about planning for college, or about the resources the library has available to you and your family.

Once we begin receiving emails we will try to include at least one here each month, and the others we hope to link to on our webpage.

## It's All About the Lifestyle!

We all know that going to college is a huge change for everyone involved, parents and young adults alike, and this section will now be devoted to helping students prepare for the lifestyle changes that come with college. We'll talk about advice for everything from scholarships to thrift shopping. This month we'd like to share a great [article](#) from Bryn Mawr college in PA on what students should expect and tips on making the transition from high school to college. While Bryn Mawr is a women's college, the advice the article gives is excellent for both genders. The article starts with some common changes to expect like:

- **Greater personal freedom.** Living on your own for the first time means that you will gain independence and take charge of the many choices and decisions that your parents and teachers made for you in the past. While this new found freedom can be exciting, it may also feel overwhelming and less predictable than what you are accustomed to. The freedom to manage your daily life is a learning process, but one that can be very satisfying.

- **Added responsibility.** First-year students must manage the important daily responsibilities that accompany their increased personal freedom like basic tasks such as eating, sleeping, exercising, and going to class. New students must also address more complex responsibilities such as balancing studying and socializing, participating in clubs and activities, and handling finances. Managing time is a demand that all first-year students experience. A typical day in college is less structured than high school, and there is more reading and studying that is required outside of class. Some students may feel as if they have no free time to do anything but schoolwork, while others feel like they have too much free time outside of the classroom.

It goes on to talk about common stressors like:

- **Time Management.** Now that you are in college, there are no more eight hour school days like those in many high schools. You may have class for six, three, or even zero hours a day. The rest of your time must be negotiated between homework, clubs and activities, work, socializing, and self-care. College students often feel as if there is just not enough time to do everything that needs to be done. Using a schedule and some organizational skills will help you to effectively manage your hectic and changing life.

And finally looks at suggestions on ways to cope like:

- **Get involved.** Student organizations are a fun way to interact with other students and faculty. Meeting people with similar interests and goals is an exciting way to make friends and participate in social activities.



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## Helpful Links

[SAT Test Dates and Deadlines](#)

[PSAT Test Dates and Deadlines](#)

[The ACT for Students](#)

[ASVAB Dates and Deadlines](#)

[The CLEP Test](#)

Have any other links you think we should list? Email us!

## Learning Express

Did you know the library offers a test prep database for free?

Learning Express features online interactive practice tests designed to help students succeed on academic or licensing tests. You'll get immediate scoring, complete answer explanations, and individualized analysis of your practice exam results. College entrance exams (graduate and undergraduate levels) include GED, PSAT, ACT, SAT, GRE, GMAT, and MCAT.

This database is available at all library branches or from home, and there is a free one-time registration requirement for TCCL library card holders.

How Do I Access this Database From Home?

1. Have your library card number ready.
2. Go to [www.tulsalibrary.org](http://www.tulsalibrary.org).
3. Select "Research" from the top menu.
4. Select "Databases" —top icon on the left.
5. Scroll down until you find "Learning Express", the list is in alphabetical order.
6. Click on the link to Learning Express.
7. Go to Account set up for instructions to register!

## The Unlikely Disciple: A Sinner's Semester at America's Holiest University

By Kevin Roose

Are you afraid of being a fish out of water when you go to college? Boy, Kevin Roose sure was when he decided he wanted to see what Liberty University was like for freshmen. You see, Kevin was a student at Brown University and the two schools seem to be about as alike as fire and water. Kevin wasn't looking to point fingers, or look for the bad in anything, he was simply curious what student life at one of America's most conservative schools was like. What followed was a journey of learning and compromise, and above all else a journey of discovering that students are students no matter where they go to school.

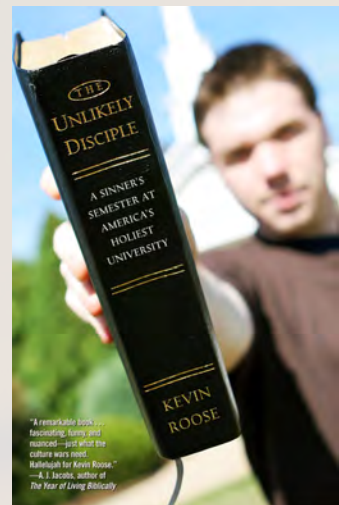
This is not a book about extremism, although it is discussed within the pages (how can it not be when two extremes meet?), but instead it is a book about finding the middle ground where all people can meet and hopefully get along. While there are definitely some issues and situations that are unique to Liberty University in this book, most of the situations are things that every student will understand: will I pass this upcoming test? Does this girl really like me? Do I look like a fool to my new friends? How do I balance my parent's beliefs, my beliefs, and the beliefs of my friends and teachers? If you are afraid you're going to be duck out of water, then read this book and you'll see that everyone fears that but it's rarely true. College, any college, is such an eclectic place that no one is truly a duck out of water and all of those old associations and cliques that you worried about in high school are reset and you can be anything and everything you choose to be. Good luck, and just remember: everyone you meet is most likely worried about the exact same things as you are... so you already have something in common! Get it from the Library [HERE!](#)

### Other Books Like This:

Confessions of a college freshman : [a survival guide for dorm life, biology lab, the cafeteria, and other first-year adventures] / by Zach Arrington. Just about the time you get high school completely figured out-your principal hands you a diploma and you have to move on!

Navigating your freshman year : [how to make the leap to college life-- and land on your feet] / [Natavi Guides, Inc.]. Written by students, for students, this guide shows freshmen how to get through their first year with flying colors.

Through my eyes / Tim Tebow, with Nathan Whitaker. Former University of Florida star quarterback, first round draft pick of the Denver Broncos, and devout Christian Tebow tells the story of his faith, his life, and football. A heartfelt look at faith and the college life.



PLAN4COLLEGE centers can be found at each of these great TCCL library branches!

Martin Regional Library  
2601 S Garnett Rd  
Tulsa OK 74129

Rudisill Regional Library  
1520 N Hartford  
Tulsa OK 74129