

## SAGE Seminar Advice for First-Years

1. Noun - Plural
2. Noun - Plural
3. Noun - Plural
4. Adjective
5. Noun
6. Adjective
7. Noun
8. Adverb
9. Animal (Plural)
10. Number
11. Part Of Body
12. Noun
13. Color
14. Verb - Present Ends In Ing
15. Noun - Plural
16. Verb - Present Ends In Ing
17. Verb - Present Ends In Ing
18. Verb - Present Ends In Ing
19. Noun - Plural
20. Noun - Plural
21. Noun - Plural
22. Noun
23. Verb - Base Form

24. Verb - Base Form
25. Noun
26. Noun
27. Verb - Base Form
28. Part Of Body
29. Part Of Body
30. Noun - Plural
31. Item Of Clothing
32. Noun - Plural
33. Verb - Base Form

# SAGE Seminar Advice for First-Years

So you're a first-year student at Russell Sage College. Congratulations! Going to college can be a challenge sometimes. Here are some suggestions to help you survive your first semester:

1. Room-mates: It can be hard to get used to living in a dorm room with someone you've never met before. It can be helpful to talk about your favorite \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ to get to know your new room-mate better.

2. Professors: Don't call your professors "Mr." and "Mrs." like you did your teachers in high school. To show respect, refer to your professors as Dr. \_\_\_\_\_ or Professor \_\_\_\_\_.

3. Email: Always check your Sage email, since this is the way your professors will contact you. They won't respond to your personal email accounts, especially if you have a crazy email account like \_\_\_\_\_ @hotmail.com or \_\_\_\_\_ @gmail.com.

4. Finances: It can be easy to spend all of your money on \_\_\_\_\_ in your first few weeks. Be sure to budget so that you'll have enough for \_\_\_\_\_ and \_\_\_\_\_ when you need it!

5. Time Management: If you spend your day watching Netflix your grades will reflect it. Be sure to schedule time for \_\_\_\_\_ Verb - Present ends in ING and \_\_\_\_\_ Verb - Present ends in ING so that your calendar is balanced and includes enough time for \_\_\_\_\_ Verb - Present ends in ING.

6. Eating Right: Avoid the "freshman 15" by eating lots of \_\_\_\_\_ Noun - Plural and \_\_\_\_\_ Noun - Plural at the dining hall. Those fries might look good but eating more \_\_\_\_\_ Noun - Plural instead will fuel your brain for studying.

7. Clubs: Joining clubs is a great way to meet people with similar interests on campus. Russell Sage has some really fun ones, like the \_\_\_\_\_ Noun club and the \_\_\_\_\_ Verb - Base Form club. But if the club you want doesn't exist, start your own! Just last semester a student started a \_\_\_\_\_ Verb - Base Form club.

8. Exercise: Need a way to relieve stress? Visit the fitness center on campus. It's got the latest exercise equipment, like the \_\_\_\_\_ Noun climber and a stationary \_\_\_\_\_ Noun. You can even take \_\_\_\_\_ Verb -  
\_\_\_\_\_ Base Form classes!

9. Stay Healthy: If you think you're getting sick, check out the Wellness Center. You can get your \_\_\_\_\_ Part  
\_\_\_\_\_ of Body looked at, or get medicine for your \_\_\_\_\_ Part of Body

10.

College Traditions: One of the best things about Russell Sage are the long-standing college traditions. Be sure to come to Banner Night when the first-years are presented with their Noun - Plural. Rally is also a lot of fun -- everyone wears their Item of Clothing and sings songs about Noun - Plural. Don't miss it!

With this advice your first year at college is sure to be a success! Good luck, and don't forget to Verb -  
Base Form!