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SAGE Seminar Advice for First-Years

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

24. Noun _____

25. Noun _____

26. Verb - Present Ends In Ing _____

27. Part Of Body _____

28. Adjective _____

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! 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 _____Noun - Plural_____, _____Noun - Plural_____, and _____Noun - Plural_____ 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. _____Adjective_____ _____Noun_____ or Professor _____Adjective_____ _____Verb - Base Form_____

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 _____Color_____ _____Animal_____ @hotmail.com or _____Number_____ _____Number_____ @gmail.com

4. Finances: It can be easy to spend all of your money on _____Noun - Plural_____ in your first few weeks. Be sure to budget so that you'll have enough for _____Noun - Plural_____ and _____Verb - Present ends in ING_____ 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 - Present ends in ING_____ club. But if the club you want doesn't exist, start your own! Just last semester a student started a _____Verb - Present ends in ING_____ 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 - Present ends in ING_____ 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 _____Adjective_____ _____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_____. Secret Sophomore Week 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_____!

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