



Going Back to School: A Survival Guide

By the Counsellors at the Valcartier Family Centre

You've decided to go back to school, gone through the admissions and registration processes, and now you're just about to embark on your new career as a student.

Whether going back to CEGEP or University, or taking a French course, adults who take the challenge to update their skills have a good chance of success. But the challenges of a new lifestyle can be tough to manage and sometimes require the whole family to adapt.

Here are some tips and tricks for making your return to school a little easier:

- ✓ Set aside a specific time each evening to devote exclusively to your schoolwork, and have someone else be responsible for your children, pets, and getting dinner on the table.
- ✓ Create a calm and comfortable workspace that suits your needs and where you can focus on your work.
- ✓ Fill your fridge with easy-to-prepare meals that nourish your body and mind and help you avoid fatigue.
- ✓ Opt for comfortable and low-maintenance clothes for those long hours in the classroom.
- ✓ Explain to your friends and family the role they can play to help you stay motivated.
- ✓ Give yourself at least three weeks to get used to the new pace of your life and level of concentration needed for your studies.
- ✓ Make sure to make room in your schedule for down-time: coffee with a friend, a walk, reading a book or magazine, etc.
- ✓ Don't lose sight of your ultimate goal, and take pleasure in reaching it at last!

If you're thinking of going back to school and need help finding the right path or applying to a program, get in touch with a FORT program career counsellor. It's free, easy and confidential!

In Valcartier: 418 844-6060 or Sainte-Foy: 418 649-6505.