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Freshmen Tips & Tricks

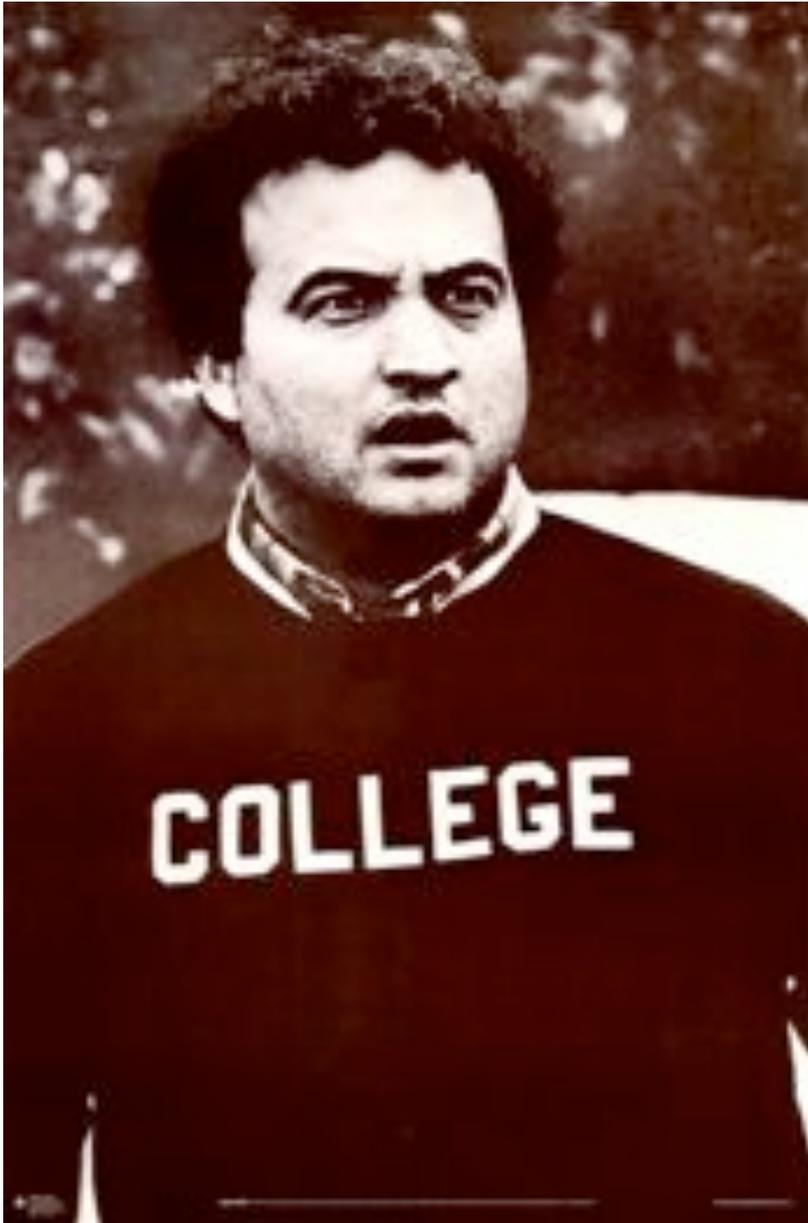


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Introduction

Welcome to the Tips and Tricks user manual. This will guide incoming students in the right direction in making the transition from high school to the independent lifestyle of a college student. This guide contains many useful facts that they may not already know, as well as things that no other reading material will tell them. This manual will cover various topics including: drinking, pulling all-nighters, cheap alternatives, housing loopholes, and what to watch out for with expenses. Included are many quotes and humorous illustrations that pertain to the various situations an incoming freshman would not expect to run into. The purpose of this manual is to act as user-friendly guide that will not only cover unexpected occurrences but also provide humor and entertainment. This manual does not encourage underage drinking, but just in case you are a partier, we have you covered. To all incoming freshmen, good luck!

1.0 School & Studying



TIP: Music can be a lifesaver for an all-nighter. Pick something that is loud enough to keep you awake, but ca

1.1 Pulling All-Nighters

If you have to pull an all-nighter, here's how to make the most of your long and dreary evening. You may want to switch study spaces every so often so you stay awake and focused. Studying on a couch or bed because you may get too comfortable. You do not want to



The best advice for pulling an all-nighter is this: Remove all distractions.

don't put yourself in that position. However, sometimes even the best of students don't manage their time as well as they should, or they get too overextended to handle their workload. Whatever the case, if you find yourself in need of an all-night study sessions, here are some survival tips to

FOOD & DRINK FOR THE ALL NIGHTER: Fueling yourself with the right food and drink will help you stay awake and alert-- but you have to be careful not to become a sleeper. Here are some tips:

Limit your consumption of caffeine. Your first thought in preparing for an all-nighter may be to grab a red bull, but if you binge on caffeine products, your body will eventually crash. This will eliminate further productivity.

- Limit carbs (especially sugars)
- Like caffeine, an overload of sugars will give you a burst of energy that will eventually cause your body to crash.
- Eat protein rich snacks
- Protein will give you a more consistent source of energy without the crash. Try nuts, cheese, a meaty sandwich or wrap with minimal bread, or a low-sugar protein bar.

Reminder: Be sure to make time for brief study breaks

Reminder: Facebook is dangerous for

help you make the most out of the situation.

Before you start your all night study marathon, determine WHAT, WHEN, and WHERE

WHAT: Figure out what you have to accomplish--specifically.

WHEN: Draw out an hour-by-hour schedule. You only have limited time, so make sure you make a schedule that allows you to accomplish everything--or at least as much as possible.

WHERE: Stick with the study space that works best for you. If you prefer going to the library, study there. Study at your desk if it works better. The key is to go somewhere

TIP: Learn from your mistakes, and try not to let it happen again. All-nighters can temporarily ruin your sleep schedule and

• Drink water
When you work out, you need to drink water for strength during your study session.

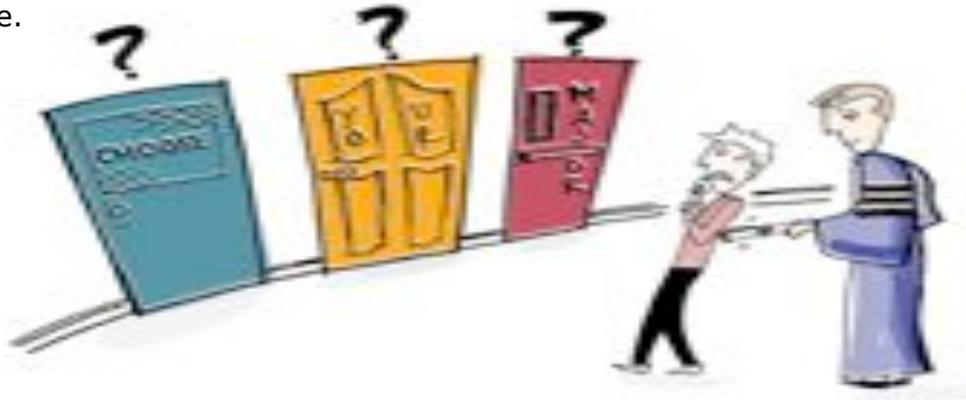
Keep a positive attitude: Chances are, if you are subjecting yourself to an all-nighter, you have already procrastinated. Try to keep a sense of humor about the situation you are in. There is no sense in beating yourself up about what has already happened. Stay positive and make the most of the time you have set aside for yourself.

1.2 Majors That Make Money

If you are new to college, you want to figure out what you are interested and want to major in. If you are unsure and want to save money, then go to a community college close to home- the first two years of college are the same everywhere, everyone has to have the same basics until they begin taking classes for their major. If you are sure about a major, make sure you pick the right school for your program, because the right school will look great on your resume when you graduate.

Quick Tip: Look up the core curriculum available for universal transfer in your state.

Who Knew?: Many college students are well into their 2nd year of college before they decide on a major.



TIP: Don't panic, you probably won't ace your test or assignment that you are studying for, but if you work

Your major is not set in stone, but it's best to stick with it consistently. Talk to your advisors they will become your go-to people to talk to when it comes to anything related to school. H

1. Chemical Engineering- beginning salary

1.3 College & the Military

When applying to schools as a veteran there are many Pros and Cons to keep in mind. Schools are looking for students that will be successful. These are a few easy steps to ensure successful enrollment.

1. Many colleges will have counselors whose job is to help future students with their enrollment process. On any schools website you will find a registration option. There you will find their contact information.
2. Having contacted a councilor you will most likely find your SAT scores are no longer valid due to changes made every two years. In this case you will need to write a personal review statement. When writing, keep in mind skills acquired in the military.

Quick Tip: Try to include these keywords into your writing: leadership, responsibility, and ability to handle pressure.

3. While waiting on results from the board it is important to contact the school's Veterans Affairs Representative. They will give you information on processes you will need to complete; before getting your Chapter 30 or Chapter 31 money.



Due to the nature of military jobs it might become apparent that you are a civilian. There are many organization dedicated to veterans to help. There are even military fraternities that may help offset the cost of college.

Other links you may find helpful:

For UNT Students, go to:
veteranscenter.unt.edu/about

- www.TUIU.edu
- www.texasloan.com
- www.VAMortgage.com
- www.military.com
- EducationConnections.com

1.4 Financial Aid

College is a financially challenging time for everyone. While money is very important, there are ways to get money to make your college life easier. Not all financial aid has to be paid back. There is more federal government gives away every year.

IMPORTANT! Your prior year's W-2 form is required for financial aid.

These Are a Few of the Websites:

- www.fafsa.ed.gov
- www.finaid.org
- www2.ed.gov/finaid/landing.jhtml
- financialaidforcollege.com
- collegefinancialaid.meritaid.com
- www.financialaidfinder.com
- www.collegeboard.com/student/pay/add-it-up/397.html

Note: College is expensive, but you don't have to do it all. Take advantage of the money the government gives away of that money was yours.

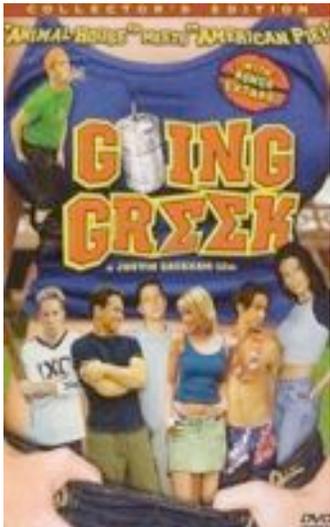
1.5 Greek Life at UNT

Fraternities and sororities, or the Greek community, have been at the University of North Texas for more than 55 years. A common question incoming freshmen may ask themselves is whether or not they want to be part of the Greek life at UNT.

Based on common stereotypes displayed on television, one may be undecided about rushing. Listed are a few pros to becoming a member of a Greek society.

- The Greek community offers many academic resources
- Being in a Fraternity or a Sorority is a quick way to getting involved on-campus
- Joining a fraternity or sorority will cost money, from monthly dues to recruitment fees. To help ease the strain on your finances, payment plans and scholarships are offered.
- Several of our fraternities and sororities have chapter houses on campus.

If you are still having difficulty in deciding which fraternity or sorority to join, contact our Office of Greek Life at 940-369-8463 or visit www.unt.edu for specific information about each one.



Now that you have decided that you want to rush, here is how to start the process:

- 1. Rush (recruitment):** This is where you meet with each organization and decide which one you like.
- 2. Bid Day:** This is the last day of rushing and is where you find out which organization has invited you to join and you will spend the rest of that day with that organization. After the first ritual night, you will become a member/pledge for that organization.



2.0 Partying

Directions: Pour enough of your energy drink into a glass able to drop a shot glass in it, and pour Jagermeister in a in the energy drink (yes shot glass and everything) and d

2.1 Must-Know Drink Recipes

Some of the cheap and simple recipes that you can make for a college party

#1 Trashcan Punch:

- A bottle of Everclear or some kind of vodka
- Fruit-however much you want to add, the more you add the more alcohol it absorbs, so if you eat it once you are through with the drink you will definitely feel it.

Festive Tip: It isn't called "trashcan" punch for nothing; go ahead, make it in a trashcan!
Disclaimer: We recommend you buy a new trashcan for this. They are very inexpensive, and your guests will thank you.

#2 Butter Beer

- Butterscotch schnapps
- Cream soda

We suggest: You want to add more cream soda than butterscotch, but once again add portions that fit yours or your friend's desire.

#3 Drink Mixes

Any of the popular drinks such as margaritas, or strawberry daiquiris you can buy the mixes for, and simply just add your own choice of alcohol. Some even come with alcohol in them, but most of the time those are in small portions. Depending on what you like you can find these mixes at your local grocery store.

#4 Jager bombs

- Redbull/ monster energy drink
- Jagermeister



2.2 Places That Deliver- Even Late- In Denton

Whether it is because you are trying to prestige in College or you have a long night of studying ahead of you, nocturnal many college students. As a freshman, you may be new and will be unfamiliar with places that deliver during the night. The following is a list of restaurants and their contact information that will meet the standards of any night owl:



Dominos Pizza (940) 442-5858
 1610 Teasley Lane, Denton, TX 76205
 Hours of operation: Sunday-Wednesday: 11:00am-12:00am
 Thursday: 11:00am-10:00pm
 Saturday and Sunday 11:00am-1:00am

TJ's Pizza Wings and Things (940) 383-420
 420 Carroll Blvd, Denton, TX 76201
 Monday-Wednesday: 11 am - 1 pm
 Thursday-Saturday: 11 am - 2 am

Pita Pit (940) 484-7482
 105 Avenue A, Denton, TX 76201
 Monday-Sunday: 9:30am-3am

Pizza Hut (940) 383-1670
 Sunday-Thursday: 10:30am-12am
 Friday-Saturday 10:30am-1am

From best of recon



From alter resta great health



2.3 Smart Alcohol Consumption: Don't Be "That Guy"

If you have ever been to a bar or a party that is serving alcohol, you will understand the meaning of the saying "that guy". There are more than one ways of being labeled "that guy". Three examples that you may have unfortunately experienced are:



The crying drunk:

Trying to drink away your problems only makes things worse. They often cry, whine, and overreact to petty occurrences. They think their problems are the only thing that is important and that everyone in the room or bar needs to hear about it. In reality, the real problem is they.

The annoying drunk: The more they drink, the louder they are. Their noise factor is equally matched to their level of obnoxiousness.

Wherever you go, they are always there. They are like pesky flies that buzz around in your face. Only, you cannot swat them to go away. Unfortunately, they always think they are the life of the party.



TIP:

If you are currently under any medication or taking a cycle of potent testosterone boosters, you have no business drinking. Not only is it bad for you liver, but chances are, you will become the violent drunk that nobody wants to invite to their party

DISCLAIMER: Although "that guy" is part of this

A few tips to partying smart:

➤ Keep control of your guest list:

Only invite people you know to your party. Problem when people you don't know show up for your party are, you will things get stolen, trouble happens when you don't

➤ Designate a sober host

This could be a difficult task, but try to find a reliable volunteer to be sober during the party. When every influence of alcohol it can be hard to control unstable person will be in charge of handling any noise complaints sure nobody drinks and drives. When people are drunk they get hungry; this person will be in charge of taking food runs at 3am. Although this may seem like a daunting sometimes be humorous seeing their friends at the drunken memories for friends the next day is always

➤ Make the safety of your guests your top priority

The violent drunk: of the three, these people drink too much to drink and go into the defensive mode. They have any excuse to fight. If you can spot who is "that guy" when the night is over for guys who walk around with their chest puffed out. They also tend to stir up trouble they came with and will be antisocial views of the guests.

It is your house, establish your rules. Never allow anyone on the roof or a balcony. Don't light candles if there is going to be drinking. Use common sense. If you are uncomfortable with any given situation, take care of it immediately. Do not wait for it to escalate to something that requires police intervention.

2.4 Best Hangover Remedies

A hangover describes the sum of unpleasant physiological effects following heavy consumption of alcoholic beverages. The most commonly reported characteristics of a hangover include headache, nausea, sensitivity to light and noise, lethargy, diarrhea and thirst, typically after the intoxicating effects of the alcohol begin to wear off.



If you are a heavy drinker, then you have experienced a hangover at least once. The severity of the hang over typically depends on the amount of alcohol consumed. In all cases, they are always uncomfortable. A few tricks to remedy your hangover are:

- More alcohol: Some people believe that consumption of more alcohol will reduce the severity of a hangover based on the theory that a hangover is a form of withdrawal. Others may argue that this only delays the inevitable and courts addiction.
- Since alcohol dehydrates the body, consumption of water and moist foods such as eggs will help replenish fluids lost during consumption.
- Vitamin B6 will help rehydrate your body.

- Rest is your best friend at this point to give your recover. It is best to stay in bed so call in to work them you have the stomach flu. You will sound so phone they may believe you.
- Avoid any sources of caffeine. Even though you a dehydrate you more.
- Drink orange juice for vitamin C.
- If you are suffering from a headache, take pain r
- Find a dark quiet room to rest in. Typically you w light, and less noise will help prevent your heada

Did You Know?

In Ireland it was said that the cure for a ha bury the ailing person up to the neck in mo

3.1 The "Freshmen 15"

For some incoming college freshman, avoiding the freshman weight gain is difficult. According to Brittany Rainosek and Eric Williams, for Texas A&M University, these are the top four reasons for freshman weight gain.

3.0 Health & Fitness



Top Four Culprits of the Freshmen 15



Number 1: Overconsumption of Alcohol

One of the major causes of the Freshmen 15 is drinking alcohol. Alcohol is usually the major contributor to weight gain because of its high calorie content. At many schools, students gain the Freshmen 15 by attending keg parties. Freshmen are used to the freedom of living away from parents, so they choose to stay out and drink as late as they can.

Number 2: Eating late at night

After drinking away many hours of the night, the typical freshman is hungry. The typical food of choice at 1 or 2 am is pizza because it is easy to obtain, cheap, and satisfying. Eating pizza before sleeping (or passing out) means your body has to process all that cheese and dough not to mention all of that fat for the past 3 or four hours.

Number 3: Eating unhealthy cafeteria food

Cafeteria food is hard to avoid, especially for freshmen. It is common for freshmen to eat unhealthy foods and the cafeteria has a lot of unhealthy food. Freshmen should try to stay away from sugary drinks, cream, cookies, fried foods, un-identifiable meat, cream cheese, and donuts.

Lack of physical activity

Regular exercise can be your biggest weapon against fighting the Freshman Fifteen. Working out helps tone muscle, and running helps burn fat and calories. All college students should include some type of exercise in their daily routine.

And We Quote: "Besides going to the gym, getting involved in intramurals is a great way to add physicality to their daily routines." - Jarrid Dietert, University of Houston football coaching staff

TIPS & Tricks

- ⇒ Jogging and going to the gym are two great ways to feel good about you.
- ⇒ Gym's at colleges or Universities are typically free to students, and have equipment for just about everyone. Students can run or walk on a treadmill, ride an exercise bike, or other aerobic machines to burn fat with cardio workouts.
- ⇒ Freshmen who work out regularly tend to be able to cheat on occasion and eat an unhealthy snack or drink in moderation and not worry much about gaining the weight because of the calories burnt during the workout.

3.2 Healthiest Alcohol

If you feel that drinking is completely necessary, use the following information to help avoid gaining weight as a college student.

BEER	%ALCOHOL	CALC
KEYSTONE LIGHT	4.2	104
COORS LIGHT	4.2	102
BUD LIGHT	4.2	110
SHINER BOCK	4.4	142
GUINNESS ULTRA STOUT	4.27	153
MILLER LIGHT	4.2	95
BUDWEISER	5.0	145

Celebrity Jillian Michaels confirms causes in on the we www.fres com. Jillia the follow that can avoid the

WINE: If you're going to drink, wine is the most caloric selection with a typical 20 calories per ounce. Each 5- would then be 100 calories with no cholesterol, sodium is true for both red and white wine, from merlot to ch Sherry, a sweet, fortified wine runs a bit higher with :

WINE	CALORIES	CARBS
Chardonnay	20	0.4g
Pinot Grigio	20	0.4g
Zinfandel® White Wine	20	0.4g
Cabernet Sauvignon	20	0.8g
Merlot Red Wine	20	0.8g

BEER: Just like any other forms of alcohol there is usually an abundance of calories in beer. Fortunately there are a fair amount light beers in the market which do not pack as much a punch in terms of calories. However, try not to compensate for the lower alcohol percentage in the lighter beers by drinking more of them, as that would defeat the purpose. The following table lists popular brands of beer and their nutritional facts. Notice that Miller Light contains the least amount of calories per serving and has

HARD LIQUOR: Hard liquor is higher in calories per ounce than wine, and is often mixed with soda, which increases the calorie count. If you're going to drink liquor, use calorie-free mixers like diet soda or diet tonic water. One shot glass or mixed drink will contain about 1.5 ounces of hard liquor.

3.3 Real Advice From Real People

HARD LIQUOR	CALORIES	CARBS	PER 1.5OZ SERVING
Rye Whiskey	69	0g	104 calories, 0g carbs
Scotch Whiskey	69	0g	104 calories, 0g carbs
Vodka	69	0g	104 calories, 0g carbs
Tequila	69	5.3g	104 calories, 5.3g carbs
Gin	79	0g	119 calories, 0g carbs



Brittany Rainosek, NSCA Certified Personal Trainer Texas A&M University

"A month before I moved out on my own I started the first page I wrote a list of "plain foods" that were the foods I would allow myself to eat. All were not only processed foods I ate were some dairy products that were fat free. On the next five pages I had a workout plan I wrote for myself in addition to 30 minutes of cardio made working out a priority because it was (a) important to me. I tell all girls and guys that if you're looking to maintain a certain weight to just stay consistent with your workouts and watch what you put in your mouth!"



Eric Williams, Certified Personal Trainer Texas A&M University

"I would tell a freshman that there are a few things that can contribute to gaining weight first year in college (although not legal for a freshman), alcohol. Kids get freedom and start to party. Drinking a minimum amount of alcohol will help. Another thing is to not go from being very active (sports etc.) in high school to not being active at all. Joining intramurals, and doing things like weights, swimming, etc.) consistently is a huge help. You do not have to dedicate your life to the gym, but keeping with it a few times a week should help."

-Eric Williams, Certified Personal Trainer Texas A&M University



Jarrid Dietert, University of Houston Football Coaching Staff

"The biggest thing in my eyes is to watch when kids get to college and their moms are not with them and they either usually doesn't cook for them so they resort to what is quick and easy or eat cafeteria food which is usually loaded with fat, so they quickly pack on the pounds if they don't do regular exercise. The best way to maintain weight is to eat lean non-fried meats and whole vegetables."

4.0 Mone



\$avers

4.1 Alternatives to Paying for Cable

Cable is much too expensive for the average college student to afford, and there can be a lot of hidden fees related to working with the cable company. These are all things that are simple and easy to avoid. Using online tools such as torrenting and media streaming can reduce and even eliminate the costs of watching movies and TV shows. All you need is a computer and an internet connection. Here are some simple steps to set up what could be a major money saver, and a boost to your on demand entertainment.

Torrenting:

- A torrent can be a virtual file of anything from popular music albums to TV shows and movies. Best of all, torrents are free.



In order to use a torrent you are going to need a P2P (peer to peer) program, which is a piece of software that will let you download the torrent from people all around the world. Some of the more common programs are BitTorrent, FrostWire, and Kazaa.

- It's a good idea to have an anti-virus running when doing this; unfortunately there are some people out there with malicious intent. All damage can be prevented just by running a scan on a file once it's finished downloading.

There are several websites which keep active tabs on both torrents that are available, and who the torrent's creator was. Some sites even have trust ratings for contributors, so you can know your downloading what's advertised. Sites include

Online Media Streaming:

There are several online sites which enable you to watch movies and TV shows for free however a lot of these sites can be untrustworthy and may damage your computer.

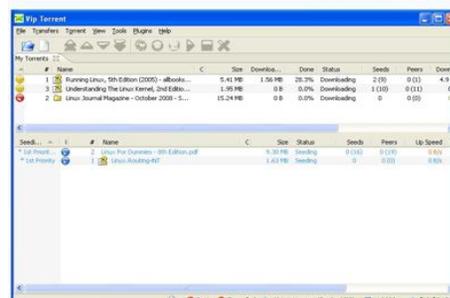


Netflix is a great alternative to cable, at a price of 8.99 per month. It gives you access to a large library of movies and TV shows, and it's available on multiple devices.

- Hulu is another great online resource; it offers the latest popular TV shows and movies for free. Advertisements are shown on the website so it's absolutely free.

Other options:

- A majority of campuses have an on-site media library. You can check out any number of TV shows or movies, all for free.



4.2 Must-Know Computer Skills



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Entering into college, you should have a basic understanding of some common computer programs and languages. There are several pieces of software that can be identified as crucial to your success as a

4.4 How to Do Your Own Oil Changes

There are many ways to save money on small do it yourself job be changed every 3000 to 5000 miles. Car dealerships can charge something that will only take you five minutes to do yourself. If you don't care about changing your oil you will eventually get to pay dollars to have the engine replaced.

- Oil Changing Steps**
1. You need to find out what type of oil your car needs.
 2. Go to your local auto parts store to buy oil and an oil filter.
 3. Find a friend that has a real jack (Not the one in your trunk). If you own a truck this step will not be necessary.



- Tools Required**
- Wrench
 - Jack
 - Oil
 - Oil Filter
 - Rags
 - Wrench

4.5 For When You're Really In a Bind...

There are a variety of options available where you can earn quick cash in the event of a financial emergency, or even just for some extra green. Some of these include

- Sperm/egg donations – Medical studies to partners trying to get pregnant are willing to buy your eggs and sperm for some easy money, college students are often more requested as donors due to common views of intelligence. Capitalizing on this is a great way to net you some extra money.
- Selling old clothes to Plato's closet – Plato's closet offers money for old clothing items that may not fit anymore or that you just may not want, they offer in-store credit and cash, though the cash is a little lower than the in-store credit.
- Blood/plasma donations - If you can stand getting your blood drawn then you can do some good and earn some extra cash on the side. Most places will let you donate once a month so you can pick up an easy \$35 to \$45 this way.
- Tutoring - If you excel at History, Science, English or any subject at all, you can be pretty sure there are other students who aren't so lucky! Set up your own tutoring service and charge for it. You can also offer tutoring sessions online via chat rooms.
- Recycling – Picking up cans and aluminum and then taking them to your local Redemption center or scrap yard

can earn you some quick easy money, not to mention helping the environment.

Sell video game accounts - If you love playing online, you can level your characters or make gold quickly, the decent amount of money doing it as a side business!



5.0 Living on Your Own

violated, or if you feel your right to fair housing has been way, you can file a fair housing complaint

Filing a fair housing complaint:

If you need assistance for filing a complaint, call Barbara Denton Fair Housing Administrator, at 940-349-7235. Or you can file a complaint yourself by using the [U. S. De Housing & Urban Development’s forms](#) at their website.

Best off-campus living

Closest apartments to campus

Place to be properties, offers many options for housing close to car are:



-
-
-
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-

These are all located walking distance to campus.

When looking for off campus housing it is important to consider th

- How close they are to campus.
- Driving to campus will cost gas money and p
- Are they solely student living?
- To avoid the headache of dealing with older f complaints, you may want to live with only s neighbors.
- Are they pet friendly?
- If you have a pet, it is best to live in a compl friendly. If caught with an animal in your nor apartment, you will be charged additional fee to get rid of your pet.
- How expensive are they?
- Shop around for the best deals.



5.1 Apartment Information

Your rights as a Tenant:

Federal law prohibits housing discrimination based on race, color, national origin, religion, sex, family status, or disability. If you have been trying to buy a home or rent an apartment and you believe your rights have been

- Some places offer all bills paid deals
- If they are not all bills paid, do research to find out the average utility cost.
- Read the lease in its entirety.

have schedules somewhat around the same time. You or I can ease the extra time waiting for class or waiting for their even taking a nap.

5.2 How to Bypass The "Freshman Must Live on Campus" Requirement

According to the housing policies listed on the unt.edu website:

All unmarried undergraduate students who have completed fewer than 30 semester hours of university work (advanced placement hours not included) and who enroll for 12 or more semester hours are required to reside in university-operated residence halls.

There are loopholes to bypassing this policy, if you are willing to tell a fib to get out.

Exceptions may be made for students who live with parents, grandparents or a married sibling. Other exceptions may be made in the cases of older students, such as veterans or previously married students; students with medical disabilities; or students with such extreme financial hardship that on-campus housing would be unfeasible.

All an incoming freshman has to do to bypass this policy is apply for exemption with the housing department before signing a housing contract. An anonymous person on an online forum states:

"all i had to do was get this form signed by my mom that said i was living at home..got it notarized and that was that I doubt the college has the time..or the resources to check everybody like that...might wanna try it out."



If carpooling is not an option, then the number one commuting is a good gas mileage car. If you don't live in Denton, gas can become very expensive if you don't have gas mileage. The top 5 gases saving cars in 2010 are:

- Toyota Prius 48/45
- Honda Civic 26/34
- Toyota Corolla 28/37
- Honda Fit 28/34
- Honda accord 22/33



Then you want to consider the best highways to take. The major highways leading to Denton carry a lot of traffic. If you are coming from Fort worth, 35E from Dallas or Lewisville, on the city and into Denton county a little, it's a lot easier than at all. If you are coming from Fort Worth, 35W is so heavy you can even take highway 377 also known as Denton Highway all the way from Fort Worth to Denton. It takes a little bit longer but definitely gets you to Denton.

(add a picture of a gas mileage car)

5.3 Commuting

Before you decide to commute to Denton, consider carpooling with friends. You don't necessarily have to have the same schedule as someone, but to

5.4 Changing a Tire

Being able to change a flat does not only save money, but also safety. Sitting on the side of the road waiting for a stranger to show up may not be the best of options. Be prepared for any situation. Tire fix usually are during the night or when it is raining. Having a

coat with your spare may prove useful. Calling a tow company does not only take time; it will cost you around fifty dollars.

Tools Required:

- Jack
- Lug Wrench
- Spare Tire

Tire Changing Steps:

1. Pull off the road a safe distance and turn your hazard lights on.
2. Take your tire changing tools out of your trunk. (Standard in most vehicles.)
3. With the Lug Wrench loosen the lug nuts. (If they are too tight you can stand on the end of the lug wrench to add more force.)
4. Place Jack under the car near the tire. (Most vehicles have indentions on the frame for easier placement.)
5. With the lug nuts loose jack the car up so that there is a small clearance under the tire.
6. Remove the flat tire, and replace with your spare.
7. Tighten lug nuts up, and then lower the jack so that the tire is touching but not able to spin.
8. Tighten lug nuts. Start with one then tighten them in a star pattern. (Star pattern: the lug nut opposite the one you are tightening.)
9. Place your tools in the trunk, then go to a tire shop if ones available to fix your tire. (Remember the spare is not a permanent fix.)



5.5 Never Give Up

College is one of the most challenging times of your life. You will be challenged with: classes, heartache, loneliness, long night anxiety, stress; the list goes on. The main thing to remember is that it will last a short time. After this challenge you will find life will be what you dreamed of. You will be making the money you want, and living in the life you dreamed of. All of this will only come to you if you can stand not a race it's a marathon. Pace yourself and do your best. You have done your best is all that matters at the end of the college drama that surrounds you, and focus on your goal. You can stand in place.

NEVER EVER
EVER
GIVE UP!



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