

Dear First-Year Student:

It's hard to believe that you arrived on campus two months ago. By now, you have settled into your courses, made new friends, and gotten involved in some campus activities. You have learned a lot - how some of your old study habits need to be refined, how our time needs to be managed in a different way, and how your interests in extracurricular activities may have broadened. You have seen much of what Mason has to offer, and know that there's much more that you'd like to take advantage of at some point.

This e-newsletter - *First-Year Forum* - is designed for first-year students at Mason. The purpose of this e-newsletter is to offer some ideas, resources, and insights periodically throughout the year.

We send this out every week or two, and welcome your involvement. *First-Year Forum* will highlight some things you can find elsewhere, but incorporates several suggestions that you might find particularly helpful.

You'll also see that we link this to a special resource developed for Mason's freshmen.

COMPASS: A Roadmap to Healthy Living introduces you to a range of topics and insights that can benefit you. We could have called it

"Surviving Your Freshman Year" or "Steps to Success as a New Student", because that's what it really is. It addresses topics that help with your own success:

- **Stress management**
- **Sleep**
- **Exercise**
- **Relationships**
- **Study Skills**
- **And 26 more**

Each topic has a brief information segment (written by a Mason faculty or staff member). It also has a link to resources on campus and off campus. In future editions of *First-Year Forum*, we'll highlight topics that link to the time of semester, as well as to theme days or weeks on campus. You'll

Student Voice

Having experienced student life at George Mason University, I think that this resource truly encompasses everything that a student would need to achieve success in their college life.

Topics ranging from drugs and alcohol to leadership and volunteerism have been discussed using various ways so that a student can pick one from which they gain the most. It is a free and convenient tool for all college students.

Devashish Chhetri
Mason Senior

also see opportunities to get involved with this resource that reaches all Mason freshmen.

To check out *COMPASS*, go to www.compass.gmu.edu, or [click here to go directly to the COMPASS CD](#). In next week's version, we'll let you know how you can get your own copy of the CD so you can access its information without an internet connection.

We hope that you find this to be as a helpful resource, and look forward to your suggestions as well as questions, so they can be included in future editions!



COMING SOON! The brand new and improved COMPASS CD-ROM!

