

# First-Year Student

Publication of The Retention Office

Issue 1



## Welcome to Capital!

It really happened. You walked through the gates of Capital, and became a member of the Capital family. So welcome. My name is Brad Pulcini, and I am the Director of Retention at the University. My office is dedicated to making sure that you achieve the ultimate goal of walking out the gates of Capital at graduation.



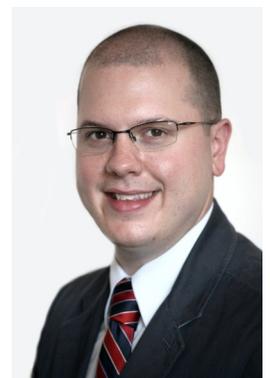
There will be bumps and hurdles that you will encounter along the way, but know that my office is here to assist, help, and direct you through it all. The decisions you make daily will play an integral part in your being successful in college or not. Please know there are a number of resources and people here at the institution who are committed to your success as you develop from an adolescent to a young adult. My office door (rm. 132, Yochum Hall) is always open or I am only a phone call away. I would love to talk to you about any concerns you may have, as well as share in accomplishments with you.

Please visit [www.capital.edu/retention](http://www.capital.edu/retention) for information and resources.

**-Brad Pulcini**

**Director of Retention**

[retention@capital.edu](mailto:retention@capital.edu)



You can always reach me by calling 614-236-6694

*“Get to know your faculty. If your instructors know you, it will be easier for them to look out for you and help you if you’re having trouble.”*

## Take A Professor To Lunch

One of the most important steps you can take while at college is getting to know your professors. **The most successful students on campus meet and talk with their professors outside of the classroom.** These same professors can help you find internships, help with research, and provide letters of recommendation after graduation.



We want to help you take the first step in getting to know your professors. **This is why we offer you the chance to take them out to lunch.** Students can ask their professor to lunch, and then stop by the **Office of Retention (located in the Student Service Center in Yochum Hall) for a lunch ticket.** You can get more information on this program by calling me at 614-236-6694 or by emailing the office at [retention@capital.edu](mailto:retention@capital.edu)

*“College is probably going to be tougher than high school. Don’t let that stop you!”*

## Are you feeling stressed?

As you are probably aware, college can be stressful. You will face new surroundings, new people, and new demands. You will experience more readings, longer written assignments, and harder exams. You might worry about fitting in, finding direction, and making sense of it all.

If you are feeling stressed out, it is best to talk about what is going on. I encourage you to meet with your instructors, advisers, resident assistants, etc. If you’re feeling overwhelmed I encourage you to speak with me or with your adviser about dropping a course or rescheduling classes.

If you’re experiencing issues with anxiety, depression, homesickness, or alcohol/drug abuse, schedule an appointment with Capital’s health center. Not sure who to contact? I would be happy to connect you with the appropriate resources here on campus.

# Transition Issues Identified by other students

**Personal responsibility** “In college you have freedom to do as you please...go to where you wish. Unfortunately, this freedom is easily abused. The student carries 98% of the responsibility and control.”

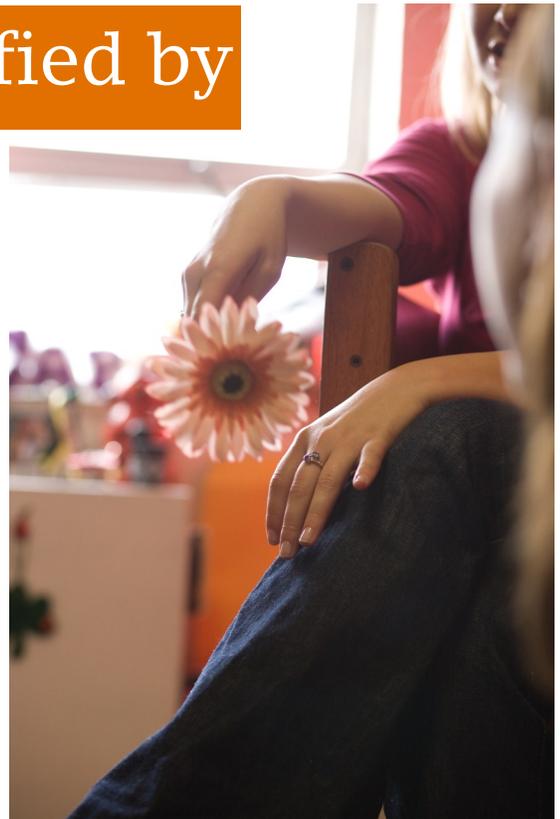
**Class Attendance** “As a college student, you will decide whether you want to go to class or not. Being absent will hurt you academically in the long run.”

**Type of assignments** “In high school we were given a homework assignment every day. Now we have a large task assigned to be done at a certain time. No one tells when to start or what to each day. Once you get an assignment, start working on it right away. It takes a daily effort to keep up.”

**Importance of performance** “Don’t take your courses lightly. The decisions you make in college will decide your future, in some respects. Remember that you are here for an education.”

**Time management** “The amount of free time you have in college is much more than in high school. Always have a weekly study schedule to go by. Otherwise, time slips away and you will not be able to account for it.

**Amount of study** “In high school I was an A/B student without studying. In college, I was a C/D student without studying. To succeed, you have to learn to study!”



## Welcome Week

*“Sometimes it seems harder to make friends. But there are a variety of organizations and activities. Get involved and meet people!”*

**August 27—September 1**

**Monday-Student Involvement Cookout**

**Tuesday-Block Party**

**Wednesday-Outdoor Movie**

**Thursday-Student & Community Org. Fair**

**Friday-Wizard of Oz and Dark Side of the Moon**



**Saturday-Cap Football Kickoff Tailgate, Columbus Clippers Game**