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**ADDRESSING THE MAJOR CHALLENGES ENCOUNTERED BY FIRST YEAR
UNDERGRADUATE STUDENTS OF HIGHER EDUCATIONAL INSTITUTIONS OF
LEARNING**

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Abstract

Education has been said to be the bedrock of any progressive nation, and any nation that neglects its education sector and especially, ignores educating her citizenry is bound to remain underdeveloped among nations of the world. Many citizens today, knowing the importance of education for self and national development, desire to acquire university education. Many scholars have attested that transition from secondary school to a higher intuition is “an extremely multifaceted occurrence,” which requires serious adjustment and re-adjustment to a new set of academic, financial burden, and social systems. The first year in the university or any higher educational institution of learning is usually a new or first start for students. For many students, it may be the first time they are stepping out of their homes. Within this period, these freshmen acquire new experiences and understandings. Nonetheless, this journey is often accompanied with lots of challenges that require serious attention, which, if not properly guided or controlled will lead to withdrawals and failures. Consequently, this position paper attempts to highlight the major challenges encountered by first year undergraduate students in educational institutions of higher learning. The authors also tried to find out why the challenges, and suggest major useful remedial measures that negatively affect the performance of first year undergraduate students in the universities in order to enhance their academic performance, and reduce the number of dropouts and failures in any of their chosen careers.

Keywords: Freshmen, Higher institutions, University education, Undergraduate students, and First year students.

Introduction

Gaining admission into the University is usually interesting and enjoyable; the University environment and the prestige of being a part of the University community is an admirable experience for both the students and their parents. Sometimes, it is seen as the beginning of a mature life or the attainment of adulthood. Medalie (1981) put it as, “the death of childhood”.

Yes, it is a happy moment gaining admission in a university, but the task involved is very enormous.

Many people today desire to acquire university education due to its importance for both individual and national development. Johnson, Sandhu, & Daya (2007) and Thurber & Walton (2012) affirmed that “the public has traditionally regarded transition to college as a positive adventure, with more opportunities for self-exploration and personal development. Students have to face multifaceted challenges, including managing their lives independently, establishing new friendships and acclimating to the new routines and academic criteria”. In the same manner, (Simpson and Frost, 1993) affirmed that Many first year students look forward to attending a college, as it brings new people, fresh ideas, and new skills into their lives.

But university education has its own unique challenges/problems that are general in nature, irrespective of the country concerned. In order to actualize the benefit inherent in education, first year students, sometimes referred to as freshmen in higher institutions in Nigeria and other parts of the world usually experience overwhelming challenges (Tinto, 1993; Pascarella & Terenzini, 2005), especially adjustment difficulties (Astin, 1984; Braxton, 2000; McCubbin, 2001; Gardner, 1986). The movement from secondary school to the university cannot be over emphasized. The students are faced with both emotional and practical challenges associated with higher institutions’ life; the challenge of taking responsibility for personal study programmes and workloads, financial management, partying, and friends/roommates. Others include having true relationships, homesickness or Feeling disconnected working while studying, depression, sickness/health conditions, management of time, social and cultural diversity, among others. Some freshmen, as a matter of fact comparing themselves with others and become discouraged, particularly when they feel inferior.

These are the very biggest decisions to make by any first year undergraduates in any university setup. Therefore, this paper attempts to x-ray the major challenges that face first year undergraduate students as they proceed into the university system worldwide for their chosen academic careers. The authors have as well tried to find useful recommendations/suggestions that will help to alleviated most of the problems so identified.

Review of Related Literature

This paper focused on finding the major challenges encountered by first year undergraduate students in higher educational institutions of learning. Hart (2005) is of the view that the review of the literature is critical because it evaluates, analyses and synthesizes the knowledge that exists around the research problem, and as well seeks to uncover gaps in the knowledge that exists about the research problem. The undergraduate students in their first year, particularly in the first semester are faced with challenges of leaving home to the university without their parents/guardians’ directions or advice. They are faced with freedom of movement and independent study, self-decision (Millet, 2015) where no person directs them to read or not to read. At a point, the university environment becomes very rough and unmanageable for them.

These challenges are commonly full of various distractions, which range from new teaching/learning methodologies as opposed to that of the secondary or lower schools. In the university, we discuss about courses and not individualized subjects. They are faced with the challenge of coping with assignment deadlines, personal study time management, coping with roommates or course-mates and other new relationships. In getting to the university, they are full of excitements, exploring new boundaries and testing new freedoms, which if not monitored, will derail the students from achieving their desired goal.

At this point in time, the students will miss their usual big beds at home, self-styles bathrooms with fitting sinks, and home-cooked meals. Most of them adjust easily, quickly and successfully to the challenges, while others find it extremely difficult to surmount the confronting problems facing them.

Consequently, these challenges must be tackled, and there is need for re-adjustment (Terenzini et al, 1993), both in character and in learning to meet up with demands of the university setting. (Al-khatib, Suleman and Awamleh, 2012) noted that adjustment with university life is considered one of the main indicators of success in university life as it is an indicator for the student's ability to face real problems.

Therefore, this paper attempts to x-ray major challenges that face first year undergraduate students as they proceed into the university system worldwide for their chosen academic careers. The authors have as well tried to find useful recommendations/suggestions that will help to alleviated most of the problems so identified.

However, in order to have a suitable atmosphere for academic work by first year undergraduate students in institutions of higher learning, let us try to identify and discuss some of these challenges and suggest appropriate measures or solutions to ameliorate the challenges where appropriate. Generally, in order to explore all avenues of the literature around this topic, these challenges could be discussed under the following main areas as will be discussed hereunder.

Homesick Factor

Homesick is one of the challenges encountered by students, who transits from secondary or lower school to the university level. Elizabeth & Sigal (2001) noticed that first year undergraduate students experiencing homesickness tend to be lonely, express insecurity in their ability to make close, trustworthy friends, and feel short in social acceptance. Giddan (1988) pointed out that this first year period forms the critical moment when undergraduate students face lots of challenges that require serious adjustment. Most students get ill due to long absence from home (homesick).

This transition period is met with social, geographic distance from home, and residing in that place for the first time (Fisher, Murray & Frazer, 1985). Fisher, Murray & Frazer (1985) as well affirmed that it may be as result of separation from existing social support, normally provided by family members. Academic pressures, interactions and relationships as revealed by (Langston & Cantor, 1989) and (Elizabeth & Sigal, 2001) may also count for homesick. In fact, several other factors as affirmed by scholars, such as, new life in unfamiliar environment (often they find themselves in an unfamiliar place surrounded by people they don't know (Harvey, Drew, and Smith, 2006)), loss of intimacy with old schools friends, pets, family ties, self-doubt and disappointment (Elizabeth & Sigal, 2001).

These scholars, Brewin, C. R., Furnham, A., and Howes, M. (1989) and Burt (1993) have as well attributed homesickness among first year undergraduates to feeling insecure and unhappy in the new environment, cognitive failures, poor concentration, decreased work quality, lower academic performance and higher scores on anxiety and depression measures. Thurber and Walton (2007) have emphasized age, while Thurber and Sigman (1998) found “decision control” as significant factors on homesickness.

Presently, the modern means of communication is capable of reducing the homesick among first year undergraduates in the universities. Most students now have mobile phones; therefore, homesick students can stay connected with their relatives and friends. They can also reach them through other Internet tools, such as email, and any of the social networking sites.

Study

University education cannot be compared with secondary education in view of its setup or structure, which is quite different; this is because the courses offered in the universities are different and the instructional strategy also differs a lot. In the secondary school system, the teachers teach, while the instructional methodology in educational institutions of higher learning may appear very strange to them. In an interactive class, some lecturers may introduce discussion classes and expect students to do a great deal of the chatting. This type of instructional methodology may challenge introverts (quieter students) in the class.

With single subjects offered in secondary schools, these subjects are not as demanding as college courses. In this respect, first year undergraduates have to learn some lecturers’ expectations and style of grading. Depending on the course of study, many courses are offered, which may take between 15-21 credits units or even more. In order to meet up with these demands, much effort is needed to succeed. Consequently, this may evoke fears on the students, and if not properly handled may jeopardize the students’ academic success.

Time Management

First year students in any university are usually faced with time management crises, principally when they take more units than the average units in a semester. In this case, they should know their academic capability by taking lesser credits in the semester in order to cope with the academic pressures (Limonos, 2018). Freshmen finds it extremely difficulties in organizing themselves for individual studies due to environmental distractions (i.e., Fresher students loiter around; keep away from orientation programmes, lectures and tutorials, and some do not come to school at all), while some others come with different intensions.

Managing study time and other social responsibilities is a tedious task. It only requires self-determination and discipline to maintain a balance. At this period in the university, the students are self-directors and managers, as there are no parents or guardians around to direct them to study, go to eat, birth, class, or to sleep. They have to pilot their own affairs- maintain their own schedules and develop good study habits, and create a structure that works for them (<https://www.macalester.edu/parents/tipsforsuccess/25challenges/>).

Effective and efficient time management makes a difference between a successful and stressed-up student. In view of the economic situations now, many students end up taking on jobs that will be both physically and mentally difficult to manage. In this case, it becomes extremely difficult to balance work and university education. For students in this category,

there is need to adequately manage time and part-time jobs. Once time is not properly managed, many students may even think about leaving their studies for the purpose of making money.

Time management involves doing the right thing at the right time. It is not doing the right thing at the wrong time, or doing the wrong thing at the right time. First year students tend to misuse their time. One of the biggest keys to success in any academic endeavour is proper time management. A university student is expected to spend less time in the classroom and do much more outside the classroom, as coursework is often given in larger chunks. Students need to study for longer hours to meet academic challenges. Shoemaker (2006) has recognized study skills as one of the skills that mirror many of the skills students require for their careers, such as time management, presentation skills, communication skills, and task management skills.

Much effort should be made by the students to accommodate the courses by properly, and appropriately, and judiciously managing time. Therefore, students should improve on time management by creating and sticking to a viable timetable that would keep tracks of lectures, tutorials, assignments deadlines and appointments in order to succeed on any chosen career in the university.

Academic Challenges

Some first year students are not aware that the university education is different and harder than the secondary school system. Some find it difficult to understand this and roam about in the university campus without any focus. Many develop nervousness about lectures and coursework. As noticed by Shanley and Johnston (2009), some students will ask some probing questions, especially, self-defeating questions, such as, "Will I actually succeed in this programme?" "Have I chosen the right career?" "Should I change course?" These questions can put freshmen off-balance if not properly guided.

University education is full of academic workload. Some students may be troubled with reading and writing assignments, which are consistently or continuously given on weekly or bi-weekly bases. There is no doubt that the level of writing required would be higher and in greater quantity than what happens in secondary schools. These continuous assessments may require several readings and much more time as opposed to what happens in secondary schools. Thus, some students need extra tutoring in reading and writing, grammar, spelling, et cetera. Some readings may be more complex and difficult than expected, because they are written for a different and/or higher level students, which may be uneasy to easily adjust to.. Students may develop anxiety about their performance (<https://www.maclester.edu/parents/tipsforsuccess/25challenges/>).

Some first students' undergraduates will resort to procrastination (after or later) when academic work pills up (term papers and other types of assignments). Some become hopeless and disappointed when they drop in grades (e.g., F, E and D) in their first or second semester examinations. Most first year students are sponsoring themselves by paying their education expenses. Hence, the pressure on them to get good grades becomes very paramount. Again, there is a lot of societal pressure on them; that is, there exist massive social and educational repercussions of not succeeding in their studies.

Social Relationships

From time immemorial, human beings have been in unions. First year students are usually faced with social relationship problems, such as relating with classmates, roommates, lecturers, school administrators, et cetera. Tinto (1975) in his write-up argued that two main areas around which students focus their goals for, and expectations of college are the academic and social arenas. Therefore, the scholar further declared that the social challenges of first year undergraduate students has been attributed to their inability integrate into either the social or academic communities in university, which often cause them to re-evaluate the goals and expectations they had set for college life that often results in withdrawing from college (Tinto,1993). In the same manner, Yorke & Longden (2004) as well argued that failure of first year undergraduate students to integration into college life was also acknowledged as one of a wide range of reasons for the withdrawal of first year students. As Harvey, Drew and Smith (2006) also claimed that students often find themselves in an unfamiliar place surrounded by people they don't know. Some struggle to find the confidence to ask for help on any problem (Morris, 2011).

Absence from home creates another social challenge. Moving to a new place means leaving their age-long or childhood friends behind. They will be faced with different people from diverse backgrounds (cultural differences; racial differences; and differences in sexual orientation, religion, values, and lifestyle). They will often meet roommates with different backgrounds, lifestyles, values, and other ways of doing things. They (roommates) may be messy (untidy), reliable or unreliable, self-confident, helpful, noisy, confused and difficult to live with (<https://www.macalester.edu/parents/tipsforsuccess/25challenges/>).

These types of human beings pose problems for first year undergraduates in the university. As, some of the first year students are coming out from their community for the first time, they will make new friends and hope to cope with new ideas, new characters, and new people (course mates, roommates, administrative officers, and lecturers). Additionally, the students will join new groups that are both official (e.g., Palm wine Drunkard, Christian Fellowships, etc.) and unofficial ones (Secret cults, Night clubs) in and out of the campus. Boyfriend/girlfriend issues may arise. In fact, this is one of the most common in the campus, and often results to taking the lives of students, as may be dictated by cult groups in the campus.

At this point, the first year undergraduate students will be forced to make new friends or acquaintances, and the possibility of feelings of acceptance, as well as rejection will come to play. (<https://www.macalester.edu/parents/tipsforsuccess/25challenges/>).

The students have to take decisions about alcohol, drugs, sex, and other social vices in and around the University campuses. Some students frequently show up as they come to school. Some will imagine if roommates will be weird (strange) and rude? Roommates and course-mates may become best or worst friends. Some roommates and course-mates fight. Some roommates even have sex before their fellow roommates. Hence, these students need immediate social adjustment different from their various homes.

Challenges of Responsibility/Independence

Students will be held accountable for their actions in the University. They would be held responsible for their choices, decisions about studying, eating, socializing, finances, health, and managing their time. Student should know that no matter the advice that will be given to them, the one they gave to themselves stands above all others. As a new student, important steps need to be taken to be independent. First year students that leave far away from the school should decide whether to adjust by coming closer to the school or otherwise. The student will make decisions with regards to his financial capability, health, and day to day existence.

Environmental Factor

Environmental factor as succinctly mentioned under homesick have a lot play in the life of first year undergraduates in the university system. Every environment has its own settings. Every environment has a unique culture, which has to be followed to the latter. The university environment is not the same with the secondary schools. University system has its own vocabulary and rituals. New concepts, such as Vice Chancellor (VC), Head of Department (HOD), Deans, Provost, Matriculations, Convocations, Campus shuttle have to be mastered. Again, the junk food in the campus is not like the one cooked by parents, the dress pattern is not the usual uniform as experienced in the secondary schools. Housing problem is a very big issue because they need accommodation where there is none in the campus hostels.

There are several clubs, organizations, orientations, seminars, courses, lectures, and sports practices, et cetera. These are diction's to be taken within a short period. To say the least, there exist some immoral behaviour, such as drug use, cultism, armed robbery and kidnapping gangs. Hence, first years undergraduates are seriously confused and bewildered from time to time, as there are so many choices to make. At first instance, everything will appear very strange and unimaginable. ([https://www.maclester.edu/parents/tipsforsuccess/25 challenges/](https://www.maclester.edu/parents/tipsforsuccess/25%20challenges/)).

Nevertheless, students need to judicious use and balance their time for everything; they need to make some serious sacrifices for time to study, and apply constructive behaviours in order to produce quality academic work to succeed.

Physical Challenges

Freshmen face several physical challenges because of the University lifestyle. Most of them lose weight due to academic pressures, which is quite different from the ones they are used to. However, some may gain weight due to lack of exercise, unregulated increase intake of snacks and other junk food. If a student overweighs, there is bound to be fatigue/laziness. Freshmen are advised to watch and/or control what they eat and regularly visit the health services at all times for constant check-ups in order to keep fit to the tedious activities in the university.

Economic/Financial Challenges

Attending a higher institution of any kind requires lots of financial investment, principally in Nigeria, where prices of goods and services are continuously on the rise on daily bases. Presently, it is becoming increasingly difficult for students to graduate debt-free (<https://education.co.za/ten-common-problems-students-face-during-college/>).

Students need to pay their tuition fee. They need to buy books, eat, pay for transportation, rent apartments, attend movies, and participate in campus activities and other

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social needs to cope with daily university life (Shanley and Johnston, 2009). The inability to afford the money to meet with these demands makes most University students drop out of school. Then, the onus lies on any student to learn how to rationalize his budget in order to meet up the above needs. Tuition costs are rising at alarmingly high rates. Added to this are the cost of meals, supplies, and textbooks, and this is a university student's worst nightmare. Others are forced to juggle full academic schedules with fulltime jobs to make ends meet

Students need to know where to get cheaper books, cheaper meals, cheaper fun where they really exist. Students' need to spend money based on their parents' economic status. Some students copy others whose parents are buoyant, or those whom their parents or guardians have avenues to steal government money. The more you follow them, the more you destroy your academic career choice.

Religious Challenges

Most of the fresher students belong to one religious group or the other. Consequently, there is need for religious challenges in the classroom, hostels and other social and cultural settings. You must imbibe religious tolerance, as no one religion is superior to the other. Students must be careful in dealing with other religious denominations. That is to say, that they should watch your language. They may speak to please your religious opponent, but wouldn't know that they are offending him or her. For instance, calling a Muslim - a beautiful Angel is a crime. This is an offensive because Angel has no relevance in the Islamic religion.

Sense of Balance

Shanley and Johnston (2009) advised that students should balance their academics with their social life. That is, the need for sleep with the need for study, and fun, his desires and his budget, his desire for independence with his need for the security of home, and his freedom and his responsibility.

Security Challenges

Coming or visiting the University for the first time looks very strange. The university community is not the usual community the students are used to know. The university community is not the same with Rumuekini community, Ogbogoro community, Rumuodogo community, or Rumuokuta community, etc. The student should be careful about who they associate with (Yousif, n.d.).

First year students should know where you're going to and who takes them out. They are to inform one or two persons of their movements. Note that your worst enemy is your best friend. Take the case of Aluu 4 as an example, if they had not left the university community, they would have not been lynched. They may be victims of circumstance. Or, that they joined bad gangs in the university community. Putting your drink down in a social setting is a bad idea; if you do, get yourself a new drink (Shanley and Johnston, 2009). Limit parties serving alcohol to students, and prohibit alcohol and illegal drugs in residential areas. Lock up your rooms or lock your personal property in your room.

Friends/Course mates and Roommates:

First year undergraduate students are usually faced with the problems of choice of persons on arrival to the university campus. They have lost or not in contact with old friends,

and they have no choice but to make new ones. Students should prepare a good timetable that will be strictly followed.

Suggested Remedial Measures

There is no doubt that first year of a university education is always very difficult, and requires a lot of carefulness and discipline and determination on the part of the freshmen. From the onset, students are expected to know what they expect, that is the challenges of taking personal responsibility as an adult, and keeping to the rule and regulations governing the institution(s).

Gandara, 2002); Hagedorn & Fogel, 2002 and Perna, 2003) have argued that most freshmen lack adequate scholastic skills necessary to successfully complete any course of study in higher educational institutions. Scholars have also criticized most retention programmes provided by institutions of higher education to assist freshmen students, especially during the critical first year to bridge the rigors of their academic demands. These programmes, the scholars claimed have done little to change the quality of the academic experience.

As a result, universities, from the onset should introduce some viable support programmes that will assist students with transitional challenges, especially that which are geared towards remediating their academic skill deficiencies, provide vital information and orientation for students with regards to university campus life style and culture, and likewise develop student self-esteem and sense of efficacy (Garcia, 1991; Pascarella & Terenzini, 1991; Ackermann, 1991; Buck 1985; Evans, 1999; Fitts 1989; and). These programmes will keep hold of academically underprepared students, or those students that were admitted conditionally.

Seminar topics, such as, adjusting to college life, college resources, test-taking skills, study skills, time management, career exploration, academic advising, and so forth should be organized to enhance first year undergraduates academic chances in higher educational institutions of learning (Barefoot & Siegel, 2005; LGCC, 2013b). As part of general courses, the university should introduce a one credit unit course that aims to foster first-year students' awareness on the necessary knowledge and skills for their adaptation to university and success in life (Barefoot & Siegel, 2005; LGCC, 2013b).

We all understand that it is not easy to manage money. Adults find it difficult to prudently manage funds, talk less of young stars. Freshmen in the university should try as much as possible to be accountable for their financial management. They should prudently manage the available resources within their reach and around the university environment. They should consider different financial strategies in order to achieve their set objectives.

Freshmen in the university should as well try to be accountable for their own academic activities, health and happiness, knowing that they are no longer under any person's guidance. They should avoid anti-social activities, resist environmental and peer pressure distractions.

Therefore, freshmen students should try to be successful in the university in order to avoid the societal stigma of starting and not succeeding at last. They should therefore avoid being homesick that is capable of diverting their attention from studies; They are equally advised to visit University libraries and other information centres, buy books to supplement what is taught in the classroom, and shun procrastination by submitting assignments/homework when due to lecturers.

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They should try as much as possible to overcome fears and do not fail to ask questions when faced with academic, social and other life challenges. They should always develop positive thoughts towards school programmes. Students should ask themselves some positive and probing questions, such as: “Many students have read this course(s) and passed, why won’t I not?”, “Are they not human beings?” “Do they have two heads?” Freshmen should try as much as possible to resist external influences, such as peer pressures, partying with friends and socializing in every programmes or activities in the university. This affects first-year students’ studies.

First year students should avoid some relationships that will incriminate them in and outside the university environments. They should try to adjust and tolerate other roommates and course mates’ misbehaviours. Students should find ways to compromise and respect each other’s space and needs (Shanley and Johnston, 2009). However, some challenges could be reported to the Hall Warding and the Dean of Students’ Affairs for immediate action. In case of any misbehavior from any student, calls to parents or guardians at home for complaints about a roommate may not yield much results, but to Hall Warding, residential director or Residence Assistants, who have been trained to assist in this process. Students may need to talk about switching roommates if the situation becomes intolerable – for example, if a roommate is abusive, steals, or engages on drug related activities, et cetera.

They should also embrace technological innovations in order to cope in a technologically society like ours. They should be computer literate in to meet the demands of the contemporary society.

Assistance The university administration should ensure that they provide assistants, especially 3rd or 4th year students to strategically position themselves to meet, greet and provide guidance to freshmen on arrival to the campus. Haning, Donley, & Eckard (2002) pointed out that the provision of study skills tutorials for first year students will help to alleviate some of the major challenges encountered in the educational institutions of higher learning.

Freshmen most times become distressed or worried when they fail to make good grades in their first semester examinations. This is not abnormal as it happens to students who did not know the nature of examinations in a university setup, or those who were carried away by new environmental distractions, or those who did not prepare well for the university education. Notwithstanding, it can happen to any person. They freshmen should take is as one of the challenges in a university system and worker harder for a better result. Also, engaging in some sports activities could help reduce emotional stress.

Freshmen should abhor from abnormal behaviours in the university. Some misbehave in the hostels by taken opposite sex into the hostels in the presence of their roommates. This act is very rude and must be avoided by all students. Students should avoid contesting for boy friendship or girl friendship in the University.

This does not earn certificates, but leads to death. Students should avoid fighting and stealing in the class, hostels and any other social gatherings. This may end students’ dream of acquiring a higher certificate and tarnish their images and that of their parents. The school authority has no pity one students who misbehaves, as they are promptly sent out of the university system.

Conclusion

There is no doubt that first year undergraduates face numerous challenges as they step into the University for any of the chosen careers. These problems need to be attended to for a successful academic outcome in the university. Some of these issues are - stress, health, time management, bad roommates, and financial concerns. Others are, feeling disconnected, struggling to develop habits, such as time management, prioritization, and staying healthy. However, first year undergraduate students should expect studies to be much harder than what it used to be before, and at the same time, focus more on learning rather than getting a good GPA (Carter, n.d.). They need not develop any fair because they are competing with students that took the same entry examination with them, such as JAMB and Post UME. Freshmen should get used to academic expectations that may be more challenging than anticipated, managing a level of social and cultural diversity that may be different from the communities with which they are most familiar, comparing oneself to others and becoming discouraged, and difficulty managing relationships in the university campus. There is need for prudent management of both finance and time. First year student must spend his money based on their financial status, and not to follow those students from affluent backgrounds. Time management is one of the greatest tasks that face students in any higher educational institutions worldwide. Freshmen need to prioritize tasks and get work done at the right time and avoid procrastinations. When time management and available resources within the environment are prudently utilized, it provides fantastic dividends. On stress and other health related issues, freshmen should always relax; take little exercises, such as jogging, and watching videos. They should practice healthy eating habits, and regularly visit health centres as they perform their academic functions. For any first year undergraduates to survive and succeed academically in the university, there is need to make adjustments to the new atmosphere, embrace discipline and self-determination. Students are advised to seek academic help by meeting with lectures, and seeking Counseling Centers, Career Planning Services and Course Advisers. Students are advised to cooperate and collaborate with their fellow students, because there is an adage that states that two good heads are better than one. First year students should participate in orientation programmes to be familiar with the happenings in the university campus; this is because a problem known is half solved.

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