For me, however, the past two summers have been a trip back in time to the days when I was a teen and helping out around the farm. For me, it was a chance to appreciate the other fine aspects of campus life. While I was in college, the Common Core Standards were implemented, which means going through a collection of standardized tests. Almost everyone talks about the stress of preparing for these tests, but I think it’s important to remember that these tests are just one small part of the college experience.

Students adapt to move-in

Students often experience anxiety when moving into a new dorm or residence hall. It’s important to remember that everyone goes through this experience. Some tips for managing anxiety during move-in include:

- Take deep breaths and stay calm.
- Talk to someone about your concerns.
- Make a plan for what you need to do.
- Take breaks when you need them.

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