MISSION BRIEF

WEEKLY TOPIC SHEET

SUMMARY

The transition from high school to college brings new freedoms, responsibilities, and challenges, but preparing for them doesn't have to wait until move-in day. Dr. Jenica Alvarez, college professor and author of Crushing Your Freshman Year, joins Tommy to share practical strategies for navigating your first year with confidence. Drawing on 15 years of experience in higher education, she explains the importance of taking ownership of your schedule, building relationships with professors, and creating a support network before you need help. She also discusses how healthy routines, intentional friendships, and simple habits like a weekly planning session can make a difference in your academic success and overall well-being. Whether you're a junior beginning to think about college or a senior preparing for your next chapter, this conversation will help you take practical steps toward greater independence and a successful freshman year.

KEY WORDS

- Independence
- Time Management
- Responsibility
- Academic Success
- Support Network
- Healthy Habits

THINK ABOUT IT!

What does your current weekly routine look like? What is one habit you could start practicing now, whether it's managing your schedule, prioritizing rest, or planning ahead, that would help you succeed in college?

ANNOUNCEMENTS

Podcast Episode 162:
ICrushing Your Freshman Year
Blog Posts:

- Making Time for Friends When Senior Year Gets Busy
- Don't Forget to Make Memories with the People You've Grown Up With

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ACTIVITY SHEET

MONDAY	Listen to episode 162 of The Launch Mission Podcast with Dr. Jenica Alvarez. Write down three takeaways from her advice on preparing for college. What is one area where you could become more independent?
TUESDAY	College requires managing your own responsibilities. Choose one task you usually rely on someone else to handle, such as laundry, cooking, or scheduling appointments. Take responsibility for it today.
WEDNESDAY	Dr. Alvarez recommends planning your week ahead of time. Look at your upcoming assignments, activities, and commitments. Create a schedule that includes time for studying, friendships, rest, and personal responsibilities.
THURSDAY	Knowing when to ask for help is an important part of college success. Research the academic and student support resources at a college you're considering. Who could you turn to for help with classes, relationships, or adjusting to college life?
FRIDAY	Dr. Alvarez emphasizes caring for your physical, emotional, and spiritual well-being. Reflect on your current routines for sleep, meals, movement, and relationships. Choose one healthy habit to strengthen before college.