

THE LOCAL AUTHORITY NETWORK PRESENTS

THE FIRST 30 DAYS OF COLLEGE KIT

A practical, low-pressure reset for move-in, classes, money, people, and your first real next step.

Made for the student who wants a calmer start, not a perfect one.

START HERE

You do not need to do everything this week.

This kit gives you six small systems you can return to when the newness gets loud. Start with the page that solves today's problem, then circle back.

WHAT'S INSIDE

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THE ONLY RULE

Use this as a menu, not a test. Progress is a room that feels like yours, one class plan, one honest conversation, one invitation

Move-in reset

A room that works beats a room that looks finished. Give yourself a 45-minute reset, then stop.

THE FIRST 45 MINUTES

- ☐ Make the bed so you have one finished surface.
- ☐ Put daily-use items within one arm's reach.
- ☐ Create a landing spot for keys, ID, charger, and water.
- ☐ Break down boxes before you lose your floor.
- ☐ Take a five-minute walk outside your building.

RESET BEFORE CLASS STARTS

- ☐ Save campus safety, housing, and health numbers.
- ☐ Find the laundry room and learn the payment setup.
- ☐ Locate your closest late-night food, quiet study spot, and bus stop.
- ☐ Choose one comfort ritual: tea, playlist, call home, or a walk.

WHEN THE ROOM FEELS TOO MUCH

Set a 12-minute timer. Clear just the desk or just the floor.
A reset is allowed to be unfinished.

Roommate guide

The best roommate talk is early, specific, and kind. Pick one topic; do not make it a summit meeting.

USE THIS OPENING

"I want our room to feel easy for both of us. Could we talk through a couple of small routines before they become annoying?"

PICK A TOPIC

- ☐ Lights, alarms, and sleep schedules
- ☐ Guests and heads-up texts
- ☐ Food, shared supplies, and borrowing
- ☐ Cleaning, trash, and bathroom rhythm

IF SOMETHING IS OFF

Try: "When ____ happens, I feel _____. Could we try ____ this week?" Focus on one behavior and one next step.

A GOOD EXIT LINE

"Thanks for talking this through. Let's check in next Sunday and see what's working."

Plan your classes

Your calendar is not a personality test. It is a place to put the next visible action.

THE 20-MINUTE SUNDAY SETUP

- ☐ Open every syllabus and mark the next two weeks.
- ☐ Add only true deadlines, exams, and recurring class blocks.
- ☐ Choose one 45-minute block for each class this week.
- ☐ Write the next action, not a vague task: 'read pages 12-24'.

YOUR WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	WEEKEND

QUICK CHECK

If your plan has more than three urgent things in one day, move one now.
Future-you is allowed to have room to breathe.

Budget tracker

You are learning what life costs, not proving that you already know. Track the pattern before you judge it.

WEEKLY MONEY SNAPSHOT

CATEGORY	PLAN	SPENT
Food + coffee		
Getting around		
School + supplies		
Fun + social		

MINI RESET: Before a purchase, ask: do I need this today, or do I need a plan for it?

Social scripts

You do not need a perfect opener. You need a line that gets you from thinking about it to saying it.

TRY ONE

"Hey, I'm [name]. Are you also trying to figure out where this room is?"

"I'm grabbing food after this. Want to join? No pressure if you already have plans."

"I've seen you here a few times. I'm trying to meet more people - what's your name?"

WHEN YOU WANT TO FOLLOW UP

"It was nice meeting you yesterday. I'm going to the campus event Thursday if you want to come with."

A no, a maybe, or a quiet reply is not a grade. Send one invitation, then keep moving through your day.

Internship starter

You do not have to land something this month. Your first win is noticing what interests you and building a tiny proof of momentum.

THE FIRST THREE MOVES

- ☐ Bookmark the career center and add its first event to your calendar.
- ☐ Write down three work problems or fields you are curious about.
- ☐ Make one 20-minute appointment to start a simple resume.

OPPORTUNITY TRACKER

ROLE / ORG	WHY IT CLICKS	NEXT STEP

ONE LOW-STAKES OUTREACH

"Hi [name], I'm a first-year student exploring [field]. If you have 15 minutes this month, I'd love to hear what you wish you knew at the start."