



ROUTINE AND ORGANIZER

COLLEGE FRESHMAN
RESOURCE GUIDE

 @blackgirlcollegeprep

www.blackgirlcollegeprep.com



HEY THERE, LEGACY-MINDED LEADER!

Thank you for using Black Girl College Prep's free college resources!

This resource will help you create a sense of organization throughout your freshman year of college.

Remember that the greater your level of organization, the easier this process will be.

These are only suggestions and recommendations. Feel free to make this your own. It may take a couple of weeks to figure this out, so be kind to yourself in the process. You got this!

Lastly, follow us on socials @blackgirlcollegeprep and grab your copy of College Bound: A Black Girl's Guide: Everything You Need to Know Before Starting College.

Xo,
Coach Rahk



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MORNING *Routine*



Make your bed

15 minutes of prayer / meditation

Stretch and do some light exercise

Shower, brush teeth, wash face, and get dressed

Say some affirmations (in the mirror helps)

Please eat something!

20-minute social media/news/emails

Review today's schedule

Write to-do list and set goals/plan for the day

Arrive to class 5-10 mins early

*"Have a positive attitude and
enjoy your day!"*



ORGANIZER CHECKLIST

RECOMMENDED FOCUS AREAS

FRESHMAN YEAR OF COLLEGE

- REVIEW SYLLABUS WEEKLY
- KEEP MY GPA UP
- STUDY AND DOUBLE-CHECK DUE DATES
- INTENTIONALLY LEARN NEW THINGS
- STAY ORGANIZED
- BUILD AND NURTURE RELATIONSHIPS
- COMPLETE REQUIRED READING
- BE INTENTIONAL ABOUT SELF-CARE
- REST AND WORK OUT
- CAREER PLANNING AND FORECASTING
- DENTAL CLEANING AND ANNUAL WOMEN'S WELLNESS
- CHECK ON MY FAMILY
- APPLY FOR SCHOLARSHIPS
- SAVE MONEY AND MAKE MONEY