



Freshman Blues? Tap the Library Online for Support

“Student Success” series tackles topics like stress management, health, relationships

The transition to college life can be tough for incoming first year and even upper-class students. Being away from home, managing an increased study load, navigating a new social life and roommates, as well as planning for a career can make university life overwhelming. If you’re feeling overwhelmed, your library has resources you can use online, from the privacy of your dorm or apartment at no extra cost to you.

The [Student Success video series](#), available through [Academic Video Online](#), offers practical, research-based advice to help college students develop the skills to support a happy, healthy and productive higher education experience.

“I have seen many students from top ranked public and prep schools placed on academic or social probation during their early years of college. Students seem to be lacking the social and emotional skills necessary for success, such as time management, communication and organizational skills, as well as stress management,” according to Monica Reinhard-Gorney, M.Ed., a former school counselor with 18 years of experience in the field. “The Student Success Series arms students with the social-emotional skills they need to have more successful outcomes in college and beyond.”

The Student Success video series includes the following 20-minute films:

- A Student’s Guide to Stress Management
- A Student’s Guide to College Life and Changing Relationships
- A Student’s Guide to a Meaningful Career
- A Student’s Guide to College Transition
- A Student’s Guide to Communication and Self-Presentation
- A Student’s Guide to Exercise for Improving Health
- A Student’s Guide to Math Success

In addition to the new [Student Success video series](#), you can use Academic Video Online for research and entertainment. It includes 70,000+ titles spanning from anthropology to zoology – plus, an extraordinary range of documentaries, feature films, news programs and more. All are available to stream at no cost, thanks to your library, when and where you want them.

Check them out at <https://video.alexanderstreet.com/channel/academic-video-online>