

## Recommended Reading

**Making the Most of College: Students Speak Their Minds.** Light, Richard J. Cambridge: Harvard University Press.2001.

**Been There, Should've Done That: 505 Tips for Making the Most of College.** Tyler, Suzette. Haslett, MI: Front Porch Press. 1997.

**Beating the College Blues: A Student's Guide to Coping with the Emotional Ups and Downs of College Life.** Grayson, Paul and Meilman, Philip. New York: Facts on File, 1992.

**How to Get the Most Out of College.** Chickering, Arthur and Schlossberg, Nancy. New York: Simon & Schuster. 1995.

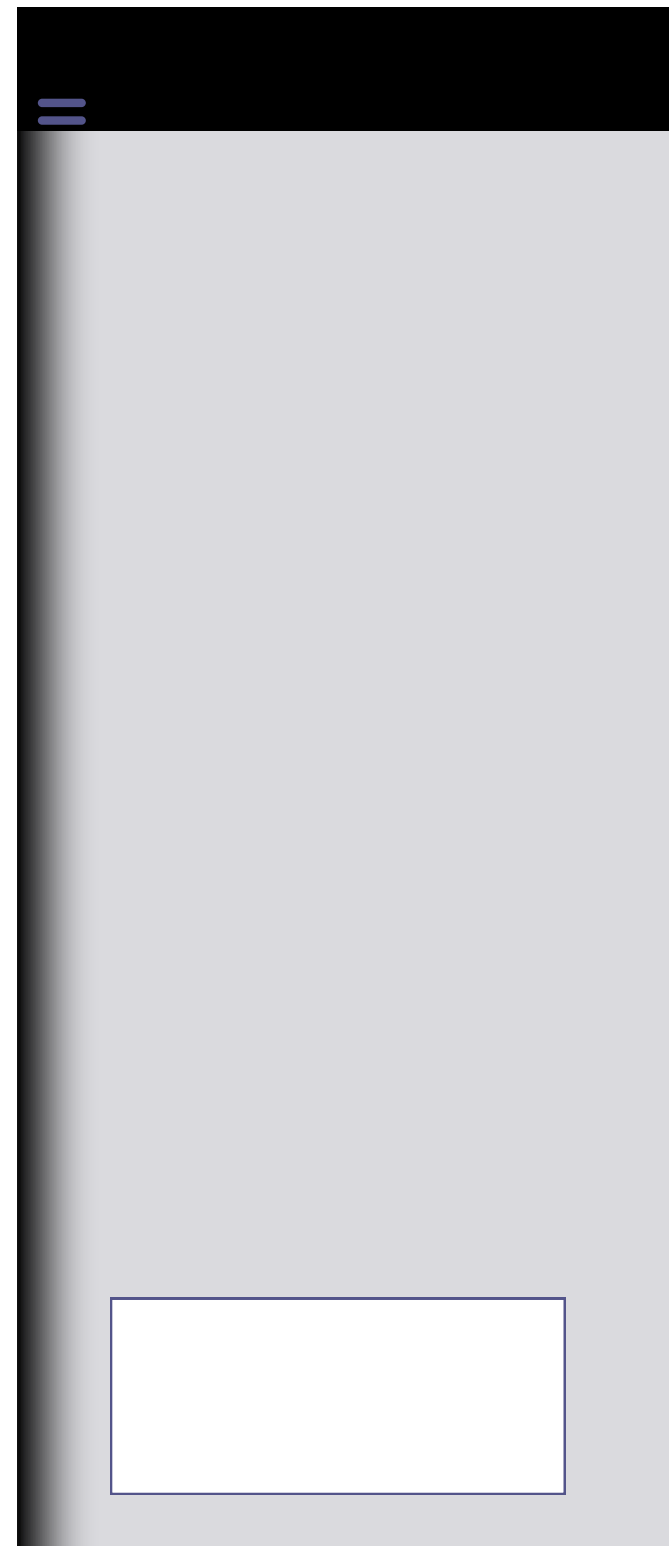
## Need Help Adjusting to College Life?

Health Services

Center of Student Development 220  
(401) 254 3156

Counseling Center

Center for Student Development 200  
(401) 254 3124





**Stress**