

# The Her Campus Guide to College Life How to Manage Relationships Stay Safe and Healthy Handle Stress and Have the Best Years of Your Life

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## BOOK DETAILS

- Author : Stephanie Kaplan Lewis
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## **BOOK SYNOPSIS**

From dating to internships--everything you need to know about college Get ready for the best years of your life! Written by the experts behind Her Campus, this college guide is bursting with insider tips to help you navigate classes, relationships, and all your extracurriculars--including parties and Greek life. Whether you're a seasoned upperclassman or are starting freshman year in just a few months, you'll learn how to: Bond with your roommate and set ground rules for your new space Beat the Freshman 15 without having to give up dessert Snag a date with the cutie from your Lit class Cope with stress and anxiety--even during finals week! Score jobs and internships that will help you transition into post-collegiate life You'll also get the lowdown on campus safety so you can enjoy all that college has to offer while avoiding the unfortunate scary parts that sometimes come with it. Complete with fun checklists and worksheets to help you carry out HCs essential advice, The Her Campus Guide to College Life shows you how to make the most out of your experience--in and outside the classroom.

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