

College Hacks

This book is for incoming and first year college students who are ready to make the most of their college experience, beyond what you might hear at orientation. This book is a combination of the super secret insider tips to college that either us authors learned themselves, or they kept hearing from their campus leadership programs. From classroom seating tips, to self-care techniques, to scoring the perfect campus job, this book is your insider's guide to college success that most likely won't be told to you at orientation. You'll notice that the size, layout, and interactive sections of the book are all designed to make this book be your ultimate college field-guide that you can squeeze into a backpack or coat pocket. Read straight through, or thumb to a topic that's most relevant to you. College can be one of the most exciting times in your life and with our field guide in hand, you're already well on your way to going from first-year student to first year success!

About this book Studying doesn't have to be hard. In fact, there are plenty of simple methods that exist that simplify the entire process. It's true: not all methods work for every person, but, with a little bit of trial-and-error, you can find the methods that work for you and stick with them like your life depends on it. Or, at least, like your grades do. While nothing replaces good old fashioned hard work, every little bit helps when it comes to increasing your efficiency in college (because we know it can be overwhelming at times). The following study hacks make student life simpler by helping to increase productivity levels, boost focus, help concentration and eliminate distractions. We have scoured our brains and the internet for the best study hacks to help your brain remember information. Memory is a muscle. Get it in shape. This will help you to remember quicker and more easily. This will help you in your exams and in your life. Secret Study Hacks: Studying doesn't have to be hard. In fact, there are plenty of simple methods that exist which simplify the entire process.

Achieve all of your financial goals with these 300 easy solutions to all your personal finance questions—from paying off your student loans to managing investments. Are you looking for ways to decrease your spending...and start increasing your savings? Need some simple advice for maximizing your investments? Want to start planning for your retirement but don't know where to start? It's now easier than ever to achieve all your financial goals! Many people are afraid to talk about money, which means that you might be missing some of the best money-saving skills out there! In Money Hacks you will learn the basics of your finances so you can start making every penny count. Whether you're trying to pay down debt, start an emergency fund, or make the smartest choice on a major purchase, this book is chock-full of all the useful hacks to make your money work for you in every situation!

The general rule of thumb has been that you should study about two to three hours for every hour you spend in the classroom. If you have a 15 credit hour semester, you generally spend about 15 hours in class every week, which means you should be studying between 30 to 45 hours per week. That's a lot of time many students don't have that kind of time to spare. This book provides college students with 101 study tips that will help them cut down on study time. Our guide offers tips and tricks to be proficient while still absorbing the information needed to succeed. Students will learn how to take the best notes, time management skills, and the low-down on sleep, caffeine, and food. You'll learn how to write better papers, how to take tests more efficiently, and how to be a better reader. If you're struggling with studying techniques that take up your time and energy, look no further. This comprehensive guide is your key to getting the grade with the least amount of effort.-- (7/29/2016 12:00:00 AM)"

Unlock The Keys To Increase Chances Of Getting Into College With Low GPA College admission has become a cutthroat process. Top schools seemingly become more and more difficult to gain entry to with the ever-increasing applicant pool of the best and brightest. For the ambitious student, it can seem like a jungle of insurmountable obstacles and questions. How much does GPA matter? Do I have to have a sport? The essay isn't that important, right? Community service isn't that big of a deal, right? All of these questions and more crop up when trying to navigate high school to advantageously position yourself for college entry to higher education. With no plan of action or guide, it can be easy to lose your way when trying to prepare for the college application as well as during the process itself. Thankfully, there is a guide to help you find your way to becoming the top choice applicant of your first choice school even without depending solely on GPA. In "College Admission Hacks," discover how to: Before The College Admission - Assess your assets and specialize your strengths - Use extra time for skill building to be the superior student - Obtain a positive reputation within the community for support - Override poor grades with these little-known high school hacks - Force colleges to pay attention to you before the application process During The College Application Process - Position yourself to what your school is looking for - Craft the best college essay with this added enhancement - Utilize the underutilized secret weapon: the college interview - Gain an unfair edge over your competitors with early application - Hack your way to a prestigious degree without spending the money ...and more for you to unlock! With this knowledge and advice, you can be sure that you can set yourself up for entry into your school of choice. All it takes is determination, dedication, and a little helpful knowledge to get you on the road to success.

Looking to jumpstart your GPA? Most college students believe that straight A's can be achieved only through cramming and painful all-nighters at the library. But Cal Newport knows that real straight-A students don't study harder—they study smarter. A breakthrough approach to acing academic assignments, from quizzes and exams to essays and papers, How to Become a Straight-A Student reveals for the first time the proven study secrets of real straight-A students across the country and weaves them into a simple, practical system that anyone can master. You will learn how to: • Streamline and maximize your study time • Conquer procrastination • Absorb the material quickly and effectively • Know which reading assignments are critical—and which are not • Target the paper topics that wow professors • Provide A+ answers on exams • Write stellar prose without the agony A strategic blueprint for success that promises more free time, more fun, and top-tier results, How to Become a Straight-A Student is the only study guide written by students for students—with the insider knowledge and real-world methods to help you master the college system and rise to the top of the class.

Be as productive as possible at work while never leaving your home with these 500 easy-to-follow hacks that will instantly improve your work-from-home experience. As many have discovered during the Covid-19 pandemic, working from home certainly has its perks. From the easy (non)commute to your computer to the extra time you can spend with your family and pets to the benefits of customizing your environment to your own personal needs, many are continuing to enjoy the work-from-home lifestyle. But it also comes with its challenges. How do you avoid distractions around your home? How can you remain as productive as you are in the office? That's where Work-from-Home Hacks comes in to help! With over 500 quick and easy solutions you can implement in your daily life, you'll find yourself staying more productive, organized, and happier than ever. You'll learn useful tips like: -Create a designated workspace at home -Figure out what background noise works best for you -Use a different internet browser for work -Change your clothes before you start work -And so much more! So whether you're adjusting to a new, permanent work-from-home schedule, are looking to make some changes to a long-standing remote work routine, or just need some advice for the occasional WFH days, this book is here to help you stay as productive as possible so you can maintain a healthy work/life balance and make the most of your days outside of the office!

Make your garden flourish with these 300 easy and inexpensive gardening hacks to help your plants blossom—perfect for any green thumbs, first-time horticulturalists, or reluctant gardeners! Think you don't have a green thumb? Think again! No matter your gardening woes, Gardening Hacks has the solution. Perfect for all gardening skill levels whether you're starting your first garden, looking to expand your crop, or simply searching for ways to make it easier to care for your extensive plant collection, you'll find everything you need to know to make your garden grow. Gardening Hacks includes helpful tips like: -Saving your eggshells, which can serve as everything from an organic seed starter to a natural snail and slug repellent. -Adding a pinch of cinnamon to help prevent fungal diseases that might prevent your plants from

maturing. -Using the newspaper to help deter weeds from sprouting. -Creating your own DIY seed packet catalog to help keep your seeds organized as your garden grows. -And many more! No matter the size of your garden—from a small herb collection to an extensive variety of fruits and vegetables to any indoor plant that needs some perking up—Gardening Hacks will make your plants flourish!

Hacks every college student needs to know! Want to ace your next exam? Claim victory as a beer pong champ? Remove that gross stain from your shirt before your interview? College Hacks gives you the tricks and tips you need to get ahead in life without breaking a sweat. Filled with hundreds of ways to simplify nearly every college situation, this guide tells you just what to do when your professor assigns you a twenty-page paper or you run out of clean dishes in your dorm room (chip bag bowl, anyone?). So stop making college harder than it should be! With these everyday hacks, you'll breeze through each semester as you finish assignments and tasks quicker than ever before!

Transform your dining hall meals into gourmet feasts! Ultimate Dining Hall Hacks offers 75 amazing and creative recipe ideas that use items readily available in your college dining hall. Enjoy eggs carbonara or a mango parfait for breakfast, dine on tzatziki chicken salad or lemon-pepper pasta any night of the week, and create custom desserts like peach cobbler and chocolate bread pudding. Discover a wide variety of inventively delectable options as you make the most of your college meal plan.

College . . . Will your classes be as fun and exciting as they sound in the course catalog? Or will you find that you need to take advantage of your professors' office hours in order to keep up? Will ramen become your only meal? Will you get along with your roommate? From handling studying and dorm life to parties and campus safety, this guide gives you straight answers to help you survive college life. Experts Susan Fitzgerald and J. Lee Peters show you how to: Ace your papers and exams Deal with loud, rude, or eccentric roommates Prepare for financial shock--and manage student loans Plan an incredible study abroad experience Take care of yourself and keep your sanity You will also find tips for packing for the big move, managing your money, making new friends, and balancing academics and your social life. With The Everything College Survival Book, 3rd Edition, you'll arrive on campus less stressed, ready for fun--and poised for success!

You don't have to drop out to become a successful entrepreneur. Learn how to prepare for your entrepreneurial journey by optimizing college. Based on insights from entrepreneurs such as Richard Branson, Mark Zuckerberg, and Tony Robbins - plus interviews with some of the world's hottest founders, Hack College Like an Entrepreneur distills forty surprising insights that will help take your entrepreneurial ability to the next level. These real-world insights include: Improve your "deserve it factor" Dance with fear of failure Fail fast, fail forward Follow your passion, yes or no Develop your competitive advantage Go party Proving you can train yourself to be a successful entrepreneur while in college, Hack College Like an Entrepreneur is the must-have guide to prepare you for an entrepreneurial journey and a life of impact.

These days, everyone is looking for a way to make life easier. From folding a fitted sheet to removing scuffs from furniture, 'Life Hacks' offers readers the simple, everyday solutions that they've been looking for. Each informative entry will help them discover quicker, more efficient techniques for completing ordinary tasks around the home, at the office, and just about anywhere. They'll also learn how to make the most out of any situation with fun, problem-solving tricks like creating an impromptu iPod speaker from toilet paper rolls or snagging a free doughnut at their local Krispy Kreme shop. Filled with 1,000 valuable life hacks, this book proves that readers don't have to search very far for the perfect solution to their everyday problems. AUTHOR: Keith Bradford is the sole owner and webmaster of Bradford Media, which publishes 1000Life Hacks .com, YupThatExists .com, and many other blogs/sites. Since its launch at the beginning of 2013, Bradford Media has gained a collective readership of more than 200,000, and continues to grow each and every day. ' SELLING POINTS: * A guide to solving problems, simplifying tasks, and reducing day-to-day frustrations * More than 90,000 monthly Google searches are made for "life hacks," indicating that readers are interested in discovering new ways to make life easier * Keith Bradford's website has a readership of over 200,000, and his Tumblr, where he posts a majority of his life hacks, has 70,000 followers!

Clever little ways to improve your daily life!

A guide to online investing covers such topics as screening investments, using Excel for financial analysis, analyzing company information, executing trades, mutual fund investments, managing a portfolio, and financial planning.

PARENTING NEVER ENDS. From the founders of the #1 site for parents of teens and young adults comes an essential guide for building strong relationships with your teens and preparing them to successfully launch into adulthood The high school and college years: an extended roller coaster of academics, friends, first loves, first break-ups, driver's ed, jobs, and everything in between. Kids are constantly changing and how we parent them must change, too. But how do we stay close as a family as our lives move apart? Enter the co-founders of Grown and Flown, Lisa Heffernan and Mary Dell Harrington. In the midst of guiding their own kids through this transition, they launched what has become the largest website and online community for parents of fifteen to twenty-five year olds. Now they've compiled new takeaways and fresh insights from all that they've learned into this handy, must-have guide. Grown and Flown is a one-stop resource for parenting teenagers, leading up to—and through—high school and those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic—such as academics, anxiety and mental health, college life—it features a combination of stories, advice from professionals, and practical sidebars. Consider this your parenting lifeline: an easy-to-use manual that offers support and perspective. Grown and Flown is required reading for anyone looking to raise an adult with whom you have an enduring, profound connection.

Draws on firsthand interviews with outstanding students at universities across the country to examine the secrets of a successful college career, introducing seventy-five simple rules designed to assist students ace their classes, assume leadership positions, build a superb résumé, define their life goals, and have fun at the same time. Original. 17,500 first printing.

Make the most out of your college experience with these manageable self-care tips that are easy to incorporate into your busy college lifestyle. As a student in college—you're dealing with a lot. At times this can be physically, mentally, and emotionally draining between classes, homework, activities, and building a new social life for yourself. But the secret to making sure these are the best years of your life is making time for self-care. If you've been working for hours on your latest paper, take a walk around campus to get moving. If you're feeling tired after a long week of classes and activities, give yourself permission to say no to those Friday night plans and take a relaxing evening for yourself. Self-Care for College Students offers suggestions that help you tackle every aspect of taking care of yourself from the simplest tasks to rewarding activities that might require more planning. Whether it is making sure you eat a healthy meal to utilizing your school's support services, there is advice for any situation. In this book, find realistic and practical self-care activities that you can try right away to maximize your college experience. Each activity is designed to help you refuel, such as making sure you get enough sleep to developing an exercise routine. Start making time for you and make your college years the best of your life—all while building lifelong habits for success and happiness for years to come.

What's after college? Learn how to get that job you always wanted. Just graduated college? Still waiting for the perfect job that was supposed to be dropped in your lap after the graduation ceremony? Wondering when you get to start that marvelous and rewarding career you always dreamed about? New Grad Job Hacks is here to help. Career expert YouTuber and blogger Matt Tran, takes you step-by-step through how to make the most of your degree. Tran's blog www.engineeredtruth.com has helped thousands of new grads figure out their best paths to fulfilling careers. In New Grad Job Hacks, Tran guides us from job fairs to social media, from internships to job shadowing and teaches how to research companies, interview, negotiate, and get that job offer you always wanted.

Life Hack 101: The Ultimate Guide to College Success is what all students need who plan on continuing their education. IMAGINE being a future college student and you have no idea where to start, what to do, where to go, or who to talk to. You step back and take a look at the mountain of your future discouraged, and disheartened. Suddenly, from the distance, you hear a voice and see a light. This light is that of a guide who has climbed this mountain before and knows all the pitfalls and dead ends. "Life Hack 101: The Ultimate Guide to College Success" is that light. This book is a blueprint for improving students through easy to understand methods for success in high school, college, and in life after you cross that stage. "Life Hack 101" is a map that directs students from any background's steps along that journey through high school and college by information, and inspiration. Through this book, the reader will gain the tools necessary to erect a solid foundation for lifelong growth, cultivating relationships, and success. It includes clear guidelines and practical strategies adapted from Ph.D. professors, and students at various universities that are necessary to excel scholastically. This book offers inspirational quotes, first-hand accounts, reflection methods, research-based recommendations that act as the heart of the book, and so much more that will motivate and guide you along the path of success in school and in life. "Life Hack 101:" College includes a few things that are innovative and exclusive to it. These items are but not limited to, golden rules for college, 7 Habits of highly Effective College Students, What questions to ask, and the right people to ask those questions to, inspirational quotes and excerpts, note to self from former college students, and how to cultivate lasting relationships personally as well as professionally.

Want to calculate the probability that an event will happen? Be able to spot fake data? Prove beyond doubt whether one thing causes another? Or learn to be a better gambler? You can do that and much more with 75 practical and fun hacks packed into Statistics Hacks. These cool tips, tricks, and mind-boggling solutions from the world of statistics, measurement, and research methods will not only amaze and entertain you, but will give you an advantage in several real-world situations—including business. This book is ideal for anyone who likes puzzles, brainteasers, games, gambling, magic tricks, and those who want to apply math and science to everyday circumstances. Several hacks in the first chapter alone—such as the "central limit theorem," which allows you to know everything by knowing just a little—serve as sound approaches for marketing and other business objectives. Using the tools of inferential statistics, you can understand the way probability works, discover relationships, predict events with uncanny accuracy, and even make a little money with a well-placed wager here and there. Statistics Hacks presents useful techniques from statistics, educational and psychological measurement, and experimental research to help you solve a variety of problems in business, games, and life. You'll learn how to: Play smart when you play Texas Hold 'Em, blackjack, roulette, dice games, or even the lottery Design your own winnable bar bets to make money and amaze your friends Predict the outcomes of baseball games, know when to "go for two" in football, and anticipate the winners of other sporting events with surprising accuracy Demystify amazing coincidences and distinguish the truly random from the only seemingly random—even keep your iPod's "random" shuffle honest Spot fraudulent data, detect plagiarism, and break codes How to isolate the effects of observation on the thing observed Whether you're a statistics enthusiast who does calculations in your sleep or a civilian who is entertained by clever solutions to interesting problems, Statistics Hacks has tools to give you an edge over the world's slim odds.

The essential guide to getting ahead once you've gotten in—proven strategies for making the most of your college years, based on winning secrets from the country's most successful students "Highly recommended because it is full of practical tips that will help high school grads take the next step in life."—Money How can you graduate with honors, choose exciting activities, build a head-turning resume, gain access to the best post-college opportunities, and still have a life? Based on interviews with star students at universities nationwide, from Harvard to the University of Arizona, How to Win at College presents seventy-five simple rules that will rocket you to the top of your class. These often surprising strategies include: • Don't do all your reading • Drop classes every term • Become a club president • Care about your grades, Ignore your GPA • Never pull an all-nighter • Take three days to write a paper • Always be working on a "grand project" • Do one thing better than anyone else you know Proving you can be successful and still have time for fun, How to Win at College is the must-have guide for making the most of these four important years—and getting an edge on life after graduation. "This deliberately provocative book is a good way for a smart student to see how out-of-the-box thinking can lead to success in college."—Seattle Times

This volume provides a comprehensive and evenhanded overview of the escalating college affordability crisis in the United States. It explains how higher education became so expensive and explores the implications of high college loan debt for students and American society. The 21st Century Turning Point series is a one-stop resource for understanding the people and events changing America today. Each volume provides readers with a clear, authoritative, and unbiased understanding of a single issue or event that is driving national debate about our country's leaders, institutions, values, and priorities. This particular volume is devoted to the issue of the rising cost of higher education in the United States. The expense of pursuing a college degree has become so high for so many students, in fact, that the country is experiencing what many educators, economists, parents, and students describe as a college affordability crisis. This work provides an accessible, accurate account of the factors driving this trend, including dramatic reductions in higher education spending by states; for-profit colleges; predatory, unscrupulous, and lightly regulated student loan service companies; and spiraling spending by colleges and universities competing to attract students. Entries devoted to specific events and milestones related to the student loan crisis Biographical profiles of important lawmakers, public officials, and reformers Essays that explore the lasting impact of the college affordability crisis on students, families, institutions of higher education, and American society as a whole Annotated bibliography of sources for further study

Did you know that most elite colleges typically accept only about 2,000 students for their incoming class? That means that of the 34,000 valedictorians, class presidents, and star athletes graduating from high school every year, an average of only 6% applying to selective colleges will be accepted. Given the stiff competition, you may be wondering, how you can stand out in the college admissions process. In Hacking Elite College Admissions: 50 Surprising Insights on the College Application Process, you will learn: How to write a meaningful

college admissions essay The role of testing and grades in the admissions process How to motivate your advocates, i.e. guidance counselors, teachers, mentors, to write excellent letters of recommendation on your behalf How to apply for scholarships in order to make college affordable While the college application process can be overwhelming, this comprehensive guide includes expert advice from admissions officers to help guide you through this process with accurate up-to-date information. You do not need to do this alone! On the Back Cover: Please include Foreword on the Back Cover of my book. Foreword by John Branam, Executive Director of Get Schooled Foundation

Streamline and simplify your holiday season with this comprehensive guide filled with quick tips, easy hacks, and fun DIY project ideas—all designed for the most wonderful time of the year! While the holidays are a joyous time to spend with family and friends, we all know they can quickly become a hassle if you're not prepared. Holiday Hacks gives you expert tips and pointers to celebrate in style—while getting the presents wrapped and sorted, the food beautifully prepared, and the decorations on point—all with a minimum of stress! Holiday Hacks includes over 600 handy tips for everything holiday-related—from how to fill your house with a festive cinnamon scent, to soothing those holiday headaches, to an easy and delicious hot chocolate hack using Nutella and milk. There's even advice about ornament storage—egg cartons are a great way to keep your small and delicate ornaments safe in their yearly hibernation—so you'll be ready to go when the holidays roll around again next year!

Becoming a more effective learner and boosting your productivity will help you earn better grades - but it'll also cut down on your study time. This is a short, meaty book that will guide you through ten steps to achieving those goals: Pay better attention in class, Take more effective notes, Get more out of your textbooks, Plan like a general, Build a better study environment, Fight entropy and stay organized, Defeat Procrastination, Study smarter, Write better papers, Make group projects suck less, Whether you're in college or high school, this book will probably help you. But not if you're a raccoon. I want to be very clear about that; if you're a raccoon, please buy a different book. This one will do absolutely nothing for you. How did you even learn to read, anyway?

Harrison's latest dose of trademark wit and wisdom provides practical advice ranging from class enrollment and living on campus to study habits and more, that every student--and parent--can benefit from.

Optimize your health with these 175+ quick, actionable ways to boost your immune system and beat the common cold every season. From taking a day off of work to stay in bed to having to run out to the store for last minute medicine that you were sure you had, no one enjoys being sick. But what if there were quick and easy ways to boost your immune system so you could feel your best all year long? In Immune System Hacks discover over 175 practical steps you can use right away to boost your immune system and stay healthy throughout the year. These expert tips have everything you ever need to know about living your best, healthiest life, including: -Exercises that build and strengthen the immune system -Simple lifestyle choices that help guard against diseases -Environmental factors that affect the immune system -Immunity-boosting foods, vitamins, minerals, herbs, and supplements -The connection between gut health and the immune system -And more! Feel your best with the easy-to-follow advice in Immune System Hacks!

Based on the column The DDS detective from the Dartmouth newspaper.

Discover simple ways to be happier in your everyday life with these hacks that encourage positive thinking to improve your mood and outlook in any situation. Everyone wants to be happier, but often many people don't know where to start. In Happiness Hacks, you'll find 300 quick and easy ways to increase happiness in every area of life, including improving relationships, finding joy in your career and workplace, and developing a supportive community. From handling difficult situations, seeking personal growth, and discovering ways to share enjoyment with others, this book can teach you to hack happiness, think positively, and find more satisfaction in your everyday life.

A comprehensive guide for college-bound teens and their parents shares step-by-step coverage of today's competitive admissions processes based on expert advice by 50 admissions deans from ivy-league universities, in a reference that outlines recommendations for the sophomore, junior and senior grades of high school. Original.

* The Ultimate Guide to Surviving College * Whether you're a wide-eyed freshman or a seasoned senior, chances are you could use a few tips on navigating those crowded college corridors. If you're anything like the rest of us, you probably find yourself running out of time to properly feed yourself, or maybe you're struggling to live on those measly student loans. I understand - the life of a student can be rough. Maybe this is your first time ever living on your own, and you are suddenly straddled with the responsibility of cooking and cleaning for yourself, all while trying to maintain that perfect GPA. Talk about overwhelming! Even for the most organized people, finding time to feed, clean, and study can sometimes seem impossible. Take a deep breath - everything's going to be okay. The simple fact that you found this book means that your life is going to become much easier from here on out. Inside this handy guide, you'll find many tricks that they don't teach you in the classroom. From using your coffee pot to cook your breakfast or coat hangers to hang your shower curtain, the tricks in this book are everything that a college student should know to survive. And if you ever feel like you're alone in the crowd, just flip to the end of the book to find advice from students just like you. Get ready to make the best years of your life even better. * Scroll Up & Grab Your Copy NOW!

College Hacks Simon and Schuster

"Bloating. Heartburn. Weight gain. Frequent visits to the restroom. It's no surprise: bad gut health can have a big impact on your daily life. But what if there were quick and easy ways to improve your digestive system so you could feel your best every day? In Gut Health Hacks, you'll find 200 practical tips and tricks to support good bacteria and achieve a balanced gut microbiome. From ways to hack your meals to simple lifestyle changes, you'll find tips and tricks like: consuming ginger has a calming sensation for your digestive tract and can relieve gas and bloating; sipping some ginger tea before bedtime can lead to a restful night's sleep; mental stress leads to digestive stress; and much more! From improved mental health to weight loss to resolved digestion issues, balanced gut health can make all the difference. Now you can start feeling your best today with a little help from Gut Health Hacks"--

For 10 years (and counting), The Naked Roommate has been the #1 go-to guide for your very best college experience! From sharing a bathroom with 40 strangers to sharing lecture notes, The Naked Roommate is your behind-the-scenes look at EVERYTHING you need to know about college (but never knew you needed to know). This essential, fully updated edition is packed with real-life advice on everything from making friends to managing stress. Hilarious, outrageous, and telling stories from students on over 100 college campuses cover the basics, and then some, including topics on College Living •Dorm dos, don'ts, and dramas •Lying, noisy, nasty roommates Finding People, Places, &

Patience •Social network dos and don'ts •Friend today, gone tomorrow Classes •To go or not to go? •How to get an A, C, or F Dating •17 kinds of college hookups •Long distance = BIG concerns The Party Scene •The punch in the "fruit punch" •Sex, drugs, and safety first Money •Grants, loans, and loose change •Credit cards and campus jobs In college, there's a surprise around every corner. Luckily, *The Naked Roommate* has you covered!

The keto diet is easier than ever with these 200 hacks, tips, and tricks to adapting the keto diet to your lifestyle! Despite our best effort, not every diet is sustainable. The chances are that the more restricted you feel in your diet, the more likely you will fall back into poor eating habits, no matter what your best intentions are. While the keto diet has been lauded as a wonderful way to lose weight, calm inflammation, and fight some diseases, it can certainly be difficult to stick to. In *Keto Diet Hacks* you will discover 200 tips and tricks to make the keto diet work better for you including: -Ordering your favorite burger at the drive-thru but skipping the bun and sauce -Adding butter to your coffee to get more fat -Freezing cauliflower in muffin tins for easy pre-proportioned meals -Trying intermittent fasting when the weight plateau hits -And more! These simple, clever, and, easy-to-follow keto hacks will keep you feeling healthy and strong so you can experience all the healthy benefits of the keto diet on your own terms.

"Includes top tips for safe and healthy travel!"--Cover.

A completely revised and updated values-based guide to navigating the first year of college that speaks to college students in their own language and offers practical tools that readers need to keep from drinking, sleeping, or skipping their way out of college. In the four years since its initial publication, *THE FRESHMAN SURVIVAL GUIDE* has helped thousands of first year students make a successful transition to college life. However, much has changed on campuses. The explosion of technology, ubiquity of social media, and culture changes have all added new layers of complexity to the leap from high school to college. *THE FRESHMAN SURVIVAL GUIDE*'s updated edition features new research and advice on issues such as mental health, sexual assault, and finding balance. It also features expanded sections on dating, money management, and an increased focus on how the over 1.5 million incoming freshman can prepare themselves for the biggest change they've encountered in their lives: heading off to college.

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