



EVAGLO Free Resource for Young Adults Leaving Home for the First Time for Higher Education

Congratulations on your successful admission into college/university. I wholeheartedly thank the Lord for the solid parental foundation that you have received from your parents/carers over the years. The time has come for you to embark on a new journey towards independence. I want you to always remember the following and make them your point of reference throughout the journey.

Hold on to your faith in Christ. Always make the triune God the source and pillar of your life. Some of your new classmates and teachers may be atheists and followers of other religions. They will attempt to make you question and change your decision to follow Jesus Christ. **DON'T DO IT.**

Anchor your life with prayer and the word of God. Remember that God is all you need when the going gets tough. Your morning and evening devotion will keep you going.

Life is hard. You must work exceptionally hard if you want to achieve your goals. Life can also be competitive because many people want the same success that you are aiming for. Therefore, self-discipline, courage, sacrifice, and determination are seeds for success.

Follow school rules and regulations. Adjust yourself to the expectations of your college or university. You should familiarise yourself with the student handbook. No excuse for failure.

Ask for help. Nobody knows it all. It is not a weakness to ask for help when you don't know or unsure about something. A timely help can make a huge difference to your smooth take-off.

Choose your friends carefully. Avoid every form of distraction on your way to success. Acknowledge your uniqueness and don't bow to peer pressure. You should be a leader, not a follower. Don't be afraid to say 'no.'

Financial management. No college or university would teach you how to manage your money. Nonetheless, it is an important life skill that you should begin to learn from now. Live within your income and do not spend what you do not have.

Time is precious. Your journey to success begins from the first day. Every lesson is a journey, go over it before you start the next lesson, so you can question what you do not understand. It is also a good discipline to go over the material given to you before you start a new topic, this will set you up for a successful journey. Do not procrastinate by leaving your coursework until the last minute. Invest your time on what is important for your future.

Manage the stress of education with self-care. It is important for you to eat well, get enough sleep, engage in physical activities, and live a balanced life.

Manage your freedom with caution. Always remember that every freedom comes with responsibility. You should be willing to take full responsibility for your actions.

Always remember the son/daughter of whom you are. Stay in touch with your parents/carers and siblings. Don't suffer away from home in silence.

All the best in your new journey.

For your professional counselling needs, please contact Dr Gideon Bakare at EVAGLO Counselling Services.
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