Jumping Back into School & Where to Start

APSU Writing Center Handout

Where Do I Start?

It might feel overwhelming to go to college after being away for a long time. Before you jump back in, take some time to think about what you are hoping to achieve by going to school.
Set a few goals for yourself before you get started. Having a clear idea of what you want to accomplish can make the process feel more manageable. It can also help to get a planner, calendar, or organizational system that works for you, so you can keep track of classes, assignments, appointments, deadlines, and other responsibilities.

Consider All of Your Responsibilities

College is only one part of your life. Before you take on a full course load, think about everything else that requires your time and energy. Are you a Full-time employee, Part-time employee, Parent, Caregiver, Student-Athlete, Online-only Student, Military-affiliated Student, or someone balancing several responsibilities at once?
Write down the tasks, commitments, and responsibilities you already have. Then, consider how much time you realistically have available for school. You may not need to take a full course load right away. Taking classes part-time can be a great way to ease back into college while you adjust. You might also consider summer or winter courses to spread your classes out and reduce the pressure during the regular semester.

Taking Care of Yourself is Important!

Going back to college is a big step, and it's okay to give yourself the time you need to adjust. Be patient with yourself and recognize your own limits. Do not be afraid to ask for support and help along the way; APSU has student resources that are FREE to you!

You are capable of reaching your goals, but you don't have to do everything at once.

Whether you take one class or a full course load, need extra support, or must adjust your schedule along the way, what matters is finding a path that works for you and helps you move forward.

Get Connected

To adjust back into school, look into the various campus student departments and resources available to you through GovsConnect such as the Community Belonging center, APSU Writing Center, The Center for Academic Support and Enrichment, Newton Military Family Resource Center, and more!

The Center for Academic Support and Enrichment

Peer tutoring can be an essential factor in student success. As part of APSU's efforts to help students succeed, we provide FREE peer tutoring for 1000, 2000, and select upper-level courses.

Location: Marks 124

or visit AP Navigate!

Community Belonging

The Community Belonging department is in the Clement Building at the Wilbur N. Daniel Center. We offer educational and social programming that fosters a sense of belonging and

provides opportunities for development through campus connection, co-curricular engagement, and relationship-building. The department's focus is cultivating our university community both intellectually and relationally, encouraging students to engage in collaborative innovation, solution-based critical thinking, and global social responsibility.

Location: Clement 120

Newton Military Family Resource Center

The William E. & Sadako S. Newton Military Family Resource Center is Tennessee's largest military student center and a welcoming hub for all Austin Peay students. This 5,300-square-foot facility provides military-affiliated students—including active-duty, veterans, reservists, National Guard members, ROTC cadets, retirees, and military families—with a one-stop shop for academic, social, and career support.

Location: 426 College Street

APSU Writing Center

Austin Peay State University's Writing Center offers support for all types of academic writing, regardless of subject or assignment.

We assist all students including undergraduates, graduate students, full-time, part-time, multilingual, FSL, and those who are attending classes on the main campus as well as our Fort Campbell campus.

We provide free one-on-one consultations. With three options for consultations (in-person, online, and asynchronous) and a variety of hours, we are here to work with your schedule.

Location: In the Felix G. Woodward Library, next to Starbucks on the main floor.

My Next Steps

Schedule an advising or tutoring appointment with the Writing Center

Browse GovsConnect and APNavigate to familiarize with the student resources offered

Review your degree options and find out if any of your credits will transfer

Write down your class schedule and upcoming assignment due dates

Connect with a student support resource

Apply for Financial Aid

Remember that you are capable of doing this!

References

Albano, Lauren. (2023, April 24). *Ask a College Advisor: I want to go back to college, but where do I start?* BestColleges. https://www.bestcolleges.com/ask-an-advisor/i-want-to-go-back-to-college-where-to-start/

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