

10 TIPS TO HELP YOU SETTLE AT TISS

1 **Welcome Change** The next two years will be nothing like you've seen before. Whether it's new people or new experiences, have an open mind and heart for all.

2 **Know your Campus** Find out names and offices of important and helpful people on campus in the first week itself.

3 **Get to know the city** Catch a bus or a train like the locals do, and explore Mumbai! Make the city your own and it will make you its own.

4 **Don't bottle up** When you feel blue approach a friend, loved one or a counselling facility. Not the bottle!

5 **Accept the unpleasant with a pinch of salt** Some days will be better than the others, but they will all eventually pass.

6 **Don't let physical distance become an emotional distance** Use calls, mails, Skype, Whatsapp to stay connected with loved ones.

7 **Plan ahead** Assignments, research, lectures and field work may leave you searching for a 25th hour. Organize your time wisely.

8 **Unwind** Whether this is by having a peaceful sleep, yoga or doing something you love, make sure to have some 'me time'.

9 **Spend Wisely** Come up with a budget and keep a record of your expenses.

10 **Tabula Rasa** Your past is behind you. Treat this as a brand new start.

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