

Heading Back to School as an Adult

Heading back to school after having been out of the system is intimidating, no matter your age.

But heading back to school as an adult, especially one with a previous career, holds its own set of challenges.



Being worried or nervous about re-starting your education is totally normal and something experienced by everyone in your situation. Whether you're filling in some pieces that you missed earlier in your life, or you're training for a new career, or you're pursuing a love of learning, you shouldn't let your concerns stop you from moving forward. Here are a few tips that can help you take that step with confidence!

- **Get to know** your new school - take some time and really get to know what's available, what help there is, and who you can ask for advice when you need it. Take some time before classes start, if you can, to get a feel for the buildings and/or the campus so you're comfortable starting out.
- **Bring your experience** with you - you automatically have a leg up and you bring well developed skills with you: teamwork, problem solving, time management, and so much more. Be confident; you have an advantage!
- Create a ready **support system** - whether you're a parent, a working student, or you have other commitments, you'll need people to rely on. Ask around, you may have more help available than you think! If you don't have friends and family to ask, reach out to your school - they may be able to refer you. And build a support system within your classes as well, for study partners, for help if you miss class, and to connect with people who have similar interests.
- **Plan ahead** as much as you can by scheduling your classes, study time, household duties, meals, and more. There are a number of apps, blogs, calendars, and other resources to help you manage.