

A 30-DAY GUIDE  
TO BECOMING  
WHO YOU WANT  
TO BE IN COLLEGE

START  
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NOW

COLLEGE IS HARD - THIS CAN HELP

FREE SAMPLE

CRYSTAL CHIANG AND GERALD FADAYOMI

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**COLLEGE IS HARD - THIS CAN HELP**

A 30-day guide to becoming  
who you want to be in college

Crystal Chiang and Gerald Fadayomi

# WHERE DO I **START?**

## STARTING NOW

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*STARTING NOW* was designed specifically for starting *after* you've arrived at college.

If you're still in high school (yes, even if you're taking a few college courses online) or are waiting for your college classes to start over the summer, put this book down for now and pick it up again on the first day of college.

If you're already in college, go ahead and turn the page. No matter what point it is in the semester, you're ready to get started right now!

START HERE

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# START **HERE**

First things first. Where is here? Well, it could be a lot of places. Starting here could mean you're starting from a dorm room or an apartment in a new town. Maybe you're starting from the same bedroom you grew up in, but it's totally different now, because you're home in the middle of the day since college classes are so flexible. Or maybe you're working part-time in a coffee shop in your town as you work on (ahem . . . *put off*) job applications. But no matter where are physically, if you're opening this book, you're starting something, somewhere. And that something is . . .

the beginning of adult life.

Okay, maybe you don't feel like an adult because you're wearing a hoodie you got in middle school, you have exactly four dollars in your bank account and you still sleep with a retainer. That's fair. But the truth is, regardless of how you feel, you are closer to adult-ing than ever before. Chances are, if you're reading this, high school is somewhere in the rear view and life is going to look a little bit different than it ever has mostly because . . .

**you're in charge.**

Well . . . sort of. It's possible you thought you would be more in charge than you actually are. In fact, you might be surprised at how little freedom you have and how much your parents or your school or your coaches still manage what you do. Maybe you still have a curfew, a spending allowance, and somebody telling you to eat your veggies and go to bed. Or, it's possible you're shocked at the amount of freedom and responsibility you've been given. Be in charge of your own schedule? Your own budget? Your own academic life? Is that even a good idea?!?

Whether you feel like you haven't been given enough freedom or you've been given too much too soon, the truth is *you are here*. You are at the beginning of something entirely new. As an adult, you've been handed (or you're in the process of getting) the keys to your own life.

And now the question is . . .

### **where are you going?**

And if you're honest, that question is both exciting and terrifying. That's okay, because here's something that most people won't tell you. *Nobody has any idea*. Your friends don't know—even if they act like they do. Your parents didn't know at your age, and they may still not be sure. That's because "where are you going?" is a big question with a lot of potential answers. So how do you know you're going the right way? Especially now? At the beginning? When you sit in the driver's seat of your own life, how do you know you're headed in the right direction?

There are a lot of ways to answer that, but let's start with one:

### **Spend more time focused on a "WHO" not a "DO".**

Here's what we mean. When thinking about where they're headed in college or in life—most people think about what they will DO. Maybe you've been asked the question (a thousand times), "what are you going to DO now that you've graduated high school?" Or, "what's your major?"

Or, "what's next?" Most of the time, when people ask that question, they're asking about your future career. That's not a bad thing. But is it the most important thing? Maybe not. Think about this:

*The average American now holds six different jobs between the ages of 18 to 26, and two-thirds of these jobs occur between ages 18 and 22.*<sup>1</sup>

That means you'll likely change jobs and even career fields more in your lifetime than any generation in history. On top of that, because technology changes so quickly (and because when technology changes, culture does to) there's a good chance your eventual career hasn't even been invented yet.<sup>2</sup>

That's not meant to stress you out. The point is, while work is important, while jobs (and classes that eventually lead to those jobs) are necessary, there may be something else you need to consider—something else that needs to be your primary focus, something that matters now, tomorrow, and ten years from now, no matter what your career ends up being.

### **We're talking about WHO you are.**

#### **What kind of person will you be?**

- What kind of son or daughter?
- What kind of boyfriend or girlfriend?
- What kind student, employee, leader, follower do you want to be?
- How do you hope people describe you?
- What do you want to be true about you six weeks from now or six years from now?

Those are important questions because YOU will take YOU . . .

- into every job
- every relationship and
- every life-situation you have.

In other words, when it comes to aiming your life in the right direction . . .

### Who You Are > What You Do.

**List words you want to be true about you in college.**

.....

.....

.....

**List things you want to be known for or want others to say about you.**

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**What do you imagine God wants for you? List a few ways He may want to use you in the world around you.**

.....

.....

.....

Maybe you look at that list and it gets you excited about what's to come in the next few years and what you can do to actually grow into the person you want to be. And maybe

you look at this list totally overwhelmed—like, “That sounds great, but there’s no way I can get there.”

Either way, there’s good news.

**You have a chance to become the kind of person you want to be.**

And then . . .

you have another chance

and another one

and another.

Because becoming the WHO you want to be is something you can make a decision to do every. single. day. You can get it wrong one day and wake up the next with a fresh start. You can crush it for the first six months and spend the next three struggling and you still haven’t ruined your chances of becoming who you want to be because you are beginning a journey. And it’s never to late to start a journey—or start again.

So no matter what you decide about who you want to be, each day is a new opportunity to start becoming that person. Each day is a chance to look in the mirror and say, “Starting today I will . . . ”

And thats what this book is about . . .

**Deciding for yourself what you will do and who you will be**

**Every  
Single  
Day**

# STARTING NOW



COMMUNITY

WEEK 01



# community

[kuh-myoo-ni-tee]

**Definition:** The people you complain to about your Lit class, your weird roommate, or the smell coming from washing machine number 4 in the dorm. (Seriously, don't use that washer).

**Definition:** The people in your car on a midnight run to Taco Bell during finals week.

**Definition:** The people on your hall, in your apartment, on your intramural bowling team, or in your classes that you hang out with because you *want* to, not because you have to.

**Definition:** The people you talk with about life and school and dating and family and faith and all the other stuff that matters.

**Definition:** The people that will make this whole college experience worth it. *Your* people. The people you will go find . . . starting now.

Have you ever tried to use something in a way OTHER than how it was intended? If you haven't yet, you're sure to do it soon. College is famous for teaching you the magical art of *improvising*. Like you'll forget to do laundry and have to use a t-shirt as a towel. Or in a moment of late-night desperation, you'll explore how to make mac and cheese in the coffee pot. Or due to a malfunctioning microwave, you'll try to use your hair dryer as a hot-pocket warming system.

(Note: we don't recommend this.)

At some point you're going to need to improvise. And when it works, it's amazing! But at the same time, nearly everything works *better* when you use it as it was *designed* to be used. That's true of your phone, your microwave, your car . . . and it's true of you.

**You were designed for certain conditions.** Food, water, shelter and a steady stream of caffeine all seem to make you work better. And, if you don't have enough of any of those, you feel it. Those are the obvious ones, but they aren't all you need.

**Make a list of a few things you can't function without.**

.....

.....

.....

In addition to food, water, and Doritos, from the very beginning, God designed people to need other people. In the beginning, God created everything, and after making the Heavens, the Earth, the sky, the water, the animals, the flowers, the author of Genesis reminds us that all of it was good . . . right up until it wasn't.

*The LORD God said, "It is not good for the man to be alone"  
(Genesis 2:18a NIV)*

Have you ever thought about that? **The first not-good thing in creation wasn't an earthquake or a fire or an angry porcupine. It was alone-ness.**

Maybe that seems kind of dramatic. After all, there are a LOT worse things in life than being on your own. (Plenty of people have survived a Friday night by themselves.) But it's not ideal. While we may enjoy some time to ourselves we want that to be our choice. While we may like some alone-time, we weren't made to be alone all the time. And God knew that. He knew that even though we can survive being on our own for a little while, it's not how He designed us to live. We weren't made to do life on our own for long. And when we try, just like when we try to go without food or water, we don't function as well as we could.

**And that need for other people isn't a design flaw, it's actually part of the original design.** Here's what we mean:

*So God created mankind in his own image,  
in the **image** of God he created them;  
male and female he created them  
(Genesis 1:28 NIV emphasis added)*

People, **ALL** people, were created in the image of God, meaning we have some of His attributes. Part of **HIM** is reflected in **US**. And, God Himself is the perfect picture of connection.

Think about it: God, the Father, Jesus (or the son of God), and the Holy Spirit exist *constantly* connected, *constantly* communicating, *constantly* in relationship. So it makes sense if we were created in His image, then we were designed the to live the same way. In other words . . .

## You were created for connection.

But knowing that isn't the problem. The problem can be finding other people to be connected *with*—especially after you graduate high school. You may not be around the same people you've known since kindergarten. Or, if you are, they may act like completely different people now. Or maybe all the different schedules people have make it harder to consistently see the same people often enough to connect with them.

Whatever the reason, **finding your people may not come as easily as it always has.** It may take some *intentionality* on your part. It may take more time and more effort than you expected. *That's okay.* Good things usually do. And while there are a lot of things competing for your attention, one of the best things you will do for yourself as an adult is deciding to do life with other people. In other words,

### get serious about getting connected . . .

Starting Now.

Because sometimes good things just happen like . . .

You find 20 bucks in the console of your car.

You ace a test even when you skipped class and didn't study.

Your Taco Bell drive-thru bag has an extra chalupa inside.

But most of the time, the best things in life take some planning and effort. It's true academically. It's true athletically. And it's definitely true socially. You could get lucky and have the perfect roommate who ends up being in your wedding, or you could end up sitting in class next to your life long best friend, but do you really want to leave that up to chance? Probably not.

So when it comes to finding your people, you may need a plan.

Use the questions below as a guide to help you think through *how*, *when* and *where* you will find your people this year.

**What kind of people are YOUR people? In other words, what characteristics do you look for in a friend? What kind of people do you enjoy hanging out with?**

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.....  
.....

**Where could you potentially meet some new people this week?**

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Maybe you *love* meeting new people. Or, maybe it makes you a little nervous. Either way, one of the quickest ways to connect with another person is to ask questions.

**What are one or two questions you can ask someone you meet this week that might help you get to know them better? (hint: think background, sports, activities, future plans.)**

.....  
.....  
.....  
.....

Then, pray. Ask God to help you find the right people for you because . . .

You were  
created for  
connection.

Let's start with a question.

***How did you get here?***

Specifically, what made you decide on *this* school?

Maybe, for you, it was an issue of your major and this school offered what you were interested in doing in the future. Maybe it was the athletic program you were drawn to. Maybe your decision was financial—scholarships and in-state tuition helped make the decision for you. Maybe you knew someone who went here and they seemed happy enough so, why not? Or maybe it was something else entirely.

Whatever criteria you used to make that decision, it was probably something pretty important to you. It's something you felt would make your college-life or even your after-college life way better.

Whatever it was, there's something else that also has the power to make or break your college experience, that has the power to influence where you are going and where you end up. More than grades, majors, academics or finances, there's one decision that can impact the next four years (and a lot of years after that) more than anything else. And that's . . .

*Friends.*

Whether you have a ton of friends already or whether you'd give anything to have just one person to hang out with right now, one thing is true: in this phase of life your friends matter. Who you pick to be by your side for the next few years will effect you now and they will help shape who you become be later. And that's good news because you have more control now than ever when it comes to who you pick as friends—which means you have something in common with an ancient king of Israel, Solomon.\*

In ancient Israel, Solomon was known as "the wisest person who ever lived". And in all of his wisdom Solomon speaks into the area of friendships, saying the company you keep is vital as you identify the people you do life with in this season. Solomon wrote this:

*Walk with the wise and become wise, for a companion of fools suffers harm  
(Proverb 13:20 NIV)*

Basically, the people you spend time around—good or bad—have an effect on you. They influence you. That doesn't mean you'll end up exactly like them, but it does mean you will start to resemble them in some ways. Spend enough time with people who are wise and you'll grow more wise. Hang around people who consistently make bad decisions, you'll probably end up making more bad decisions (or at least suffering the fallout from them) as well.

In other words . . .

**People who walk together often, end up in the same place.**

\* The son of King David, Solomon was one of Israel's most famous kings. Many of his famous sayings were collected in various books of the Bible. The book of Proverbs is most famous for it's wise sayings and most of those are attributed to Solomon, written from an older man to a younger man learning to find his way in the world.

So at the start of this new stage of life, in this new place, the question, when it comes it your friends, is not so much, *who* do you want to be your friend, but instead: **where do you want to go?**

Start with that question. Because the people you are around will either help you or hurt you in getting there. They will either be bridges or barriers to you becoming the person you ultimately want to become. But bigger than that, they will play a major role in helping you become who God ultimately wants you to become.

**So think about what you want to be to be true about you when you graduate in four (or, let's be honest, five) years. In fact, turn back to page 10 and look at your answers.**

If these things represent who you want to become, you're going to want to hang around people who reflect the same characteristics in themselves, and encourage them in you. With that in mind, use the space below to make some decisions about the character traits of people you will hang out with this year.

**The people I spend time with must be:**

.....  
.....  
.....  
.....

**The people I spend time with absolutely can NOT be:**

.....  
.....  
.....  
.....

At the start of this new chapter in your life, you will probably meet a lot of new people. As you do, use the list above like a filter for what kind of roles each of these people should play in your life. Ask yourself who should be an acquaintance and who has the potential to be a friend you spend quality time around, allowing them to influence you in big and small ways.

Now, just so we're clear, people who don't fit those characteristics are not terrible people. In fact, you'll probably meet a lot of really good people this year who may not fit the categories you defined above. That's because this isn't about being a GOOD person. It's about someone being GOOD FOR YOU. And you owe it to yourself as a mature person to decide who will have the kind of access to you that allows influence over you. So much of this year (and the rest of your college years) will be determined by who you spend it with, but don't just settle for any people who come along. Instead,

**prioritize finding your people.**

Prioritize  
finding  
your  
people.

Which one are you?

**Introvert**

**Extrovert**

**I don't know!**

If you aren't sure, put this book down and go take a quick quiz online to help you find out. (An introvert tends to be energized by spending time alone, and an extrovert enjoys spending more time with people.) Knowing this about how you are wired matters because the more you know about yourself—including how you best relate to people—the better you will be at college life.

Whether you are energized by a crowd or need a nap just thinking about a crowd, one thing is true:

**we all need people.**

Maybe you need them in small doses, and in small circles. Or maybe you need all people all the time and can never have enough. But no matter how you were made, something doesn't feel right when you're away from people for too long. And that can make college (or any new phase of life) kind of complicated. Because the people who have always been around aren't necessarily around anymore.

That doesn't have to be a bad thing. One of the most exciting parts about this new stage of life is how many new people you



will meet. In fact, it's possible some of the people you meet this year will be the very same people who . . .

- are part of some of your favorite memories in the next few years.
- become future roommates.
- cheer you on as you graduate.
- stand beside you at your wedding.
- become you life-long friends.

(Cue sappy music.)

But building those kind of close, authentic, and meaningful friendships takes time. As in years potentially . . . not weeks. And that means between now and then you may feel disconnected or maybe even a little lonely.

If you've ever felt alone, or if you're feeling that way right now, that's *perfectly normal*. You're normal. You aren't the first to feel this way. In Psalm 139, David\* writes,

*Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast.*  
(Psalm 139:7-10 NIV)

\*David is the guy you might remember from when you were a kid—and the father of Solomon, who we talked about yesterday. He started out as a shepherd until the prophet Samuel came and told him he would be the next king. The whole becoming king part took a while, but in the meantime, he earned quite the following by defeating the giant Goliath with a stone and sling shot.

You could sum up David's writing this way:

**God is everywhere.**

**God knows everything.**

**God is with you.**

No matter how alone or isolated you may feel there is no corner on the planet that is outside of God's reach. He is with you every step of the way. That's good news. And what's even better, is we have more proof than David did at the time he wrote this. God ultimately gave us Jesus to come to Earth, walk alongside the humanity He made, experiencing the hurt and difficulty being human brings with it. He did it so there could be no question: God is willing to do *anything* to let us know He's with us.

We may not know what prompted David to write what he did, but it's possible he knew exactly what it felt like to be isolated and alone, and that he wrote what he did as a reminder to himself—that even when feeling the most lonely, God was there too.

The same is true for you.

Your friends may be far, but because of Jesus, God is not.

Your family may be distant, but He never will be.

The new friends you had hoped for may be far in the future, but God is with you right now.

**Even when you feel lonely,  
He will never leave you alone.**

Think of where you spend most of your time right now. Maybe it's in class. Maybe a dorm or an apartment. Maybe it's a new town or maybe it's a coffee shop in the same town. With those places in mind, fill in the blanks to personalize David's psalm on the next page.

Where can I go from your Spirit?  
 Where can I flee from your presence?  
 If I go to .....,  
 you are there; if I make my bed in  
 ....., you are there.  
 If I ....., if I settle (in)  
 ....., **even there** your  
 hand will guide me, your right hand will hold me fast.  
 (Psalm 139:7-10 NIV emphasis added)

It's possible you don't feel lonely right now, but at some point in this time of change and transition it's bound to happen. When it does, memorize the verse above—not David's version, but yours. And let that this truth carry you through:  
**Even if you feel lonely, He will never leave you alone.**

Spend a few minutes praying and asking God to help you *feel* His presence during times when you may be likely to feel lonely this semester.

Even when  
 you feel  
 lonely, He  
 will never  
 leave you  
 alone.

Have you ever walked into a classroom, sat down, and then realized, five or ten minutes later, you are in the *wrong class*? It's humiliating. Even if you have never done that, that feeling of being a little disoriented in a new place is familiar to everyone. Maybe you have literally gotten lost in a new school building or a new side of town. Or maybe you just feel a little disoriented in a stage of life where almost everything seems new.

The feeling of learning something new when you're more familiar with the way things *used* to be is something early Christians who had grown up in the Jewish faith and culture would have known. For them, becoming a Christ-follower meant redefining thousands of years of belief and tradition. It meant, in some cases, going from a place of relative safety to being in physical danger. Following Jesus meant being in completely new territory. And, like you're probably figuring out, with new territory comes new challenges. Challenges that can make the journey exhausting, challenges that can make you want to give up, challenges that may make you want to pack up your dorm, get on a bus, and head back home for good.

In the New Testament, the writer of the book of Hebrews\* gives us some insight into something that can be helpful for how to survive in these new situations.

*Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds . . .*  
(Hebrews 13:23-24 NIV)

When we're in a new or stressful situation, we all have a tendency to become hyper-focused on ourselves, to isolate ourselves, to retreat into our minds, and withdraw from other people. But the author of Hebrews is saying, when tempted to run away, we should actually do the opposite. We should run in the direction of other people. Notice the use of "us" and "we". To hold on to hope we need help. We need people in our corner reminding us of the goodness of God. Encouraging us to keep going. Pushing us to keep fighting.

The start of college or adult life can be disorienting for just about anybody. And as overwhelming as it feels, it can be tempting to forget you are swimming in a sea of people going through the same thing.

You are surrounded by people who need encouragement, need friends, need plans this weekend, need hope that it's going to turn out okay—even if they (or their social media accounts) don't look like it. In other words . . .

**You're surrounded by people who need someone, just like you do.**

\* The book of Hebrews is a distinctly Jewish sounding book. It's obvious from the way the author writes that the audience was Jewish Christians trying to figure out how these two different parts of their identity fit together. And fun fact: no one knows who wrote the book of Hebrews. But early church leaders were so confident that the message on its pages was important for the early church, they included it.

But when you are in a new place and around new people, that's easier said than done. So the writer of Hebrews keeps going.

*Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds, **not giving up meeting together, as some are in the habit of doing**, but encouraging one another—and all the more as you see the Day approaching.*  
(Hebrews 13:23-25 NIV emphasis added)

When we are tempted to isolate, the writer says to do the opposite. In other words,

**don't give up on showing up.**

Chances are "the meeting" with other believers may look different for you now than it did just a few years ago. Maybe your parents dragged you to church in high school and you couldn't wait to get out of there. Or, maybe you LOVED your youth group and you're wondering how to recreate that in this new stage of life. Either way, as an adult, one of the things you will decide for yourself is if, when, and *how* you will meet with other followers of Jesus.

In the space on the next page, make a list of organizations on campus (or near campus) where you can meet with other believers. If you aren't sure, do a quick search for your school name and "Christian organization" or "college ministry" and choose a few you'd like to try.

NAME	MEETING PLACE	MEETING TIME
.....	.....	.....
.....	.....	.....
.....	.....	.....

Even if you have tons of Christian organizations on campus, **one of the best ways to meet with other Jesus-followers is to be involved in a local church.** A local church gives you the opportunity to worship with people in different life-stages than you, and that's really important. There will be times over the next few years you may need the advice or encouragement of someone a little older, or you may want to begin to serve someone younger in some way.

Maybe at this stage of life, you'll continue to attend the church you've always attended. Maybe it's time to try somewhere new. Either way, **don't give up on showing up.**

**In the space below, write a few characteristics of a church that are important to you. (For example, worship style, opportunities to serve, beliefs, small groups, etc.)**

.....

.....

.....

.....

One of the best ways to achieve a goal is to SET a goal. **Decide for yourself how many times you will meet with other followers of Jesus this semester.**

.....

Don't  
give  
up on  
showing  
up.

What are some things you do really well? (It's okay. Nobody's reading this but you. Go ahead and brag on yourself for a minute.)

**I'm pretty good at:**

.....  
.....  
.....

Now think about who helped you develop that skill. Maybe you're one of the lucky 0.01% of people born with a natural knack for music or basketball or calculus. But most of us, if we are good at anything, got good because somebody along the way helped us out.

A good coach or a mentor can act like rocket fuel on just about any skill you have. In the United States alone, people spend \$6 billion<sup>3</sup> every year for coaching on everything from baking to business, to swimming, to dating. And while the coaching *industry* is a relatively new idea, the practice of coaching has been around for a long time.

In the earliest days of Christianity, the Apostle Paul acted as a coach to several young leaders in different cities. Because some of his letters to a certain leader, Timothy, have been

preserved, we get to see a little of why and how that relationship worked.

*I remember your genuine faith, for you share the faith that first filled your grandmother Lois and your mother, Eunice. And I know that same faith continues strong in you. This is why I remind you to fan into flames the spiritual gift God gave you when I laid my hands on you. For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.*  
 (2 Timothy 1:5-7 NIV)

In other words, Paul writes to Timothy, I know where you come from. I know your family. I know your story. I know what God is doing in you and now I want to **tell you who you are becoming**. Not a kid filled with fear, but a leader filled with more power and love and discipline to get things done than you probably realize.

That’s the great thing about a coach or a mentor. **They have the power to remind us who we are, even when we aren’t sure**. And that wasn't the only way Paul coached Timothy. Paul gave Timothy advice on everything from how to fix his stomach problems (1 Timothy 5:23), how to use the Scriptures (2 Timothy 3:16-17), how to handle money (1 Timothy 6), and how to impress older people (1 Timothy 4:12-13).

In other words, Paul wasn’t just Timothy’s Bible teacher or pastor. Paul was able to guide Timothy in every area of life because Paul had experience Timothy didn’t. And that’s true for *all* of us. There are people who are farther along and can speak wisdom into areas of our lives where we might not even know we need it. The key is being self-aware enough to know we need guidance from others, and then making it happen.

What’s one area of life where you could use a little advice from somebody who has been where you are before?

.....  
 .....  
 .....

Maybe you need a mentor who . . . .

- specializes in the career field you want.
- has been to the school you’re attending.
- knows your family and can give you advice.
- has lived with roommates.
- has commuted to school before.
- has managed a long-distance dating relationship.
- has survived a breakup before.

In reality, you probably won’t find all the expertise you need in one person, and that’s okay. When it comes to mentors,

**you need a team.**

You need a group of people, a little farther down the road, who can tell you what is up ahead, what to watch out for, and how to get from where you are now to where you want to go.

Some coaches or mentors, like Paul, will be a part of your life for the long haul. But for others, it may just be for a season. Either way, anytime you’re in a new season, getting a coaching team in place is a great idea.

**In the space below, brainstorm some characteristics that might be helpful for you in a coach or a mentor.**

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Chances are, as you were thinking about it, a few people came to mind. Go ahead and write the names of potential coaches or mentors that might be good to have on your team this year.

**Who COULD be on my team this year?**

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You need  
a team.



**We (Gerald and Crystal) are so convinced that having a team of mentors is a game changer for you that we've created a system so you don't even have to tell the coaches or mentors in your life what you want them to do. You send one text and we do the rest.**

**If you're ready to make a team for this semester, turn the page and get started.**

Until now, you've probably been *assigned* coaches, teachers, counselors and youth pastors. That was great, but things are changing. **Now, as an adult, you get to choose the people on your team.** And who you choose may be one of the most important adult decisions you make. So how do you choose?

Well, first, let's assume your parents are still acting as advisors in your life. They may not be telling you when to wake up, what time to come home or remind you to eat more veggies, but chances are they still know you better than anyone else and still want the best for you. So let's keep them on the list.

Who else?

- As you think of everyone you know, **start with people who are little farther along in life than you.** You probably already have great friends who are figuring out the after-graduation life together. Keep them! But for your coaching team, you'll want three to five people who have already been there. People who can help you see what you don't see and help you through what they've already been through.

- **Make wise decisions in their own life.** This is a no-brainer, right? If someone makes bad decisions in their own life, they shouldn't help make decisions for yours. You can still be friends with them, of course. But they're not on your team. That's just a bad idea.
- **Care about you enough to tell you what you don't want to hear.** We all have those people who will tell us what we want to hear and make us feel good about our own ideas. But if you want to make consistently wise decisions, you're going to need somebody who loves you enough to disagree with you, to point out when your plans don't set you up for the best outcomes, and to help you figure out a better alternative.

**So that's it: farther along than you, wise in their own life, and cares about you. Do a few people you look up to fit that criteria? Good. Write their names here.**

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**Now, it's time to make the ask.**

We know that asking anyone for a favor can be a little scary, but trust us. Asking someone to be on your team will make their day. And it doesn't have to be complicated. **We wrote the text for you!** You can type it out yourself or just take a picture of the message on the next page and text it to them.

No matter how you ask, make sure your mentor goes to **OnMyTeam.org** to sign up to be on your team.

Hey. You may know that I recently graduated. As I look toward what's next, I realize that I'm going to need some wisdom and encouragement from people a little farther down the road than me.

In other words, **I need a team.**

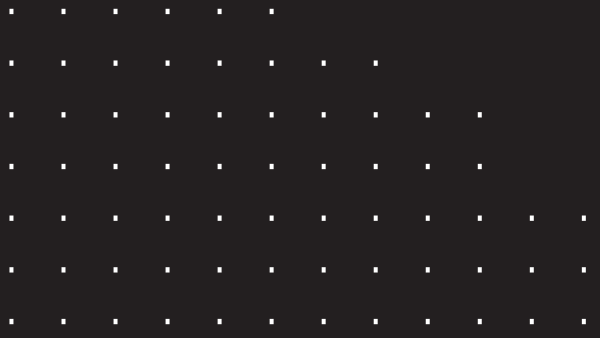
I need a few trusted adults who make wise decisions in their own life and care about mine that will check in occasionally and help me navigate the first few months of adult life. Would you consider being on my team between now and the end of the semester? Sign up is easy. Just go to **www.OnMyTeam.org** and click "I'm a mentor". You'll get emails letting you know when to check in, what to talk about with me, and why all this matters. If you can't, don't worry! Life is really busy and I get that. Just let me know by shooting a text that says **"hey. I can't be on your team this semester, but I'll be praying for you and cheering from the sidelines."**

Thanks again for being the kind of adult students like me want on their team!





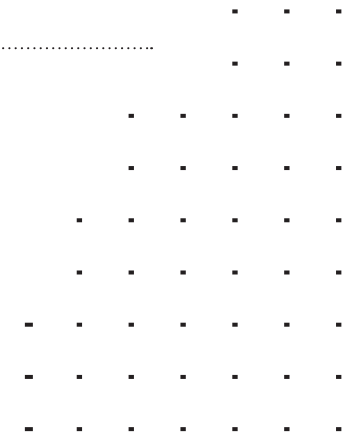
WHEN IT  
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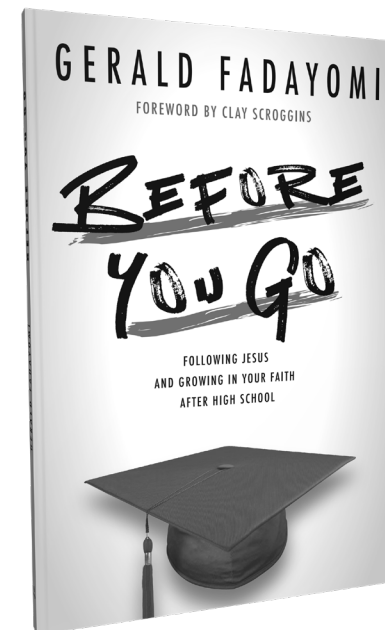
STARTING NOW  
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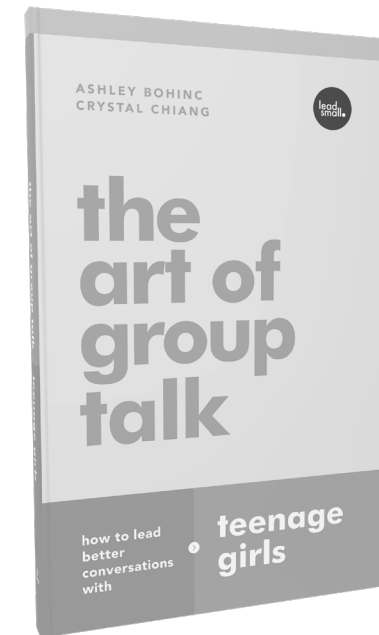


**Life is constantly changing, and with every new season comes a new set of challenges.**

As you prepare to leave high school behind and move into a new season, this book will serve as a guide to help you maintain and grow your faith in college. In the pages of this short book you'll find letters from college freshman, ten ideas that will help prepare you for what's ahead, and questions to help you process and apply what you've read.

[www.OrangeStore.org](http://www.OrangeStore.org)

MORE FROM  
**CRYSTAL  
CHIANG**



**Sometimes people talk too much—way too much.  
Sometimes they don't talk enough.**

So if you've ever wished you knew what to say, what not to say, when to speak, when to listen, how to make others talk, or how to make them stop talking, then *The Art of Group Talk* is for you. These books can remind you that your small group conversations—even the ones that don't go exactly as planned—really matter. But there are a few ways to make your conversations matter even more.

*The Art of Group Talk* is part of a series of books for leaders of kids, teenage girls, and teenage guys.

[www.OrangeStore.org](http://www.OrangeStore.org)

# WELCOME TO COLLEGE

Congratulations! You made it.

You've finally been handed the keys to your own life. You get to choose your direction. But the question is:

## Where are you going?

Chances are that question both excites and terrifies you. Because figuring out where you're going in life isn't exactly easy. That's why we want to help. What if figuring out where you want to go wasn't as mysterious as it seems? What if, **STARTING NOW**, you could begin to move in the direction of a future you want?

Inside, you'll find six ideas to make that future a reality. And spoiler alert. They have nothing to do with your major, your study habits, or your future career. We won't tell you whether to go Greek, double-minor, or live on campus.

Instead, we'll spend the next 30 days looking at something far more important than what you **DO** in college. We'll uncover who you want to **BE**.

## STARTING NOW



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