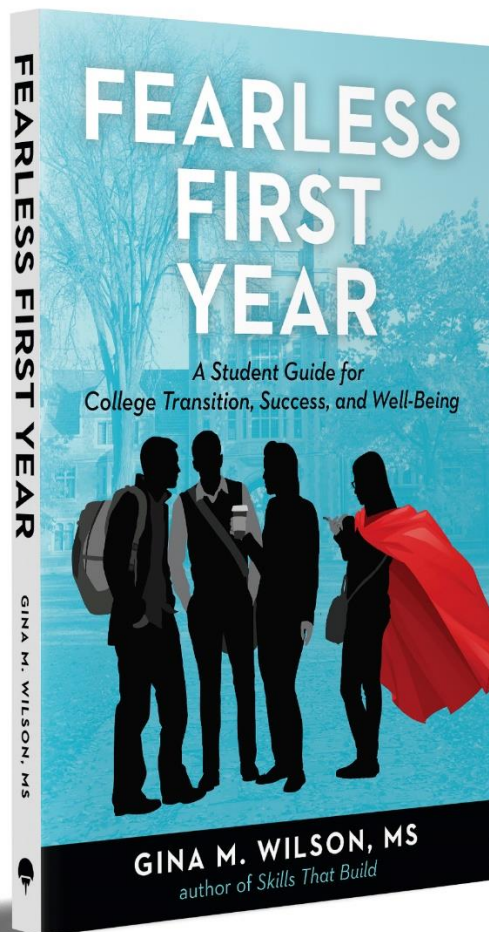


**Fearless First Year: A Student Guide for College Transition, Success, and Well-Being**  
By Gina M. Wilson, MS

**Press Kit**

*Announcing ...*



**20-word description**

*Fearless First Year: A Student Guide for College Transition, Success, and Well-Being*

Comprehensive guide for students to fearlessly transition to college and thrive, from an expert coach with compelling student stories.

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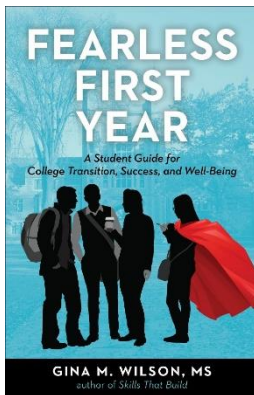
# Fearless First Year: A Student Guide for College Transition, Success, and Well-Being

By Gina M. Wilson, MS

## 200-word Book Description:

### *Fearless First Year: A Student Guide for College Transition, Success, and Well-Being*

College acceptance confirms a student's aptitude for the rigor of higher education but is no guarantee of success once there. Between acceptance and graduation, students face countless hurdles. Nearly half of entering students require six years or more to graduate, while 30 percent fail to return for the second year. Too many students enter unprepared for the major life transition from high school to college.



College success requires more than academic prowess. Social, emotional, financial, and life skills are critical. Students must stay focused, manage time, maintain physical and mental health, and engage within the campus community. Those who develop these skills before and during college will thrive. Transition preparation is key.

*Fearless First Year* is an indispensable handbook for college-bound students to proactively prepare for a smooth transition and college success while also maintaining their well-being. Written by an expert coach with insights from current students as well as checklists and exercises, this guide inspires students to develop and practice behaviors for a *Fearless First Year* at college and beyond.

## 50-word book description:

### *Fearless First Year: A Student Guide for College Transition, Success, and Well-Being*

Learn strategies to successfully transition and thrive in college, from an expert coach and student stories. Loaded with practical techniques from managing time to making friends, this comprehensive guide inspires and equips students with skills and knowledge for their life-changing transition from high school. Essential for the college bound.



# Fearless First Year: A Student Guide for College Transition, Success, and Well-Being

By Gina M. Wilson, MS

Published by Bayfront Press, an imprint of System Strategies.

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Trim Size: 5.5" x 8.5", 192 Pages, 7 Figures/Images, 6 Exercises

Available for purchase at [ginamwilson.com](http://ginamwilson.com), through Ingram, Amazon, and booksellers everywhere.



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phone: +1 302-229-9711

Target Audience: Ages 15-21, Trade/General (Adult)

Written for college bound students and first- and second-year college students, *Fearless First Year* is also a useful resource to parents, counselors, and educators invested in student success. Nonacademic factors contribute to student performance, well-being, and graduation rates. Academic preparation alone is not enough. Transition preparation and skills are key. *Fearless First Year* is an essential component of any college readiness program.

## **Genre**

EDU038000 EDUCATION / Student Life & Student Affairs

SEL027000 SELF-HELP / Personal Growth / Success

## **Subject**

Study Aids / College Guides

Teenage personal & social issues

Student Life

Practical Advice: Life hacks / handy tips

For undergraduate education and equivalents

Relating to early adulthood

# Fearless First Year: A Student Guide for College Transition, Success, and Well-Being

By Gina M. Wilson, MS

## Gina M. Wilson, MS



Kelli Wilke, Photographer

### 200-Word Bio:

Holistic executive coach Gina M. Wilson earned a Master of Science in cognitive psychology from Villanova University and a bachelor's degree in psychology from the University of Delaware. Her interest in student success began in college while working at the student advisement office and as a resident assistant in university housing. It later became a passion while coaching students who suddenly found themselves unprepared for the transition to college life. Gina speaks on well-being, leadership, personal growth, and professional development at conferences and corporate events. She is the author of *Skills That Build: The Hard Science of Soft Skills for Work and Life*.

Gina obtained coach training through the Center for Coaching Certification and continued her studies at Harvard's Institute of Coaching at McLean Hospital. She is the founder of System Strategies Consulting and Coaching, a former college psychology instructor, an experienced software developer, and a healthcare strategist. In addition to private coaching for students and leaders, Gina offers coaching for higher education, non-profits, and corporate organizations. She served as a board member for the Mental Health Association in Delaware and continues to promote mental health awareness. Gina spends her free time with family in their coastal Delaware home.

### 50-word bio:

Holistic Executive Coach Gina M. Wilson, MS, draws from her expertise in cognitive psychology, in teaching undergraduates, and a decade of coaching college students. Using sustainable, evidence-based behavioral strategies, Gina's coaching enables students to smoothly transition to college and thrive. She is the author of *Skills That Build*.

### 100-word bio

Holistic executive coach, consultant, and author of *Skills That Build*, **Gina M. Wilson, MS**, has coached students, families, and adults in transition for over ten years. Driven by her passion for understanding the brain and behavior, Gina translates the science of human performance and well-being into actionable behaviors, enabling individuals to thrive using sustainable, evidence-based techniques.

Drawing from her background in cognitive psychology and teaching undergraduates, Gina brings a practical perspective and growth mindset to coaching. She coaches students to prepare for the college transition, navigate college life, and develop leadership, communication, well-being, and time management skills.

# Fearless First Year: A Student Guide for College Transition, Success, and Well-Being

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## Book Reviews

‘Great read with a significant amount of useful, practical advice. I realized that I did it all wrong!’ - **Rich Daisley, CPA**

‘I wish my High School had done this my senior year!’ - **Holly, college sophomore**

‘Transitioning to college is one of the most significant events in the lives of both students and parents. Managing not only the challenging college curriculum but the freedom of living away from home, often for the first time, and the responsibility that comes along with it, is frequently overwhelming. In *Fearless First Year*, Gina Wilson provides valuable, practical advice for students to help them navigate this very challenging period of their lives which will set them up for success both in college and beyond. And adults reading this book may also learn a few valuable lessons as well. I highly recommend this book for both students and their parents.’  
- **Rich Daisley, CPA**

‘I just finished your book and really wish all students would read this before coming to college! I especially liked the chapter on social connections with professors’ - **Laura Gasiorowski, PhD, Assistant Professor of Entrepreneurship, University of Delaware**

‘I can really use the stress buster’ - **Katherine, college freshman, Davidson**

‘Time management is my biggest concern...[the book] gave me good techniques that I will use in college’ - **Evan, High School senior**

‘The chapter on social connections was spot on. Students who attend class regularly, participate actively, come to office hours, or simply talk to me before or after class are at a much greater advantage. There are so many situations in which a pre-existing relationship, or just knowledge of who you are, is helpful – recommendations for graduate school, jobs or study abroad programs, extensions on assignments, teaching or research assistantships, participation grades, and borderline grades. If a student is in between an A and an A-, that relationship will make all the difference. As a whole, this book is so valuable. Do all of the practical exercises and you will be so much more successful in college!’ - **Laura Gasiorowski, PhD, Assistant Professor of Entrepreneurship, University of Delaware**

‘The tech tips were especially helpful’ - **Brett, recent High School Grad**