



For Immediate Release

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Contact Information:

Caroline Bradley

baylorbearsrock@gmail.com

123-456-7890

Less stress, more success for move-in day

WACO, TX (July 30, 2022) – The truth is move-in day is stressful. Along with all of the physical baggage to move in, there is a lot of emotional baggage to unpack too. Parents are leaving their kids at a new place to branch out on their own; kids are stepping into a new chapter of life with more freedom and responsibility.

College is a big move into a new environment, so let's talk about some ways new students and their parents can set themselves up for a successful and fun move-in day.

- **Label** the contents of every bag or box on a sticky note taped to the side.
- **Pack** cleaning supplies in a separate and portable container near the top of the car to easily access it before unloading to start the move in process with a clean room.
- **Contain** clothes on hangers with a trash bag around it to transport without worrying about losing any clothes or hangers.
- **Take a picture** of the before and after of the room to be able to appreciate the transformation.
- **Contact** roommates before moving in to split purchasing and bringing necessities, including kitchen supplies, cleaning supplies, fridge, etc.
- **Utilize** every inch of storage to consolidate things into as few items to carry in as possible – under-bed drawers, baskets, laundry bag, etc.
- **Interact** with the Move2BU crew. All of the Baylor family, including current students, faculty, even our president Linda Livingstone, comes out to welcome in the new freshman class.

Hopefully, these tips help new students and their family to **sic** move in day!

About Baylor University:

Baylor University is a private Christian university located in Waco, Texas. Committed to providing students with an enriching experience inside and outside of the classroom, Baylor strives to support, encourage, and expect excellence in all undertakings. As a nationally ranked Research 1 institution, we offer over 125 undergraduate degrees across 9 highly ranked academic units. Outside of the classroom, Baylor celebrates a rich set of traditions, including the Baylor line, the nation's oldest homecoming and Diadeloso, to get students excited about being a Baylor Bear.

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