

The ~~Do~~s and ~~Don't~~s of a NEW COLLEGE STUDENT

STAFF EDITORIAL

HOW WE SEE IT

At Elon, we know being a new student can be stressful. Here are some tips to start your freshman year off on the right foot.

Here you are, starting a new journey at Elon. You may feel intimidated, nervous or excited about your first year of college. Don't let the jitters of meeting new people and establishing a new home weird you out. In these next few weeks, you will be initiated into your college career with help from your peers, professors and administrators. You'll have opportunities to try something new, something that will transform into a hobby or a habit. Whatever you engage with will shape some part of your college experience, so it's important to develop good habits and avoid bad ones. Here are some suggestions:

1) Do read class assignments. Do not sleep in.

Timeliness is a good habit to develop. When you show up on time for class, it shows your professors you care about succeeding. A key part of

academic success is showing genuine interest in your coursework. Excessive sleep-ins will mess with your sleep schedule and as a result will negatively impact your performance in class.

2) Do strengthen your emotional intelligence. Do not make assumptions about people based on their physical identity markers.

On campus, you'll be exposed to people who come from different walks of life. Your professors and university speakers may challenge your beliefs. During contentious moments, it's important to respectfully listen to different views and engage in civil dialogue. Part of this process involves growing in emotional intelligence, recognizing others' emotions and learning how to manage your own emotions. Remember your delivery is as important as the message conveyed.

3) Do engage with activities that

make you happy. Do not coerce someone into doing something they don't want to do.

Part of the college experience is fostering personal interests and talents that will help you in various points of your life. In order to grow, sometimes you have to make decisions for yourself. If you really want to join an organization, don't feel compelled to say 'no' because everyone else said 'no'. Accepting your own quirks is a big step in the maturation process. The reverse is also true: Don't say 'yes' to something just because everyone else said 'yes.'

4) Do seek help if you need it. Do not hesitate to ask questions.

If you experience mental distress in your daily life, you may consider reaching out to Counseling Services, Health Services or Campus Safety. These resources are here for your benefit. Taking care of your physical and mental wellbeing will improve your academic performance and social wellness.

5) Do challenge yourself. Do not strain yourself.

College can be a daunting place.

For some, it is the first time they're away from home. For many Elon students, home may be a plane ride away. Part of the process to overcoming such fears is recognizing your worth on campus and remaining true to yourself. A college campus is largely shaped by students – your peers will work in campus facilities, volunteer in organizations and lead several initiatives. Take advantage of opportunities presented in college. Pursue research, or join a club sport if you want. If you find something (e.g. a club or organization) is wrong or missing, take the initiative to change it. When you're presented with an opportunity to apply for a coveted internship, don't count yourself out because of insecurities. But don't pursue something that will inconvenience you. The only person you should compete with is you.

It is inevitable to have good days and bad days this year. But your progress at Elon won't necessarily be measured by your achievements but by your resiliency.

Here's our challenge for you: No matter the loss, learn how to bounce back.

CAMPUS VOICES

Take advantage of opportunities offered at Elon



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I'd like to welcome you to Elon by congratulating you all. Being accepted into a world-renowned university is no small feat. Whether you're here as a stepping stone to a dream job or here to further your education, Elon will help you achieve whatever you set your mind to. From the day you step foot on campus, you'll explore all Elon has to offer.

Many people will offer advice on how to involve yourself for the next four years. Some will say pick no more than one or two things. Others will say experience as much as you can and involve yourself in different things on campus.

There are benefits to both ways of thinking, but for me,

I chose the latter. I tried to involve myself in as many things as I could in order to truly utilize what Elon could offer.

As an avid basketball player in high school, I joined club basketball so I could still competitively play the sport I love.

While my father was in a fraternity during his time at Elon, I didn't plan to take a similar path as I was exposed to negative stereotypes. But I met one of my best friends through club basketball, and he showed me the good things fraternities can offer. Two years later, I'm the President of Sigma Phi Epsilon here at Elon.

Organizations at Elon have given me the opportunity to travel from coast to coast and

learn with Elon students in other environments. I'm also a University Innovation Fellow, a group that trains students to be resources on campus for other students who wish to start their own ventures, and this opportunity has taken me to Silicon Valley, where I learned about entrepreneurship and innovation at Stanford, Google and Microsoft.

Everyone finds their organizations, and it may not happen for several semesters. Make sure to do your research, whether online, through the Org Fair or through your friends and classmates. There are hundreds of organizations, and there's often something for everyone.

Perhaps the most important

advice: strive to cultivate meaningful relationships with faculty and staff. It has helped me grow as a global citizen, land jobs and influence my passion. I probably would not have chosen to major in entrepreneurship had it not been for my advisor and mentor, Sean McMahon. The same goes for my other advisor and mentor, Raj Gupta, who convinced me that finance and entrepreneurship makes a great combo. My mentors have helped me do great things at Elon, so I hope you find your own and foster productive relationships with them.

Also, take advantage of Elon's top-rated study abroad program. The best time of my life was spending the fall semes-

ter of my junior year in London with some of my closest friends. The food, people, places and experiences will aid your growth in becoming a global citizen.

I never expected to have spent a semester in another country, yet it was an extraordinary experience I can't say enough about. In fact, I'm returning for a Winter Term trip to Cambodia, Hong Kong, Thailand and Singapore with Gupta this coming January.

At Elon, leave no stone unturned. Explore it all, and you find friends in whatever you do. Whether in one club or three, from business to science, here or abroad, Elon will shape you into a better person as you'll also make Elon a better place.