SUPER AMAZING AND FANTASTIC ADVICE BY YOUR BEST FRIEND, JOANNA DE VILLA
TALK TO OTHERS!!!!!!!

- Make friends in your classes, talk to your professors
- Use the chat function, join group chats, go to office hours
- Everyone has something to offer you
- No use in being lonely 😊:
JOIN STUDENT CLUBS 😊

- This will help you grow in ways you never expected
- Meet new people
- Gain new skills
- You will have fun (:
SHARE YOUR WORK!

- There are so many opportunities for students to showcase their art, and more often than not, groups will struggle with submissions.
- Do it even if you have the slightest inkling of excitement for it.
- Check in with the ARTSIDEOUT, Gallery 1265, Drama Society, Faculty Production, Margins, etc.
MOTIVATE YOURSELF :-)

- What???? How do I do that????
- Have a friend hold you accountable for staying on top of your workload
- Think about what makes you excited to do your work, work towards it, and celebrate that you crushed it!!!!!
- Find the joy in everything!!!!!
IF IT DOESN’T WORK, LET IT GO

- Don’t force yourself to do things
- If there’s a class that you’re unmotivated to complete, there is not harm in dropping it
- You can try again at a better time, or take another course to make the credit
  Don’t neglect your health and compromise your mental wellness
- School is important, but your health is even more so