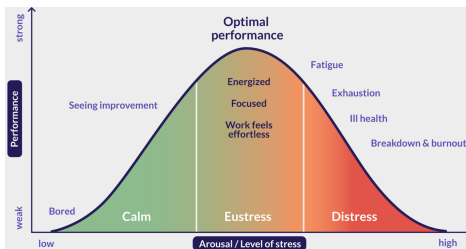


What I would tell my first-year students if they asked me for advice

Asking for help is a sign of growth mindset not weakness

- Make frequent stops at your professors justAsk area for questions or just hang out
- Your professors want to know you. Also, you will need a letter of recommendation from them
- In class, ask your UAA and your classmates for help

Distinguish good stress from bad stress



Distress	Eustress
Perceives events as a harmful threats	Perceives events as positive challenges
Decreases performance	Improves performance
Overwhelming and less manageable	Challenging but manageable
Feelings of anxiety and hopelessness	Feelings of happiness and excitement
Occurs when one lacks confidence	Occurs when one feels confident

Learning is fun because it's challenging

Failure leads to Resilience
Challenge leads to Adaptability
Disappointment to Persistence
(...as long as you learn from it)

- Your reaction to a challenge says more about you than about the challenge. Learn from it.
- When a lion chases a gazelle, both are under stress. Be the lion. Embrace the joyful struggle and avoid distress. But you need to be healthy and strong to do that (see below)

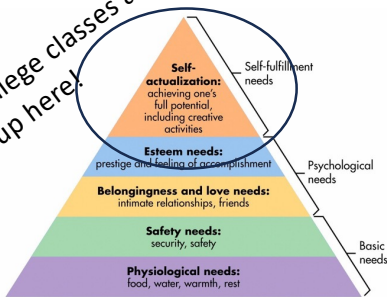
Good stress:
So much to gain



Bad stress:
So much to lose

Good habits will prevent burnout and improve your college experience

College classes are up here!



The four pillars of growth and health.

- Sleep: pulling an "all-nighter" is not tough, it's the silliest thing you can do. Avoid being overcommitted (too many credits, working, research, volunteering...)
- Exercise: a healthy body allows you sleep better and learn better
- Diet: share meals with people, you're building life-long habits
- Social Engagement: call your grandma! Avoid being socially isolated. Being useful and helping others gives us meaning and purpose. Be active in class. Help others learn, make others feel welcomed.

Get out of your comfort zone and reach out for opportunities

- Research opportunities during the summer (avoid doing too many things during semester)
- Join clubs and groups to share your passions
- Share with your professors your interests and ask about independent study projects.
- Shadow a professional.
- Again: Ask questions, ask for help and help others. You'll enjoy college so much more!