

Freshman Time Capsule

The course that came to the greatest surprise to me this year was my environmental policy class, ENSP102. I was surprised with how much I had learned about our government regarding the policy process and existing laws to protect the environment. I had to take this course for my major which is Environmental Science and Policy and I discovered it through my advisor. To incoming students taking this class, I recommend that they make flashcards for all the different regulations, acts, and laws we learn in the class. Also, it is important to understand recurring themes throughout the class such as shifting power between the branches of government and litigation between parties.

I have not had much success developing strong relationships with faculty members. I think this may be because I don't go to office hours or ask questions in class. I probably should have gone to some chemistry office hours for help at the time though. For incoming students wishing to develop a mentoring relationship with faculty, I would recommend attending office hours, asking questions in class, and even introducing yourself to the faculty member at the beginning of the semester. Doing all of this can ensure that your professor remembers you, especially if you have a large class.

My friend group has allowed me to stay focused and somewhat relaxed this year. I think it's important to hangout with friends because they will help alleviate stress and remind you that you have people to lean on at college. It can feel isolating if you don't develop any relationships with people on your dorm floor or other students in your classes, so it's important to do your best to be social. I didn't encounter any obstacles with my friendships this year which I am grateful for. I think next year's freshmen can make the best of their relationships by studying with their

friends, watching movies with them, and going out on the weekends together. Even just doing work at a coffee shop can be a great way to spend time with your friends and get work done at the same time.

In regards to academic university life, I think I was least prepared for how draining classes are, especially at the end of the semester. I noticed that I usually have more energy and drive to do well at the beginning of each semester. However, I found it really hard to go to class towards the end of the semester and just wanted to get my exams over with so I could be back home. Also, it's harder to get the energy to study for multiple culminating exams and much easier to just take a nap. For incoming students wanting to be productive at the end of the year, I recommend that they call home to their friends and family frequently. I noticed that after talking to my friends and family from home I was more motivated to study and get my work done. Even just talking and studying with my friends at college helps me feel more motivated to get work done.