

# Follow these things in College

## AN ULTIMATE GUIDE TO EVERYTHING THAT YOU NEED TO FOLLOW IN COLLEGE

College life is beautiful. After so much hassle in high school , you have taken admission into college. You have some expectations from your college and college life. It's an overwhelming feeling , isn't it? You want to know everything , there is a bit of pleasure , there is a bit of stress, there is a bit of newness and it's a mixed feeling altogether.

You might take the right steps or you might not. What if I tell you that this podcast covers everything that you need to follow during college not only in academics but also about overall development. So, let's get started:

- ATTEND MOST OF THE LECTURES

People tend to think that college life is all about enjoying . So , let me break that myth for you , it's a balance of enjoying and learning. Attending lectures will help you make all the concepts related to your course clearer. Make notes if possible or refer to the material given. Because , you want good grades and to get that you need to focus on lectures. It's not going to be as hard as your high school but still just balance your academics.

- CHOOSING RIGHT FRIENDS

Don't be in much rush to make friends. Find the people who think exactly like you , who have the same interests as you and who can help you in your overall growth. Share notes , discuss assignments and interact with your peers to know everyone better and then choose accordingly.

- MANAGE TIME

I know you are still a teenager , but you need to learn how to manage time efficiently. It doesn't mean that you need to work the whole day but keep track of time. Give time to your studies , your extra-curricular activities( For example: Events, competitions, fests, etc) , your health , sleep and your 'chill' time. Give some time to attain skills which you will need in the near future (For example: Coding , designing, development , communication skills , etc). **DON'T PROCRASTINATE.** People tend to procrastinate a lot and end up piling up everything and face issues at the end. Eventually , you will learn how to manage time , Don't worry!

- BE OPEN TO PEOPLE!

This includes two things: networking and counselling. You need a network to grow , to attain skills , to solve your doubts and ultimately network is the thing that helps you take guidance. Talk to as many people as possible whether it be seniors or

professors. Networking is very important so don't isolate yourself. Clubs and committees are the best way to form networks. Use your interest to form networks by joining clubs and committees but at the same time, don't lose focus on what you really want. Now, the pressure of all the things that you are doing in your educational and personal life makes you feel stressed sometimes. If you feel like you need help with your psychological aspects, please feel free to talk to the counsellor in your institute or talk to someone who can understand and help. According to Mayo Clinic health system, "Up to 44% of college students reported having symptoms of depression and anxiety." It's okay not to be okay. So, just get help without hesitating, okay!

- **MAKE HEALTH YOUR PRIORITY**

You are living alone may be for the first time. But that doesn't give you free chit to eat unhealthy food everyday. Please eat healthy foods like fruits, nuts and normal healthy food properly. Don't eat too much fast food, limited is still okay. Don't indulge in smoking and alcohol consumption. People might try to lure you towards these things but don't get persuaded. Because your health is the most important thing and you need to maintain it. Control yourself thinking about the side-effects of these things. Also, get enough sleep. According to NCBI, 60% of college students suffer from poor sleep quality. Reduction in sleep has serious harmful effects but try to sleep enough regularly. Enjoy life but don't compromise your health.

- **MANAGE YOUR FINANCES EFFICIENTLY**

You are free to use money. So, many of you might spend a whole lot on the things that are unnecessary. Manage your money and don't spend it carelessly. This will also be helpful in the future ahead. Money management is a skill, and you will learn a lot about it during college period.

- **BE PREPARED EVEN WHEN EXAMS ARE NOT NEAR**

Keep revising your course. Don't prepare for your exams just one week before exams. If possible, just take some time to revise daily, it won't take much time. So, at the end when exams are near, you are a bit prepared to read everything properly. One-two weeks are enough for preparation if you have revised the course beforehand. Don't take exams lightly. Your grades matter a lot but don't be just a nerd to learn academics, try and explore various things but also maintain your preparation for exams.

- **ATTAIN SKILLS WHICH YOU'LL NEED**

College demands a lot from you except academics. So, know what skills are needed for your career and try to gain those skills as well. Ultimately, you are going to work in your respective industry which requires those skills from your side. So, prepare well in terms of extra-skills. In future years, you will learn a lot by making projects,

doing internships and participating in different events. Just gain whatever skills are necessary through different means.

- **BE KIND/SUPPORTIVE BUT ALSO SELFISH**

Be supportive and helpful instead of being mean. Maintain good relations with peers , seniors and professors. Don't indulge in ragging because not only is it morally wrong but it is also a criminal offence. There are different laws for ragging in different countries . In some countries , you can get imprisonment upto 2 years and also you need to pay a certain amount as fine. If you are getting ragged , use helpline numbers and anti-ragging committees to get help. So , don't do anything illegal and help others to get help back. Also be good to your flatmates/roommates because as you all are living together , you should have mutual understanding among you guys. Work together and grow together. Also , remember your first priority is yourself. So , don't compromise for others , adjusting is good but also be a bit selfish when needed.

- **BE CAREFUL WHILE FALLING FOR SOMEONE**

At this age , it's easy to fall for someone who has similar interests or who is good-looking or just because of peer pressure or because of the need for companionship. But , if that relationship doesn't work you have to spend the rest of your college duration hating each other and you'll constantly see other person around. If you are indulging in physical intimacy , be safe because you don't want to end up pregnant or with STDs. Relationships can also be an obstacle in your career growth , you might lose focus and time and it can lead to trauma or bad mental health after breaking up. According to psychological association , "Anxiety is the top presenting concern among college students (41.6 percent), followed by depression (36.4 percent) and relationship problems (35.8 percent)."

Still, it's your life but all I am saying is take your decisions wisely and don't be distracted much.

**CONCLUSION:**

See , no one is perfect and no one is good at every skill. So , it's okay if you can't maintain the schedule you had built or if you lose some focus somewhere . We are humans . You will feel like a million things are going on , but chill, it's life , It's going at its own pace. Just be happy with what you are doing and don't take too much stress/pressure. Don't be overwhelmed because of various things. Everyone is managing, learning , trying and growing , so will you. Don't worry , just maintain the mentioned things as much as possible and you'll be just fine. Make memories because these are very precious years of your life and they won't come back. Learn to balance between the things you want to do , the things you like to do and the things you have to do.

We will end with a quote:

Be who you are, Be who you want to be,  
Don't let anything stop you , let's do this!

