

# Back to School Essentials Every First-Year Needs!

With the next school year just around the corner, here's a complete guide of the things you will need for a successful school year!

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With schools opening up in a little less than a month, it's safe to say that the back-to-school season is officially underway. With school being run online this year, it can be hard to figure out what you need for your first year of university or college, which is why the *bridges* team has put together a complete list of the things you will need!

## A LAPTOP OR TABLET

This one is quite obvious, but with school being online, a laptop or tablet is an absolute essential. You will need a device to receive any updates from your school, attend lectures, and to complete exams and assignments. The brand you choose is entirely dependent on your personal preference and your program. For example, if you are enrolled in an engineering program, you may need to download a more powerful laptop that can handle softwares and programs. Devices like laptops and tablets can be quite expensive, so make sure to do your research before buying something!

## A PLANNER OR SCHEDULE

One of the hardest parts of school is managing your time and dealing with what feels like a million deadlines and important dates. A great way to deal with this stress and organize your day to day life is to have a planner or schedule. You can use digital mediums, like Apple or Google Calendars, or written mediums, like notebooks or a bullet journal. It is totally up to your personal preference, but we would advise trying both out and seeing what suits your personality!

## AN ORGANIZATION SYSTEM

Having online courses also means that your school year is going to be primarily paperless. Even so, it is crucial to establish a proper organization system on your computer so that you can retrieve your files easily. Ensure that you have an effective system of folders and files on your computer so that you don't have to spend hours looking for a single document! Having a lot of documents may require extra storage, so consider investing in USBs or hard drives to save copies of your files. Doing this also means you won't have to worry about accidentally losing all of your important documents!

### **A PROPER CHAIR**

With the coming school year's online system, most of your studying will be spent sitting at a desk at home. This could mean that you will be sitting in the same spot for over 6 hours a day. It's essential to have a comfy and ergonomic chair to prevent back pains and stay in good health. Your body will surely thank you!

### **A WATER BOTTLE**

Staying hydrated keeps your body cool, your mind awake, and improves cognition. So, it goes without saying that hydration is very important. Although having online lectures, grants us the luxury to go to our kitchens and drink water at any time, the last thing you want to do is miss parts of a lecture because you need water! Having a decently sized bottle that fills up around 4 to 5 cups of water will keep you hydrated and prevent you from wasting time.

### **A STUDY SPACE**

Some of you may relate to committing the fatal flaw of attempting to study on your bed. From our experience, we strongly suggest you avoid doing this because you will most likely end up falling asleep and waking up with a book (and regret) on your face. Most people associate places like their bedroom and their bed with comfort, so you probably won't be successful in studying there. We recommend setting up a study space in a quiet place where you can only focus on your work. Changing up your workspace from time to time can also be helpful!

### **EARPHONES OR HEADPHONES**

Earphones or headphones can be useful if you need to watch videos or lectures in a public space, like a library. If you are a commuter, getting a good pair of earphones can help ease the strain of your commute once in-person schooling resumes. Do try finding noise-cancelling ones, though, as it can get pretty loud on the train. The brand and style are entirely up to your preference, but we recommend getting wireless earphones to avoid dealing with the hassle of untangling wires.

### **HIGH-QUALITY STATIONERY**

Just because school is online doesn't mean you shouldn't be writing things down! Even if you don't take written notes, you may still need to write for exams, quizzes and assignments. Having high-quality pens, pencils, and general stationery will allow you to work comfortably and last for a long time! There are tons of brands, so experiment with different products on the market and see what you like! At *bridges*, we love Staedler pencils and Muji stationery!

Well that's all we have for you today! Be sure to follow us on our Instagram @bridgestouni and sign up for our newsletter for similar content.