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# *bridges to university*

issue no. 4



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 **Bridges**

# ***Introduction***



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Hello and welcome to the fourth issue of the official bridges newsletter!

One of the few things more intense and exciting than your first day at university are the weeks leading up to it. You may take this time to restructure parts of your life and rethink your routine by altering study habits or changing your desk organization. Unfortunately, all these new changes also bring about a lot of stress. Are my study habits enough for university? Are the gadgets I have fine or do I have to buy new ones? Is a notebook enough for note taking? How am I supposed to make friends when most of my classes are online this year?

Having gone through many of the same questions, we understand how big of a step preparing for university can be. That's why we have dedicated this issue of bridges to answering all your questions when it comes to the weeks right before your first day!

If you have any other questions, feel free to reach out to us through [email](#), [Instagram](#), or [LinkedIn](#)! We are always more than willing to help you out!

## ***in this issue...***

- How to prepare for university
- What to buy
- What you can do right now to hit the ground running in September

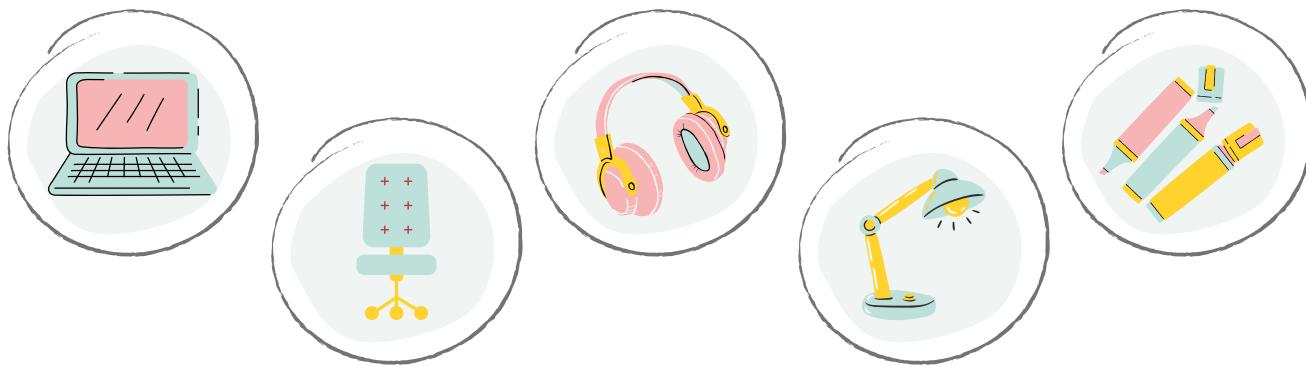
# ***Wait...I have to buy that too now?***

AUTHOR(S): Hussain Jan

We all remember the excitement during elementary school when we all raided our nearest Walmart's *back to school* sale. It never really mattered if you would need that 60 stack of pencils, the idea of getting new "stuff" was an exhilarating and fulfilling experience. Fast forward a couple of years, and we're back at the exact same situation. This time, however, let's pump the breaks and consider what we actually need for this year.

## ***university essentials!***

- A proper functioning computer that can handle running softwares and applications.
- A webcam or a front facing camera on your device
- A comfortable chair for working,
- Good quality headphones,
- Bright lamp to put on your desk.
- Basic Stationary (Notebooks, pens/pencils, highlighters and erasers)



We would recommend waiting until you get your syllabus (a document detailing everything about the specific course) before making extravagant purchases. Many professors often have their own "course requirements" you might have to buy. You definitely don't want to end up making a pricey purchase only to find out you bought the wrong version! At the end of the day, you don't need to have the most expensive stuff to succeed in university. Though these items provide you with an ability to study and work, the actual effort would be by your own dedication and study habits. And that's exactly what we're gonna be talking about next!

# ***Excelling University at a Glance***

AUTHOR(S): Hussain Jan

Your first day at university would be full of excitement, anticipation, and memorable stories. Throughout the day, you will meet your new professors, get to know new classmates, and learn to navigate your school's websites. Interestingly, preparing to have the best "fresh start" is almost always promptly overlooked. In this section, we will go over some quick tips on what you can work on while waiting for your first day!

## Is university learning different from high school learning?

- This is usually true!
- Take this time to rethink study habits and adjust them to the new type of assessments you will be receiving.

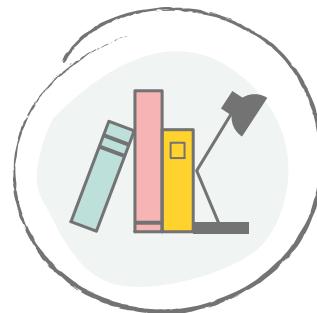


## What study habit is the best?

- Try a bit of everything! We are all different people and respond to different types of learning.
  - Some people like studying in groups, but others might find it distracting and like studying alone.
- This is the perfect time to test which of these habits is the best for you by reflecting on what worked in high school.

## Changing your surroundings to help you succeed

- Rethink your study desk and organize it so that you can work efficiently.
- Instead of having a huge pile of notes from every course in one stack in no order, try having an intended place for everything so you don't have to spend 10 hrs finding that one paper.
- Try using online schedules like [Google Calendar](#) to organize your tasks for the day and make sure you're on top of everything.
- This will help streamline your work during university and would make sure you hit the ground running!



# ***Making Connections 101***

AUTHOR(S): Hussain Jan

Many universities have decided to transition to online school for the next year because of COVID-19. This means that, for many of us, going to class means getting out of bed and going to our desk. Similarly, enjoying a meal at one of the campus restaurants now means another frequent raid in the kitchen fridge. With all these changes, many people might think, "How on earth am I supposed to make friends?".

Though making connections, either professional or casual, would be very different this year, all is not lost. In fact, even during normal school years, most connections are made online!

## ***personal connections:***

- Look out for Facebook and Instagram groups and join them.
  - Do a simple search of your university along with "Class of '24"
- Join a club and get involved by looking out for online sign-ups or by sending an email to them!

## ***professional connections:***

- Contact a professor by connecting with them on LinkedIn or Facebook
- Get a co-op or research position
- Attend office hours and ask questions!

Initiating conversation can be a terrifying but remember, your peers are most likely feeling the same way, and professors and those in professional positions love helping students out and sharing their experiences. So even though it might be frightening at first, make sure to put yourself out there to make the most of your university experience!