**Podcast Episode #3 Transcript**

0:00-0:26 [Introduction Music]

0:27-0:37 [Cellphone Rings]

[0:38- 1:20]

Lydon: Hello everyone, and welcome back to the third episode of Walk & Talk! In this week’s episode, we will be talking about our best pieces of college advice. So to start off, my best piece of advice is join clubs! When you first come to campus, it’s easy to meet people on your floor and what not. But definitely when you join clubs that’s when you meet people with definitely similar interests to yours. For instace, I’m in the women in computer science club so a lot of those people in that club are computer science majors who I can then turn to when I am struggling on my computer science assignments all the time. And definitely we all share a common interests there. Um, what about you guys? Do you find that-

[1:21-1:40]

Christianna: Yeah, I completely agree with you. I feel like every club that I have joined I have found people with the same interests with me obviously and I’ve had very good success with that and it’s definitely a good way to like come out of your bubble and meet people. Especially coming to a huge campus, it can be hard at times but that’s definitely the best way to meet people.

[1:40-2:05]

Maia: Definitely a good way to like network and I don’t know just, finding yourself a nice, little supportive network of people who are just interested either in the same things as you or just have a similar identity or background is always good when you’re looking for clubs. Just finding a way to connect, cause the campus is pretty big and there’s a lot of different people. You just kind of want to find your place, find your little home.

[2:06-2:19]

Christianna: I’ve definitely found some of my best friends here at Pitt through clubs. And as a junior, I’m sad that I’m almost graduating in a year because I don’t want to leave those people and leave those clubs but I know that those people that I met will always be in my life and there for me.

[2:20-2:21]

Lydon: Yeah, definitely.

[2:25-2:28]

Christianna: Maia, what about you do you have any advice?

[2:28-2:29]

Maia: About what? Oh, sorry.

[2:30-2:32]

Christianna: Just about student life, and life at Pitt, at a big campus.

[2:33-3:32]

Maia: Life at Pitt. Me just like, what are we talking about again? Ok. Advice, let’s do this. Oooh, let’s talk about dorms and stuff, that’s interesting. Ok so freshman year, people are nasty, people are really nasty. Their very gross, you might walk in on a girl crying and throwing up in the toilet with her friend being like ‘No he’s wrong, you are really pretty’. And you’re going to be confused, but you are just going to brush your teeth anyway and not ask about it. You’re not going to ask about it, because this girl’s just crying, you know she’s drunk crying, we’re all confused. But your gonna brush your teeth, take a shower, and leave it at that, you’re not going to ask. She’s fine, she’s got someone taking care of her. If you see green beans in the shower, you let it go. And you go to the next shower, and you don’t question it, because that is not your problem. That is not your problem.

[3:33-3:46]

Christianna: I think everyone has horror stories of living with living on-campus. I personally lived on campus my freshman and sophomore year, and I have lots of stories like that. Every day there is never a dull moment, you never know what to expect so just be prepared for everything.

[3:46-3:55]

Maia: Be prepared, Towers living is something else people. It is something else. Living in a giant battery is a lifestyle.

[3:55-3:56]

Lydon: Yeah, I lived in, I lived in Sutherland so-.

[3:57-4:03]

Maia: Ok, ok miss prissy over here in Sutherland, alright.

[4:05-4:08]

Lydon: I wasn’t in Nordenberg like I wasn’t at the top of-

[4:08-4:10]

Maia: Oh, wow. That’s like, I would be bad if you were in Nordenberg

[4:10-4:14]

Christianna: I was in a single in Holland Hall. So..

[4:15-4:17]

Maia: Oooh, no AC, that’s rough.

[4:18-4:21]

Christianna: Yeah, it was interesting to say the least.

[4:21-4:25]

Lydon: I’m in Brackenridge this year, also with no AC. I’m a little warm right now, not gonna lie, but it’s okay.

[4:26-4:30]

Christianna: Yeah, I was in McCormick last year as a sophomore which is right next to Brackenridge in the Quad.

[4:31-4:41]

Lydon: Yeah, and before we get into our last piece of advice we are now going to take a quick break where we can hear from this week’s sponsor.

[4:42-4:55]

Lydon: This week’s episode is being sponsored by Emma’s Stationary where you can get 30 percent off planners with your Pitt Student ID till the end of the month. With one of these planners, you will definitely be able to beat procrastination like we talk about in this week’s episode.

[4:56-5:00]

Lydon: And we’re back! Where we will end with Christianna’s piece of advice.

[5:01--5:45]

Christianna: My piece of advice is more for schoolwork and workload. I would say that procrastination, we all do it, but I recommend that you try and get your work done ahead of time. My roommate is actually very good at working ahead and getting assignments done before they need to be done. And she seems to have a lot of free time at the end of her days and at the end of her weeks so a quote that I like to refer to is from Bill Waterson, it says ‘A day can slip by where you are deliberately what you’re supposed to do’. And I think all three of us can agree that we procrastinate, we have procrastinated in college. So, we’re not going to sit here and act like it never happens and that we don’t do it, but my advice take it from someone who does a lot of procrastinating is to not procrastinate.

[5:46-6:01]

Lydon: Yeah, definitely. I think, sometimes, the way that I procrastinate is to do the less important work to avoid the more important work. Like I will do the mini little writing assignment due in three weeks to avoid the big project due in a week.

[6:02-6:05]

Maia: Don’t play yourself, don’t to it people.

[6:06-6:18]

Christianna: Exactly, and I know that you might feel very motivated when the due date is coming up in an hour. And you have to submit it in an hour, and that’s when you might get the most motivation, but don’t do that.

[6:18]

Maia: It’s not a good idea.

[6:19-6:20]

Christianna: It will cause a lot of unnecessary stress for you.

[6:20-6:45]

Maia: It really will. Do not do other things, as we were kind of saying before, don’t do other things in the place of the things that you need to be doing. Like you know, cleaning your bathroom, cleaning your room, don’t do it and tell yourself that you’re being productive. Like no, you’re not. You’re not doing it, we all know that this is a game that you are playing with yourself and it is not a good idea. Do not recommend. Get your work done.

[6:46-6:58]

Christianna: Yeah, maybe just hide your phone. And tell your roommate to take your phone or something so that you’re not distracted. Basically just don’t do everything that you shouldn’t be doing, to avoid what you should be doing.

[6:59-7:10]

Maia: Right, do not distract yourself from being distracted. I’ve done that. Don’t open up multiple tabs, googling things based on the thing that you were already googling that was not your work. Just don’t do it.

[7:11]

Christianna: Take it from us.

[7:11-7:42]

Lydon: Yeah, definitely. And I think some tips to avoid procrastination is like to try and set specific times for yourself to maybe get work done. Like maybe Tuesday’s from 4-6 in between your two classes like maybe that’s a good time for you to work. Or maybe, you know you decide your a morning person so you’re going to go to Hillman from 8 am to noon on Saturday because that’s when no one else is there and you work best. I think it’s definitely about finding the time that works best for you.

[7:42-7:58]

Maia: Right, and maybe you lie to yourself and you’re not a morning person, and you’re a night owl. Just go with it, go with the flow if you’re a night owl, stand in your night owlness and stay up as late as you need to, be up late, and get your work done.

[7:59-8:01]

Christianna: Exactly, do whatever works for you. Cause everyone’s different.

[8:02-8:16]

Lydon: Because I know personally, I’m a morning person, after like 1 am at the max, it is not productive. I might be able to stay awake, but, I will not process anything so…

[8:17-8:23]

Christianna: Yeah, for me I can’t be productive until after 10 pm usually. So we’re very different in that way.

[8:24-8:32]

Maia: Exactly, exactly. You’ve got yourself a night owl, you got yourself a morning bird. Morning…what is it? Morning bird?

[8:33]

Lydon: I think it’s a morning person.

[8:33-8:37]

Maia: It’s something! No, there’s definitely a name for it.

[8:36-8:37]

Lydon: Night owl….early bird

[8:38-8:41]

Maia: Early bird! Yeah, maybe you’re one of those.

[8:42-8:43]

Lydon: Oh, I’m definitely one of those.

[8:43-8:44]

Maia: I’m a still say morning bird.

[8:45-8:46]

Lydon: Where would you say you fall? Are you a night owl?

[8:47-8:59]

Maia: I’m a night owl definitely. Or I’m weird, because sometimes I’m like good in the afternoon, but then sometimes I’m sleepy. I don’t know, I can’t commit to any of these things.

[9:00-9:09]

Christianna: I could be a morning person some days if I needed to [Maia: Right], but it seems to be that the majority of the time I tend to do work very late at night.

[9:10]

Maia: For sure.

[9:11-9;13]

Lydon: Have you guys ever pulled all nighters?

[9:14]

Christianna: Yes.

[9:15-9:25]

Maia: I have from being really stressed out, it wasn’t even like I was doing work, I was just really stressed and I couldn’t go to sleep. But, yeah.

[9:26-9:33]

Christianna: I think I’ve done one every semester. It’s not like a - It’s usually around the finals week too.

[9:34-9:39]

Lydon: So it’s coming? [Christianna: Yeah] Yeah, I have never pulled an all-nighter.

[9:39-9:41]

Maia: Oh, geez. How many projects do you guys have? I have just ahh…

[9:41-9:45]

Lydon: I have a lot of projects at the moment. But…

[9:46-9:49]

Maia: Same, same! I’m gonna cry, I feel like crying.

[9:50-9:56]

Christianna: It’s because our majors are very assignment and project-oriented rather than exam oriented.

[9:57-10:01]

Lydon: Agreed. And with that we are going to end Walk & Talk’s third episode, be sure to toon in next week!

[10:02]

Lydon: And don’t procrastinate!

[10:02-10:06]

Christianna: Yes, don’t procrastinate! And meet new friends!

[10:07]

Maia: Meet people!

[10:07-10:09] Music (see Credits file for song)

[10:10-10:12]

Lydon: Thanks for toning in! This is Lydon –

[10:13]

Maia: Maia -

[10:14-10:15]

Christianna: and Christianna -

[10:16]

Lydon: signing off!

[10:17-10:42] Music (see Credits file for song used in all Podcast intro/outros)