

Hi you!

How's it going? I know you're going through a lot right now, but I just wanted to check-in. You're currently experiencing college in a way that has never been experienced. I can never say "I understand" because I didn't start college during a pandemic, but with that being said, I want to say that you're doing amazing. You have the guts to go to class every day during this crazy time. That's a hard thing to do, but you're doing it and I'm really proud. UVA wouldn't be the same without you. Start to create your spot here at UVA, whether you're on grounds or not, you are a part of the UVA community!

I came into my first year with this idea that "I did great in high school, I'll continue to do the same," but I was proven wrong quite quickly. You will face obstacles, whether that be in the academic setting, socially, emotionally, or mentally, but you have to keep in mind that your hard work will pay off. I want to emphasize how important it is to take care of yourself during your first year. You are the most important person in your life!

I say this because I felt like I was in a circus act during my first year, trying to balance everything. I wanted it to look like I had everything under control, but it's okay not to. That's normal! I assure you, no one has it completely together. You start to make friends when you realize you're all a little bit on the struggle bus. That's how I made my friends. Once you realize you're not the only one, you can start to look for the light at the end of the tunnel. You can start to figure out what you need to do to make yourself happy, or happier.

With all of this being said, I wish you all the best. I truly mean that. From a fourth-year who has walked the grounds of this one-of-a-kind school, I am sending you all the good vibes. I know you will succeed and do all the things you want to do by the end of your journey at this school. You have just begun, so don't feel like you're in a rush to get everything done. Please remember that! You're only starting your journey so enjoy all the little moments. Those late nights staying up, talking with your hallmates while doing homework, or the runs to get food from O'Hill or Runk, enjoy it. Before you know it, you'll reach your senior citizen year and remember those moments. Have fun and thank you for joining our community! I am so excited to see all the amazing things your class will do.

Good luck!

Best,

Nafisa Alamgir

*Your Buddy From the Class of 2021 :)*