

# Student Life Hack

By Isaac Coleman

## Home.html

Being successful in college is more than just getting good grades. Student Life Hack is dedicated to helping students build a productive habit while being at college, which in turn leads them into a beautiful life when graduating. It also aims to cover common issues students have and offer practical suggestions in order to help them become successful students in RIT. These are the four main focuses on this topic: best study tips, financial best practices, staying healthy, and new lifestyles.

With the topic “Study Best Tips,” students learn hacks and tips that they can use to learn effectively, spend less time studying, use resources available at RIT, and become more productive in college.

With financial best practices, students learn to develop their financial skills, budgets and use useful apps that track their spending habits. This topic also provides some tips on how to avoid being in a lifetime debt to the school.

Staying healthy in college should be as easy as RIT provides health care and endless physical activities for students. This topic is to help students find activities as their exercises and learn to make the most of the health resources at RIT here.

Extra lifestyle is about giving practical tips for what students can do to enjoy off-campus. It includes finding extracurricular activities to join and learning ASL.

These topic sentences are more of categories that I might add more related articles and facts for each.

## Study.html

We all know every student, including myself, has their own way of studying and retaining information, including spending long hours of studying, cramming weeks into a very short amount of time before exams. However, research shows that successful students actually spend less time studying, but study more effectively. Sounds incredible and interesting? Have we wondered if we have learned the wrong way or why we seem to struggle when studying?

The following are some effective practices for studying.

1. Avoid multitasking: Killing two birds with one stone is not a big problem for us, students. After all, technologies have taken roles in our lives. We can watch videos on mobile phones while eating and text while studying. That said, we are actually developing this bad study habit because we shouldn't multitask when studying.

2. Use Mind Maps: Of course, many students like me find visual elements helpful for studying and remembering topics. If you are one of the visual learners like me, it's likely you are already using the mind maps. If not, you too might find summarizing your notes visually to be helpful. The technique of mind mapping is easy to learn. There are many Youtube tutorials to help you get started." Moreover, there are many apps available, that you can use on your phone, tablet or desktop computer.

3. Teach others: teaching new materials to others is one of my favorite study methods. Teaching is a beautiful way to get a full understanding of the topic. If you have a friend or classmate whom you study with or someone having trouble understanding the materials, we suggest you offer to study with them and teach them. You will find that you, yourself understand the subject better and may discover answers to questions you had in class.

4. Improve your time management skills: We struggle with balancing part-time work, class courses, responsibilities, and club meetings at RIT/NTID. Without planning ahead for these activities, we can become overwhelmed and therefore less successful in

college. Thanks to modern technologies, we can use some planner apps that allow us to organize our study more effectively.

Remember to put yourself first, as [Emily Griffin, the RIT student](#), who wrote about how she managed times at college, advises that we make sure we include ourselves in that planning. She advises that we make time to eat healthily, take breaks, and sleep enough. Lastly, Check out [more information](#) on what successful students look like and what hinders their success from a graduate named Tommy Cheung at RIT.

Reference:

Essential Study Tips for a Successful Semester: Behind the Bricks. (n.d.). Retrieved from <https://www.rit.edu/behindthebricks/content/8-essential-study-tips-successful-semester>

Time Management Tips for Busy Students. (2018, February 12). Retrieved from <https://www.rit.edu/studentaffairs/asc/online/blog/2018/01/time-management-tips-busy-students>

How to be a Successful College Student. (2017, July 12). Retrieved from <https://www.rit.edu/studentaffairs/asc/online/blog/2015/06/how-be-successful-college-student>

# Financial.html

## ***Practical Budget Method for Students***

Every student I know, including myself, wants to be more a financially responsible person who knows where the money goes. So, what's the best practical way to do this? You guess it right; it's a budget! What are some good ways for students to track their budgets?

The [50/30/20 plan](#) divides your paycheck into three percent of your budget This budget method is excellent for you because it helps show how much money you put into different needs. It helps you manage to justify the money you spend.

- Essential expense

50% of your money goes towards things like apartment rent, groceries, transportation, indispensable utilities, insurance if necessary.

- Personal wants

30% of your paycheck: this portion goes towards the wants Like clothes, monthly subscription, entertainment, and eating out. This part is extra, where you want to spend without worrying about being broke

- Financial priorities.

We know saving is vital for us to prepare for a future emergency and avoid taking on future debt. 20% of your paycheck goes towards saving, investing, and student loan debts.

This method is what I am currently using and so far I'm happy with how it's going. The portions of each budget category are flexible. You can adjust these portions for your situation if needed. For instance, you might want to increase the percent for your savings and decrease the percent for your personal wants. However, you need to make sure to address important needs because some portions such as the rent, insurance are almost fixed. If you're down for budgeting using this method and want to do the calculation, take a look at a [free budget calculator](#) published by Nerdwallet, a financial company with students in mind, that details this method. If you are like me who wants to manage the

budget with some fixed goals, check out [an article on budgeting](#) by Personal Finance at Duke, a group of financial advisors at Duke University.

Reference:

50-30-20 Rule. (n.d.). Retrieved from <https://cents-ability.org/portfolio/50-30-20-rule/>

Advertiser Disclosure 50/30/20 Budget Calculator Input, Dec. 18. (2019, December 18).

Crunch Your Budget Numbers With NerdWallet. Retrieved from <https://www.nerdwallet.com/blog/finance/nerdwallet-budget-calculator/>

Monitor & Track Your Progress. (n.d.). Retrieved from <https://personalfinance.duke.edu/monitor-track-your-progress>

# Stay Healthy at College

Good health and wellness are primarily determined by what we eat, what we exercise, and when we sleep. Eating healthfully, in addition to good exercises, creates a good effect on the conditions for learning. Students find it challenging to focus on exercises and healthy food as they are stressful with their tight schedules and activities. Still, it's more important for students to maintain our health. Fortunately, a nutritionist, Ms. McDonald who works with many universities, suggests a few things we can do to eat healthily and stay in shape;

- We should buy and stock healthy snacks and easy meals in the dorm or our backpack. These healthy snacks such as trail mix, whole fruit, whole-grain granola bars, chocolate milk, yogurt, string cheese, or whole-grain cracker can be found at The Corner's Stone and Global Village market. You can buy them with your dining dollar!
- We should always stay hydrated; we can use a reusable water bottle. Drinking soft drinks should be avoided.
- We should always look for nutrient-dense instead of calorie-dense when we go through a menu at restaurants on campus. We should include vegetables, fruits, and whole grains with every meal we order.
- Find spare time for your exercise. Partake in any gym activities such as basketball or cycling.

Here are two online resources that help you stay in good health and fit. Some of the pieces of information include ways for you to track your intake nutrition progress.

- [MyPlate](#): a guide to build a healthy eating habit
- [Charity Miles app](#): a free app that lets you earn money whenever you walk, run, or cycle anywhere. It is a way for you to raise for charity.
- [Behind the Bricks](#): It offers a list of options in which you can find healthy meals at different restaurants at RIT.

Reference (APA):

Writers, S. (2020, January 29). Student Health and Fitness Guide. Retrieved from <https://www.onlineschools.org/student-nutrition-guide/>

MyPlate partner title Become a MyPlate partner! (n.d.). Retrieved from <https://www.choosemyplate.gov/>

Healthy Food Options On Campus: Behind the Bricks. (n.d.). Retrieved from <https://www.rit.edu/behindthebricks/content/healthy-food-options-campus>