Dear future students,

Go to class, you will fall behind in assignments. Your teachers are here to help you, every teacher has office hours just to help students that are struggling. There may come a time where you miss one assignment and then you start missing assignments after assignments. You can't doubt yourself, doing your best is all you can do, sometimes it's better to take mental health day, you need to be in a stable place before you take on everything. Some of the best advice I have ever got is take everything one day at a time. Don’t try to overload your workload, make sure you have time to yourself. You can’t do anything if you're too overwhelmed to function. Taking the time for yourself is the best thing you can do. Never give up on yourself, if you have had a bad day take the time to process it, don’t just rush into the next thing. Use this time to find who you want to be and what you want in your life. How do you want to impact the world? You got this, never give up, ask for help, and sit back and watch your life take off.

Dear 2022 MATH 102 students,

Welcome to your first year of college! This year will be many things you thought it would be and more. You’ll make lifelong friends, you may find that college has many opportunities that high school did not have, you might join a band, and maybe even the Math Club! (Or something that you find passion for, there is probably a club for that.) With all the fun stuff said, it might also be tough. You’re moving away from home, making your own decisions, deciding whether you attend class, when to eat, and even the simplest decision that you made at home is going to be even more complicated now. Staying on top of your stress is going to be one of the most important things you can do to make sure that you aren’t just surviving here at UNC. Staying organized will help you to know what your priority at that moment should be. Google Calendar and Outlook Calendar are great free resources that you can block out your time for studying and class.You can also use both of these resources on your phone so you can set reminders for important dates and list of assignments that you can check off as you work. You can’t get your work done if you don’t even know you have it. If you find yourself struggling in a class, the tutoring center is a great resource, however they also can help you with general study skills if you have no idea what you are doing. Do not freak out. They open up the second week of school and you should make an appointment as soon as possible. They will help you stay organized as you begin this new chapter of life. Additionally, while most people are prepared for the academic challenges of college, it’s important to not forget about self care. Remember to eat. I’m serious, this is harder than you might think. Whether you live off campus and make your own food, or if you live on campus and eat at the dining halls, plan time for food. Finally, remember that this is your life. While the above mentioned things might help you keep on top of your school work, you need to have stress relief. Taking a music class to release your stress, joining a club so you can hangout with friends and relax, taking some time to just be alone and work on some art, or even just sleep are all really great ways to de-stress. Find something that will help you, yes YOU, not your friend, not your roommate, YOU, to de-stress. Good luck in your first year of college. Oh yeah, and remember to charge your computer before class.

To whoever this may concern,

Please just go to class, most of the courses at this school are attendance based, just showing up to class can significantly improve your scores. Taking advantage of office hours to speak to your Professor will help you with learning how to improve your grade and building a better relationship with your Professor. And that last tiny percentage between a 89.4 and a 90 can be persuaded with a good relationship. Scheduling when to do your work will help you with all of your courses, don’t procrastinate because here 70%-80% of the work is independent, in this class you meet for 75 minutes once a week, the assessments were designed to be done throughout the week, some will take more time than you think, so just make sure to get it done when you can. Also make friends with your neighbors or classmates to help you when you are confused are having difficulties you can discuss it with them even when you can’t meet with your Professor.