



# FIRST DAY



*Raegan Cote, News Editor*

The first day of classes has arrived. The diversity among students can be spotted a mile away. Some return with a fresh mindset, crisp new notebooks, and deleted social media accounts. Some return appearing dishevelled, dragging their feet across the hallways, patiently awaiting the caffeine to kick in. And some, frazzled, yet innocent, with nervous excitement pumping through their veins; they are the first years. I can already see the poor newbies, struggling to locate their classes. Those who are less fortunate and never showed on orientation, and now don't understand class numbers beginning with a two, do rest on the second floor. Though I was once, not long ago, in the same boat, I believe that I now have a certain degree of wisdom to share. The knowledge I carry comes from my many attempts and fails that came with the first year. I fall somewhere in between feeling eager to begin the school year, and complete dread about the amount of stress I am about to experience, which means I have a bit of advice for everyone. I could begin by telling you to

try never to fall behind because things get overwhelming fast in college. I could also ask you to READ THE SYLLABUS inside and out because most of your questions can be answered in one little piece of paper. I could even tell you that the grades you are given is the grade you receive, and fighting it is next to pointless. The problem with all of those is that you will be told that by nearly every instructor at CNC. I am here to offer you some advice coming from my personal experiences. The inside scoop, if you will. As much as I want to see everyone learn it for themselves as I did, I ultimately believe this is the right thing to do. The following are not just my trial and error stories; they are my survival tips. Take them with a grain of salt, or take the whole salt-shaker. It is entirely up to you.

The first piece of advice: eat your freakin' breakfast. There cannot be a situation much worse than sitting through a three-hour lab and starving. My mind indeed focuses on hunger before learning evolution. Humans are simple creatures, and we need the

basics before we go on to become nurses, teachers, or neuroscientists. Doctors don't go into surgery on an empty stomach, athletes don't run a marathon without their fuel, and you, a student, cannot retain any information without a morning bagel. Treat your body with respect for Pete's sakes.

Survival tip number two: you do not have to be in this alone. I am a social creature. I need people around me. I need the support, the community, and the comfort of society in that we are suffering together. I strongly encourage you to find a study group, as they will grow to be your go-to support system. Keep the group small, maybe three to four people, because it can quickly turn into a study party, and we all know no one does both at the same time. My study group last year saved my life to be honest. I focused about ten times better with them around me than I did studying alone. The pressure to get assignments done increases when you see others getting assignments done.

Tip number three: you will fail, yet become better because of it. For