

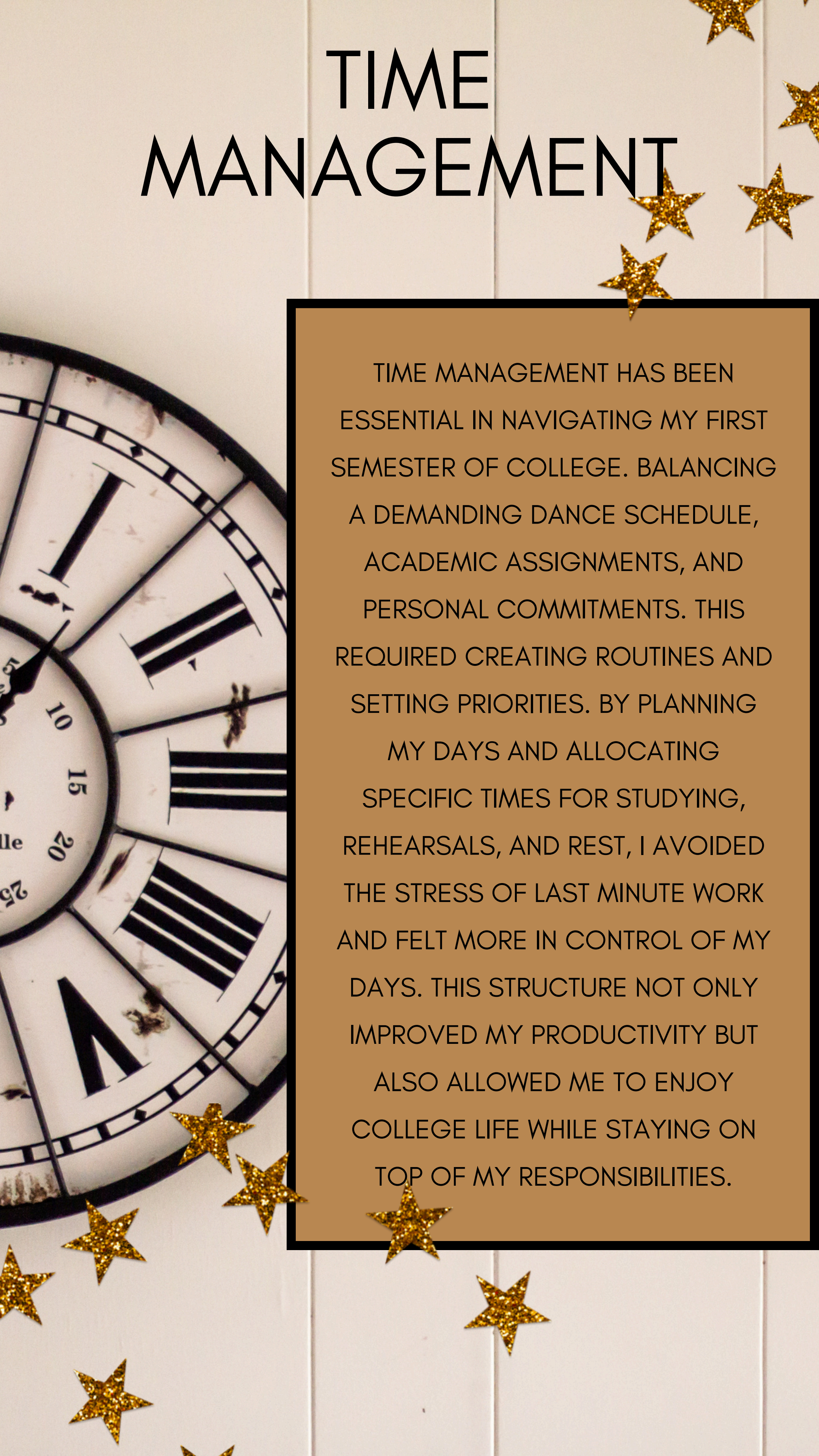


CHARLEIGH MCDUFFIE

# UNIV 100 GUIDE

THE UNIV 100 GUIDE HIGHLIGHTS STRATEGIES AND INSIGHTS THAT HAVE HELPED ME THROUGH MY FRESHMAN YEAR OF COLLEGE. WHILE I HAVE SUCCESSFULLY USED THESE STRATEGIES, THERE HAVE BEEN MOMENTS WHERE I FELL SHORT. HOWEVER; THIS GUIDE IS SOMETHING I AIM TO USE FOR THE REST OF MY COLLEGE CAREER.

# TIME MANAGEMENT



TIME MANAGEMENT HAS BEEN ESSENTIAL IN NAVIGATING MY FIRST SEMESTER OF COLLEGE. BALANCING A DEMANDING DANCE SCHEDULE, ACADEMIC ASSIGNMENTS, AND PERSONAL COMMITMENTS. THIS REQUIRED CREATING ROUTINES AND SETTING PRIORITIES. BY PLANNING MY DAYS AND ALLOCATING SPECIFIC TIMES FOR STUDYING, REHEARSALS, AND REST, I AVOIDED THE STRESS OF LAST MINUTE WORK AND FELT MORE IN CONTROL OF MY DAYS. THIS STRUCTURE NOT ONLY IMPROVED MY PRODUCTIVITY BUT ALSO ALLOWED ME TO ENJOY COLLEGE LIFE WHILE STAYING ON TOP OF MY RESPONSIBILITIES.

# NOTE TAKING

NOTE-TAKING HAS BEEN A VALUABLE TOOL FOR ME AS A COLLEGE FRESHMAN, HELPING ME STAY ORGANIZED AND RETAIN INFORMATION MORE EFFECTIVELY. WRITING NOTES BY HAND, RATHER THAN TYPING, HAS BEEN ESPECIALLY BENEFICIAL. THE PHYSICAL ACT OF WRITING HELPS ME FOCUS DURING LECTURES AND ENCOURAGES ME TO PROCESS THE MATERIAL IN REAL TIME, LEADING TO BETTER UNDERSTANDING. HANDWRITTEN NOTES ALSO ALLOW ME TO CREATE. THIS APPROACH HAS NOT ONLY IMPROVED MY ACADEMIC PERFORMANCE BUT ALSO MADE ME MORE INTENTIONAL AND PRESENT IN MY LEARNING.

puts me in mind of my poor old  
for one of you got a great shock w  
about poor Fannie. well she is  
but her heart is weak so the  
Father she will not see home  
and the board of health  
is married for another. It on the  
will have to postpone the wedding  
weeks. But you ought to be  
ing on so well for she was  
in the Valley there is  
spital from here now. You  
think of yesterday but  
let him see Fannie he was



# SELF CARE

SELF-CARE HAS BEEN AN ESSENTIAL PART OF MY FRESHMAN YEAR IN COLLEGE, HELPING ME MANAGE STRESS AND STAY BALANCED AMIDST A BUSY SCHEDULE. TAKING TIME FOR ACTIVITIES LIKE YOGA CLASSES ONCE A WEEK HAS PROVIDED BOTH PHYSICAL AND MENTAL BENEFITS, OFFERING A CHANCE TO RELAX, STRETCH, AND CLEAR MY MIND. JOURNALING HAS BEEN ANOTHER VALUABLE TOOL, ALLOWING ME TO REFLECT ON MY EXPERIENCES, PROCESS MY EMOTIONS, AND TRACK MY GROWTH. INCORPORATING THESE SELF-CARE PRACTICES INTO MY ROUTINE HAS NOT ONLY IMPROVED MY WELL-BEING BUT ALSO ENHANCED MY FOCUS AND ENERGY, MAKING IT EASIER TO NAVIGATE THE CHALLENGES OF COLLEGE LIFE.

Self-care is an investment in your physical, emotional, and mental health. You are worth it.





# mindfulness

*(n.) the practice of being aware of your body, mind, and feelings in the present moment, thought to create a feeling of calm*

Smile, breathe, and go slowly.

## EMOTIONAL WELLNESS

EMOTIONAL WELLNESS IS ESSENTIAL DURING FRESHMAN YEAR, IT HELPED ME OVERCOME THE CHALLENGES OF STRESS, HOMESICKNESS, AND ANXIETY. PRACTICING GRATITUDE AND USING MEDITATION IN MY DAY TO DAY LIFE BOOSTED MY OVERALL EMOTIONAL WELL BEING

# EMOTIONAL VULNERABILITY

EMOTIONAL VULNERABILITY IS THE ABILITY TO HONESTLY SHARE YOUR FEELINGS WITH OTHERS. EXPRESSING EMOTIONS WITHOUT FEAR OF JUDGMENT OR REJECTION, IT ALLOWS OTHERS TO SEE YOUR AUTHENTIC SELF, LIKE YOUR FEARS, INSECURITIES, AND HOPES. THIS OPENNESS IS ESSENTIAL FOR CREATING DEEP CONNECTIONS AND FOSTERING TRUST IN RELATIONSHIPS,

Vulnerability sounds  
like truth and feels like  
courage



# VULNERABILITY IN ACTION

VULNERABILITY IN ACTION CAN LOOK LIKE ADMITTING A MISTAKE YOU MADE, SHARING YOUR PERSONAL STRUGGLES, OR EXPRESSING YOUR EMOTIONS TO SOMEONE.

“Vulnerability is the birthplace of innovation, creativity, and change.”

BRENÉ BROWN



## *Vulnerability*

—  
Uncertainty, risk, and emotional exposure.

**Brené Brown**



# THE ARENA OF LIFE

IN THE ARENA OF LIFE,  
THE PEOPLE ON OUR  
TEAM, THOSE WHO STAND  
BY US AS OUR BIGGEST  
SUPPORTERS, ARE A  
POWERFUL SOURCE OF  
INSPIRATION. THESE  
INDIVIDUALS ARE MORE  
THAN JUST SPECTATORS;  
THEY ARE ACTIVE  
PARTICIPANTS IN OUR  
JOURNEY, OFFERING  
ENCOURAGEMENT,  
GUIDANCE, AND  
UNWAVERING BELIEF IN  
OUR ABILITY TO  
SUCCEED.



# TYPE FOCUS 7

- SOCIAL
- ARTISTIC
- INVESTIGATIVE
- ENTERPRISING
- CONVENTIONAL
- REALISTIC

## TRANSFERABLE SKILLS

- THINK OUTSIDE THE BOX
- ARTISTIC EXPRESSION
- ENTERTAIN
- ADJUST TO CHANGE

# TOP 5 CLIFTON STENGTHS

- EMPATHY
- INDIVIDUALISM
- COMMUNICATION
- IDEATION
- CONNECTEDNESS





# KEY INSIGHTS FROM THE ENERGY BUS

- DEVELOP A VISION
- ATTRACT POSITIVE ENERGY
- TAKE RESPONSIBILITY





# ★ “POTHOLES”

- 
- NEGATIVE SELF TALK
  - TOXIC RELATIONSHIPS
  - COMPARISON TO OTHERS

# MY MESSAGE TO THE CRITICS

It's not the critic who matters  
—not the one who highlights my  
shortcomings or claims they  
could have achieved more in my  
place. The true credit belongs  
to me, the one who stepped into  
the arena, the one who faced  
the struggle head-on, and bore  
the pain without retreating. I  
am the one who pushed beyond  
limits, weathered the storm,  
and emerged, scarred yet whole.  
Through every trial, it was me,  
standing by myself, my own  
unwavering support—fighting,  
enduring, and ultimately  
proving that my strength was  
always enough.

