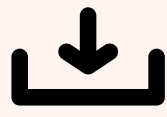


UNIV 100 GUIDE

By Lexie Mulea





WHAT IS A UNIV 100 GUIDE?

A UNIV 100 Guide is essentially the college playbook for first-time students. This collection of hacks, information, tools, and resources, sets students up for success. These skills can be used throughout your college experience and even later on in your adult life.

UNIV 100 - TABLE OF CONTENTS

TIME MANAGEMENT NOTE-TAKING EMOTIONAL WELLNESS

EMOTIONAL VULNERABILITY THE ENERGY BUS "POTHOLE"

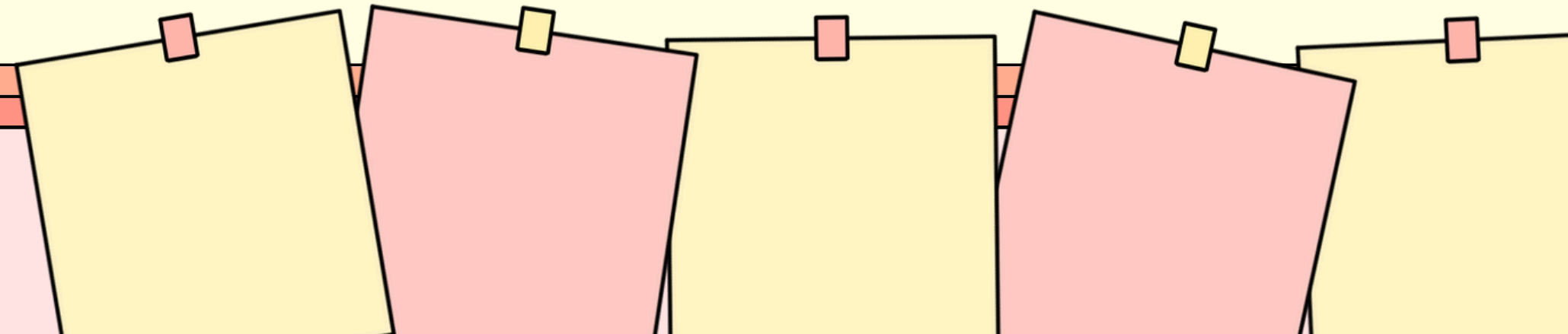
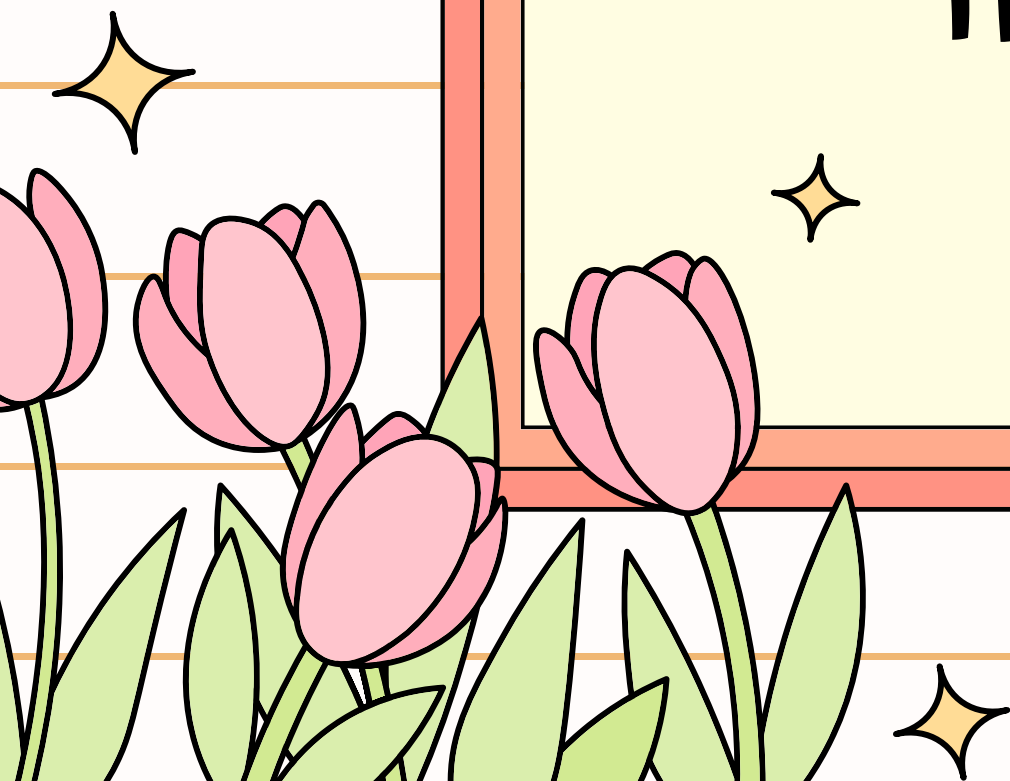
VULNERABILITY IN ACTION THE ARENA OF LIFE

THE ENERGY BUS

MY MESSAGE TO THE CRITICS

TYPE FOCUS 7

SELF CARE

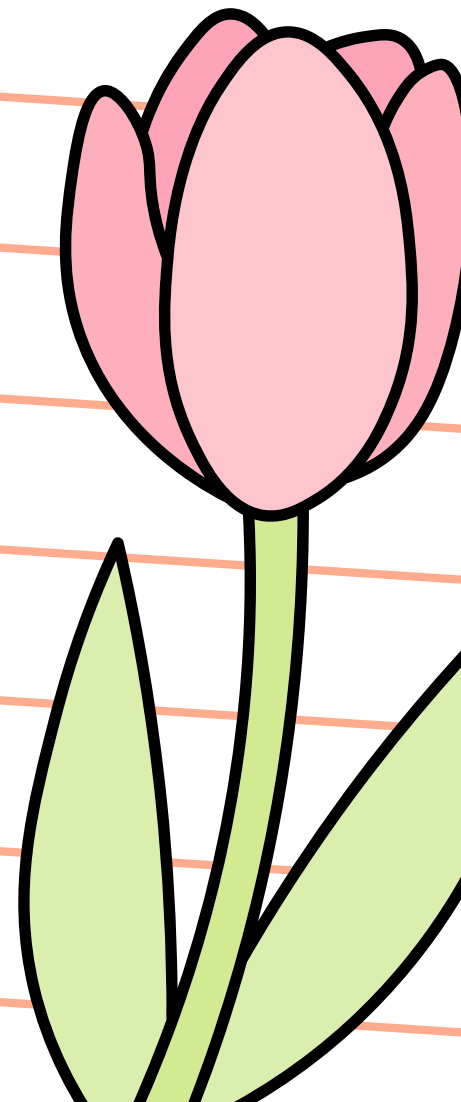


TIME MANAGEMENT

**UNIV 100 TAUGHT ME HOW TO PROPERLY
DELEGATE MY TIME TO AVOID
PROCRASTINATION AND BURNOUT.**

**I AM NOW ABLE TO CURATE A PROPER SCHEDULE
WHICH IS KEY WHEN MAINTAINING A HEALTHY
LIFESTYLE.**

8AM		
9AM		
10AM		
11AM		



NOTE TAKING

This semester, I learned about two different types of notetaking.

1. Cornell Method
2. Skimming Method

I USED EITHER METHOD DEPENDING ON
THE TYPE OF NOTES AND HOW DETAILED
THEY NEEDED TO BE.

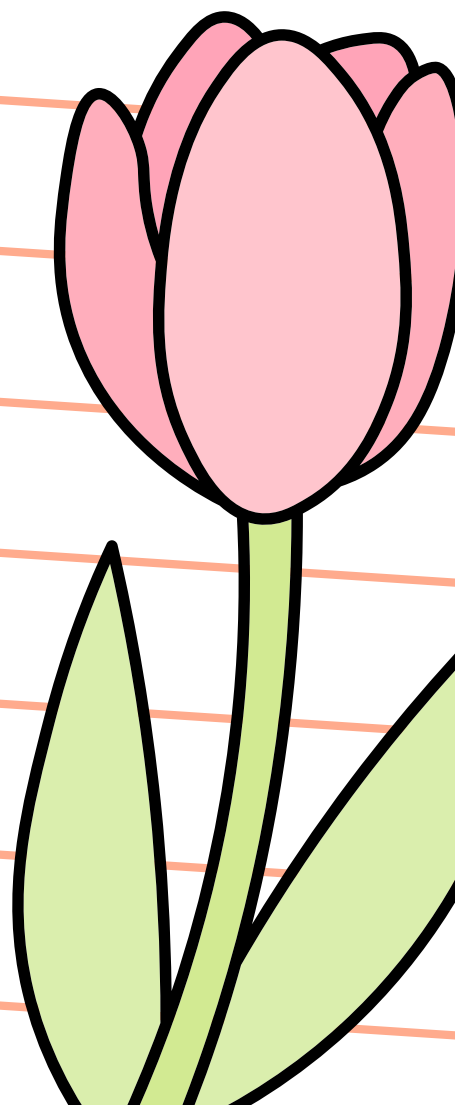
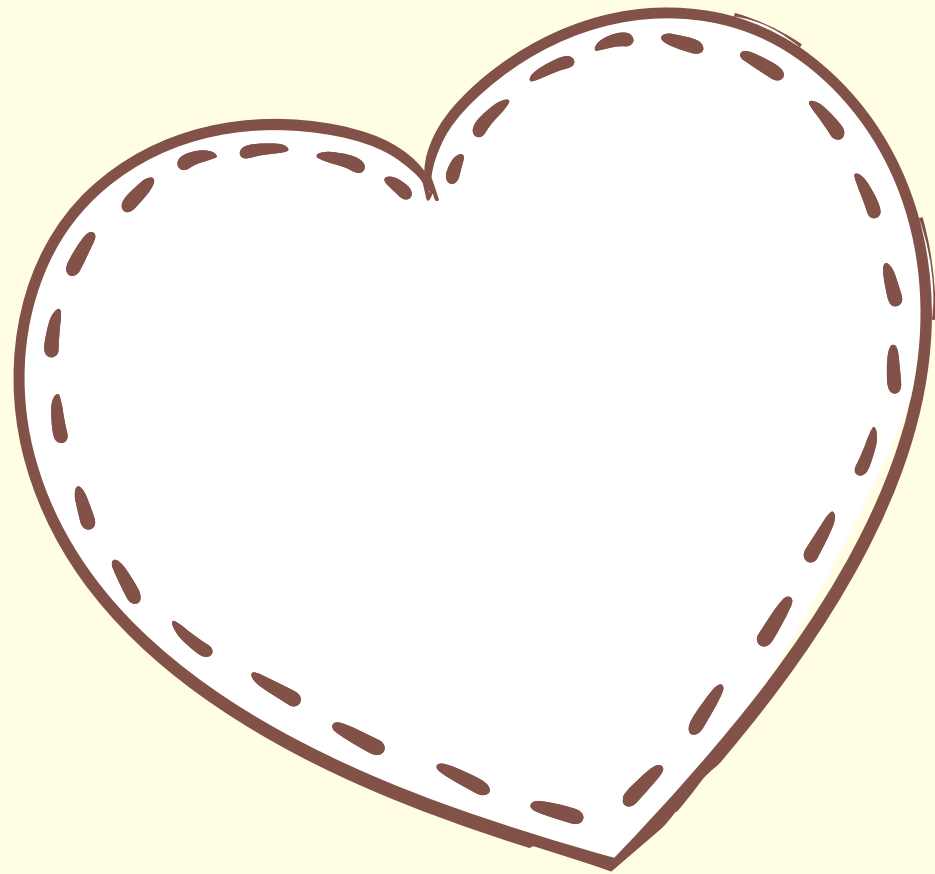
CORNELL:
LEFT SIDE USED FOR
BOLD HEADERS -
RIGHT SIDE USED
FOR KEY
INFORMATION

SKIMMING: PLACING
KEY POINTS AS
HEADERS AND
CREATING QUESTIONS
TO FURTHER
UNDERSTAND THE
INFORMATION.

SELF CARE

A self-care practice that helped me this semester is creating small goals for myself as I tackle big projects. This helps me stay on task and motivated and prevents overstimulation.

Another practice I benefit from is making sure I get enough sleep. Not only does this help me de-stress at the end of the day but it also allows a clean slate so I can stay calm when approaching schoolwork and daily tasks.



EMOTIONAL WELLNESS

Maintaining emotional wellness isn't as hard as it seems. By simply being kind to yourself, you create opportunities for growth and stability.

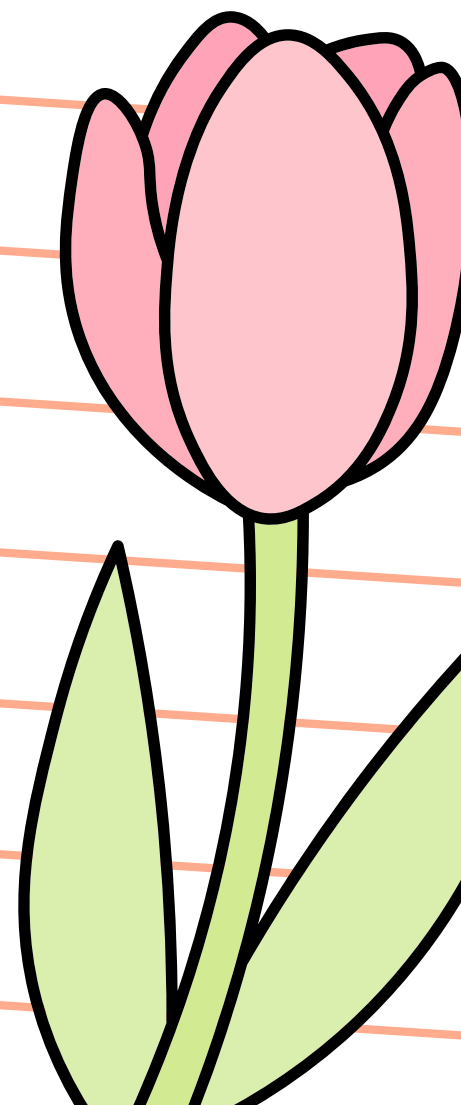
For example:

If you failed a test, instead of beating yourself up for it, you could plan how to better prepare yourself for the next one.

EMOTIONAL VULNERABILITY

I define emotional vulnerability as being able to open up to share your thoughts, feelings, and emotions with someone you trust.

This allows healthy communication and the opportunity to self-reflect.

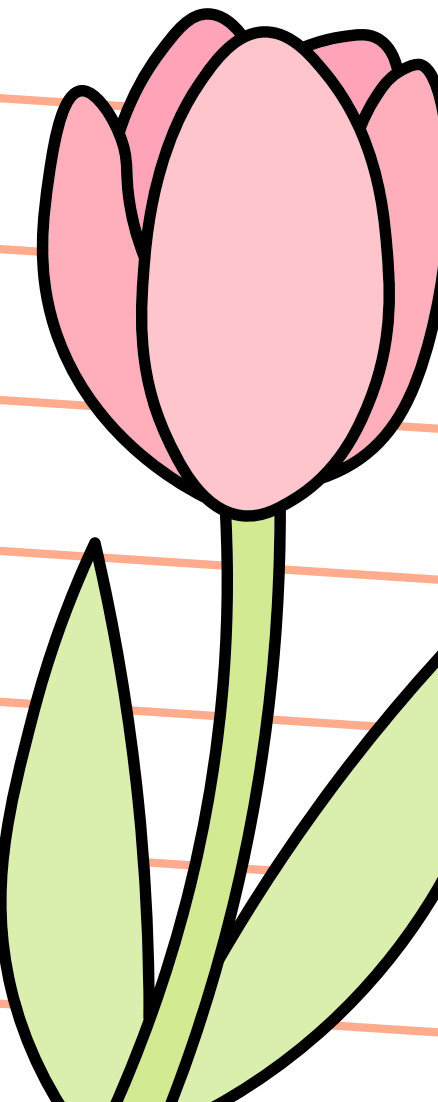


VULNERABILITY IN ACTION

- For me, emotional vulnerability looks like choosing to communicate and reflect on my emotions instead of avoiding them.
- Sharing my thoughts and feelings on a personal level isn't always easy but it is part of a healthy lifestyle. In addition, being put in that kind of uncomfortable situation allows room for self-growth.

THE ARENA OF LIFE

- I have found the “support section” to be my biggest motivation. I feel encouraged to make them proud as I go through my early adult life
 - The most critical section is the “nosebleeds” however, I don’t allow their negative views to affect me as they are unaware of the battles I am facing.



TYPE FOCUS 7

My top three skills include social skills, management skills, and problem-solving skills.

Social skills include things like communication and perceptiveness.

Management skills may include motivation and the monitoring of yourself or others.

Problem solving skills are primarily based in troubleshooting.

THE ENERGY BUS

The first thing that allows me to drive my bus is being a little selfish. You need to protect yourself from harmful things or people along your journey.

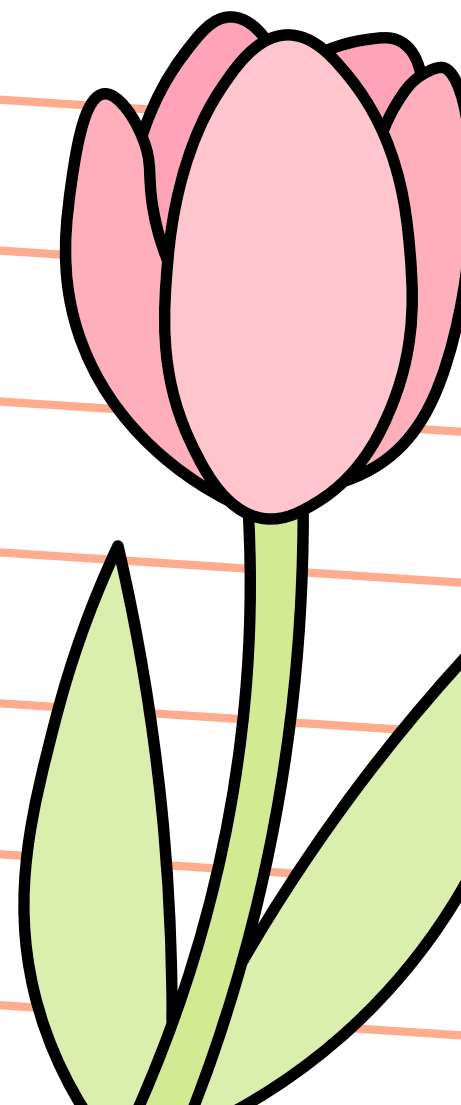
The second thing I can do is set a clear path for success. You will always run into roadbumps but this will allow you to stay on route.

The third thing I can do is create a positive environment for the journey. What good is a car ride with no music?

THE ENERGY BUS "POTHOLE"

The Energy Bus "Potholes" are something that slightly halts your journey or makes it a bit unpleasant.

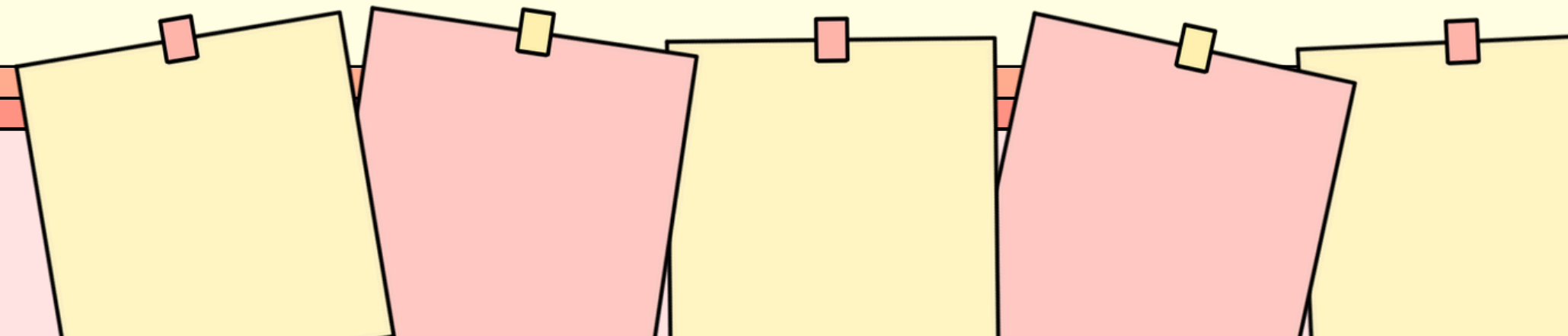
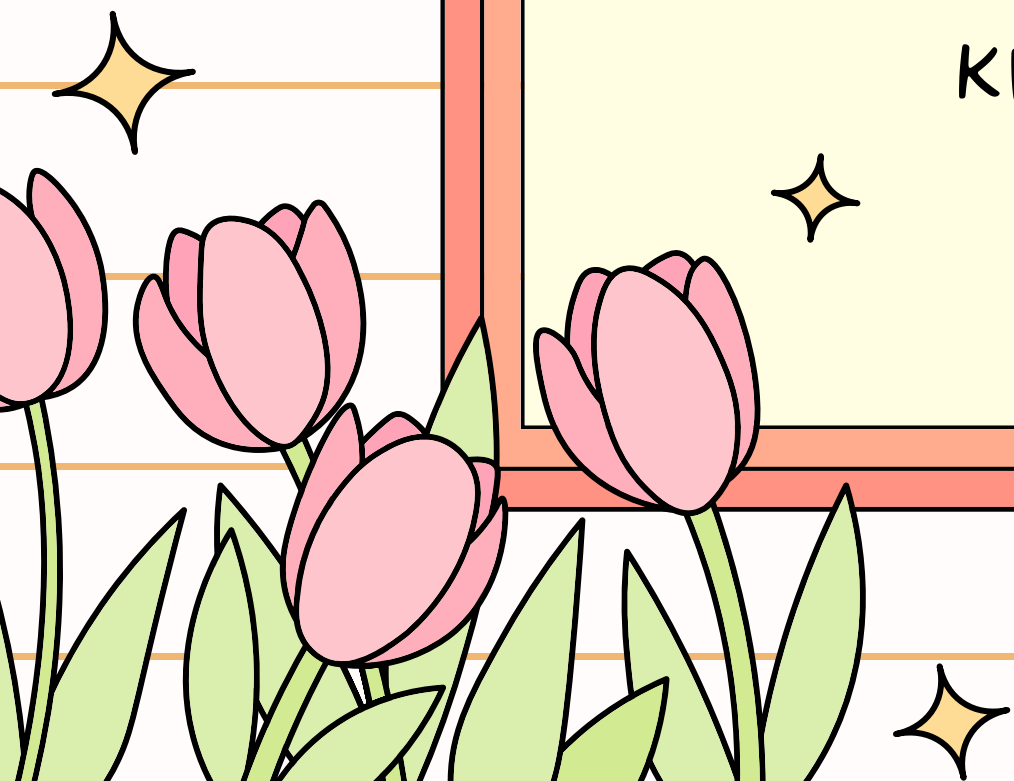
Procrastination, fear, and lack of fuel (motivation) are all examples of roadblocks one may experience along the way.



MY MESSAGE TO THE CRITICS

“It’s not the critic who counts; not the one who calls out my failures, or the one who brings me down for my mistakes.”

THE CREDIT BELONGS TO ME, THE ONE IN THE MIRROR, WHO HAS PREVAILED THROUGH EVERY CHALLENGE. WHO AT BEST KNOWS WHAT IT MEANS TO DO IT ALONE AND WHO HAS THE STRENGTH TO GET BACK UP AGAIN.





UNIVERSITY OF LOUISIANA AT LAFAYETTE

OFFICE OF FIRST-YEAR EXPERIENCE

A Division of Academic Affairs

