

BEYOND THE BOOKS

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The Missing Chums

"You can hear the boat backing
revolver engine—more about—the rear
engine contained
ing as they got away rapidly I'm not
much," Chat said. "Just the same,
or be with them. But they'll bring
"

in meantime, the best thing we can do
ready will be scowering the island
if they know we didn't get away
ere. And they won't be any
either, if they get us."
and Bill decided that it
near the shore as possi
as themselves, not as to be re
continued assistance. By
front and the shooting
arrow trail led toward the
cool it as well as they
The wet branches slanted
gambled over rocks
dies grate, but great
thing and drew
seemed to
he with emphasis
hope, finally
mantra

At the Island

gray sheets. They could see the white
the breaking rollers, and the gray rocks
but there was no sign of motorboat or
human being.

"We may as well stay right in the
behind the rocks," Chat suggested,
raining about the shore we'll be
into food and his gear."

"Perhaps they've taken their own boats and
gone after the Hardy boys."

"They may have. But we can't take a chance
if. If any of them are prowling around it
if he just says look to meet them."

Chums made themselves as comfortable
side in the shelter of a large rock. From
we had a good view of the shore and
road. It was still dark and they had
of course before morning.

is quite a while to get to the
see any one to come out here
marked Chat. "The big thing
dishes until daylight and then
chance of rescue."

hey low. "I've no
to that gave

ry rational

At any
might

College Involvements Effects on Current Day Students:

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UNIV 100: Mastering your first year

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College students nowadays ask themselves many questions whenever getting on campus. Some of these are: Should I get involved around campus? What can I do to keep myself in check? Am I putting too much on my plate? Am I involved enough on campus?. In some other cases it may be student-athletes who ask these questions, and struggling with mental health problems by themselves and not seeking help from others. Some people may say that it isn't good to be involved on campus because it adds too much stress on your daily life, others may say that it is good to be involved on campus as it may keep some stability and meaning towards your college life. Having involvement on campus has positives such as stability, structure, and bringing more of a meaning to college life, and negatives such as a jam packed schedule, anxiety , and joining an organization with bad morals.

Lets talk about some of the positives about being involved in on campus organizations. Some of the advantages are stability and structure. For example Sophia Rodriguez said "Anyone with a grade-point average below a 2.5 in Phi Sigma Kappa is put on probation for a semester and required to attend fraternity study sessions to help raise the grades." (pg E1, par 46). This is a great example of stability as it kind of holds you in check and shows how these organizations try and keep you on the right track to succeed when there is usually no one else on campus who is here for that. One example of structure also comes from Sophia Rodrigues "We do community service, campus programs. We have social functions,"(page E1,par 42) This is a great example of how these Greek life organizations bring structure to your daily life as they not only help you build connections with others for your future but also help you build a clearer head and develop your social skills. Another example is "A member in the chapter is assigned to specific tasks, and

they must make sure they follow through with what needs to be done."(Rodriguez par 42). This is another way that these organizations help you as they teach you responsibility and real life accountability these are all things that correlate to real life and could help you succeed in the real world and better your mental health in healthy ways in college. All of these examples are things that could bring more of a meaning to college life they bring something to work for and bring more of a passion to lives that may be lacking that.

Although there are a lot of advantages there are also a lot of negatives that go into these on campus organizations. Let's start off with the anxiety of a jam packed schedule, A study was conducted by Brian Edwards, and Andrew Froehle comparing student-athletes mental health to non- Student athletes mental health, They reported "non-athletes reported higher rates of anxiety, eating, mood, sleep, and other disorders" This could be from the stress of school itself, late nights studying, or from the sheer anxiety of managing school with life. They also reported that "Athletes reported anxiety, sleep, alcohol/drugs, extracurricular activities and injuries as major academic impediments". This is a result of having a very jam packed schedule, managing school into this schedule, and also coping with the idea that something they worked for their whole life could be torn apart by a single injury. They had also reported that non-athletes sought help and treatment more often than athletes. Another disadvantage could be joining an organization with bad morals as some of these organizations may do things like hazing rituals or just have overall bad morals within itself. "It honestly depends on the organization itself," says Meg of her experiences at Clemson. "Each one has different expectations, costs, benefits and drawbacks." (Rodriguez, par 49). This is a great example because it is simply true whenever it comes to these organizations, there are some organizations of campus that are christian organizations, some of

them may be a fishing club, or even a debate club, the same goes for greek life organizations as some may be built in similar ways they are all different in their own unique way. Some may be built on christian morals, Some may be built on terrible morals and be there for all of the wrong reasons.

In conclusion you will see that getting involved on campus can either really benefit you or really hurt you. In some cases it may just be what you can handle as a person and if you can handle a jam packed schedule, In other cases it may be just you joining a club or fraternity that either doesn't fit you or doesn't have overall good morals.

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The Impact of Self-Discipline on a Student's First Year Performance in College

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UNIV 100: Mastering the First Year

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The Impact of Self-Discipline on a Student's First Year Performance in College

The transition from high school to college can be a difficult adjustment for students, especially when it comes to academic and personal responsibility. One of the most important factors that determines how well the student handles this adjustment and succeeds in their first year of college is self-discipline. Self-discipline means to act and try to complete your goals/duties regardless of how you're feeling physically and emotionally. Self-discipline determines the performance a student has in their first year of college, through time management, academic engagement and resilience.

One of the hardest things for a first-year college student to learn is how to manage their time effectively. This is challenging for first-year college students because they are coming straight out of high school, which has tightly planned schedules given to you. While in college you have a lot more freedom to make your own schedule and plan it around your work and personal life. Self-discipline helps first-year college students with effectively managing their time, which allows them to balance their school, work, and personal life. Students who plan time for academics and spend time on them tend to perform better academically than those who do not make much time for academics. According to a study that examined relationships among first-year college students "Academic time use (planned and actual academic hours) related to higher self-regulated learning and target GPA in the first and second semester." (Thibodeaux, 2017). In contrast, students that did not spend enough time on academics had a lower GPA in the first semester. This leads to how self-discipline can help students resist the urge to procrastinate. When students can focus on their tasks and things they need to get done, even when there is an opportunity for distraction, it is a sign of self-discipline. This is especially important in college where there are plenty of social events and activities going on. Students who can balance their

schoolwork with their social lives usually do better in their first year of college because of their self-discipline.

Self-discipline has a major impact on how engaged first-year college students are academically. When first-year college students are engaged in their classes and academics, they are more likely to seek help with school, participate in school, and try to learn skills that can help you be better in school. When a student is self-disciplined, they are more encouraged to look for improvements for school and take charge in school. This want to improve academically and be engaged in school can lead to academic growth and success in a student's first year in college. Self-disciplined first-year college students usually develop good study habits that help them succeed. For example, first-year college students can learn strategies such as self-coaching to improve their academic performance. First-year life science students were questioned in think aloud interviews in order to investigate their “metacognition and self-efficacy while they solved challenging problems” (Stephanie, 2024). Results of this study showed that “Encouraging oneself using positive self-talk, or self-coaching, helped students move past the discomfort associated with monitoring a lack of conceptual understanding (confusion, lack of familiarity, or lack of understanding) and enabled them to use problem-solving strategies, which moved problem solving forward.” (Stephanie, 2024). This self-coaching helps first-year college students be more engaged academically, which in return will result in a successful academic performance in their first year. Without self-discipline they may not stay focused on their studies which could lead to skipping classes, ignoring assignments, and not asking for help when they’re having trouble. This lack of engagement can hurt their chances of a successful performance in their first year.

Self-discipline can help first-year students with their resilience when facing challenges that college can present. Some of the challenges from college that first-year college students might face are academic pressure and personal issues such as financial struggles to just being homesick. Self-discipline helps with these challenges by teaching students to build resilience and how to face adversity and not let setbacks get in the way of their performance in their first year of college. First-year college students who are resilient see problems as a way to improve themselves and their mind, instead of seeing them as hurdles they can't overcome. Self-discipline helps students develop a mindset where they want to learn and practice hard work and learn not to give up. For example, students with self-discipline are more likely to ask for feedback and use it to improve their work, while students without self-discipline might get discouraged by problems and start giving up. This helps them learn from mistakes and keep getting better, instead of leading them to a worse performance. Self-discipline also helps students manage their emotions when they're stressed. College can be tough, when first-year college students must deal with school life, personal life, and work life. Students with self-discipline can use strategies like staying organized, practicing mindfulness, and asking for help from others to be successful in the first year of college. Self-discipline is shown when students are able to stay calm and in control during tough times. The resilience of students shows their self-discipline and will lead them to a successful performance in their first year of college.

In conclusion, self-discipline plays a vital role in helping first-year college students perform successfully in their first year. By practicing good time management, academic engagement, and resilience, self-discipline gives students the tools they need to have a successful performance. Students who can manage their time wisely can balance school with personal life, which leads to better grades. Self-discipline also encourages first-year college students to

participate in class, ask for help, and develop good study habits. It also builds resilience, which allows them to see problems as chances to grow instead of viewing them as impossible hurdles to overcome. Overall, self-discipline not only helps students do well academically but also helps them emotionally, which sets them up for success in college and life after.

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**Freshman year challenges: the role
of shaping the first year**

The transition from high school to college is a significant shift for many first year students, being independent and new range of social opportunities. Amongst these changes the habit of drinking for first year college students have become increasingly common, among others. This research paper will explore factors influencing these habits such as things like peer pressure, stress, and the availability to get alcohol. By examining here factors and the consequences of drinking behavior amongst other first year students , this study will seek insight into students health and academic performance. Understanding the dynamics is crucial for developing effective interventions and support systems to promote healthier choices and becoming a newcomer.

The literature on first year students and their drinking habits is highlighting numerous factors that can contribute to the consumptions of alcohol. Pervious article such a Galbicsek 2023, it stated “that many students fall into peer pressure and begin drinking soon ad the first day of classes”. Also same studies have shown that “stress and the use of alcohol is a coping mechanism for the challenges faced with the transitioning to college life”. And also the availability of alcohol around campus plays a major role in drinking habits. Despite the loads of information things still remain in understanding the long term impact alcohol can have and the different interventions strategies. This review aims to find and identify areas for future research to support first year students making better and healthier choices.

The consequences drinking particularly first year students can be severe. Excessive alcohol consumption can lead to car accidents, health issues, and even sexual abuse. Ross 2008, it gave stats “about 10% of college drinkers have had a drunk injury and about 8% have had unprotected sex with out knowledge while drunk”. Beyond physical health drinking can affect mental health such as things like depression, anxiety and other physiological disorders. “There are many students who suffer from depression and anxiety and are also taking prescribed medication” (Ross 2008). “Students who engage in heavy drinking are more likely to have poor grades, missed classed, and even dropout” (Galbicsek 2023). Socially, alcohol can cause many problems such a unprotected sex, driving under the influence and/or violent altercation which can have long-lasting legal repercussions. Understand these consequences are profoundly serious for creating effective interventions and better college lifestyles.

Intervention and support systems play out of many roles in addressing drinking habits amongst college students. “Universities can implement programs at educate students on drinking habits and promote responsible behavior an university did a alcohol use disorder test and found that most students are in need of alcohol intervention and preventative services” (Bauer 2016). Counseling services and peer support groups provide a safe space and environment can offer drinking alternatives. Effective interventions not only help in mitigating the immediate risks but also contribute long term well being for the success of students.

To study drinking habits of college students can be highly effective. This method can combine statistics and data from focus groups. Surveys can be scary to a large sample of first year students to gather statistical information on drinking frequency, quantity, and relative behavior. According to Bauer 2016, “50% of students that taken part in an alcohol use disorder test taken part in the test providing evidence of a drinking level of insignificant risk 44%”. Interview and focus groups can offer a deeper insight behind this behavior, capturing social experiments and social dynamics. This mixed method allows foe a comprehensive understanding of prevalence and underlying factors influencing drinking habits.

The result on firstly year students drinking habits reveal significant patterns and influential factors. Ross 2008 it showed stats that “at least 45% of first-year students are classified as heavy drinkers and at least 17% have a heavy drinking episode every week”. “So many freshmen’s experience the increased peer pressure to engage in social drinking” (Galbicsek 2023). Also, the dynamics and academic stress and turn into a drinking habit. These underscore the need for targeted interventions such as stress managements programs and peer led to mitigation the negative consequences of excessive drinking and healthier choices. And lastly the availability of alcohol on or near campus make it so much easier for students to have the access. These patterns not only affect health but also have implications for their academic performance and overall well-being. Understanding this behavior is important for developing support systems.

In conclusion the drinking behavior of first year students are influences by many Factors such ad peer pressure, stress, and the availability to alcohol. The patterns often seen these behaviors not only prevalent but also carry both health and academic performance. These require multiple approaches like incorporating education, support systems and policy

enforcement to create safer campus environments. By tackling the root cause of excessive drinking, college can help students thrive both physically and academically.

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We can Work it Out:

**Prioritizing Mental Health in Educational Spaces for the Success of First-Time College
Students**

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At some point or another, mental health affects every individual on the planet. Yet somehow, as universal this commonality is, humans are still perplexed at how to best approach the subject in a way that benefits everyone. A prime example of poorly handled mental health is stress management among college students. University experience is often a huge shift in the educational world for first-time freshmen, and it can take a toll on their mental health by challenging the routines, lifestyles, and core beliefs that they have been accustomed to. This shift involves sudden academic and social adjustments that can be *overwhelming* to those who are unprepared, and the emotional effects on mental health can be dire if not addressed in a healthy manner. Thus, students and instructors alike can both seek to understand one another by utilizing one or more of the following solution-based options in reducing stress management – proactive self-help, social support groups, or volunteer service - so that more students can have a more optimistic view of their college journey and forge a more consistent path of knowledge.

Loneliness is as prevalent as ever in 2024, with many young adults garnering feelings of isolation and discouragement. They feel that they are truly alone with no support system to help them. A study conducted at local Arizona universities found that these intense emotions have increased steadily since the plight of the global COVID-19 pandemic. Furthermore, community college students experience more anxiety, depression, financial struggles, and declining grades at a disproportionate rate alongside four-year institutions, with Latinx students being affected the most (Ramirez, 2023). To prevent this, many universities provide free one-on-one services that advise students who may need help with their specific roadblocks. Counseling is a very effective method of confronting mental illness by conversing with a professional, because sometimes, just knowing someone is available to listen is more than enough to fuel resilience, even when it may seem impossible. Financial and academic advisors are there for a similar purpose, as well as to

track progress and follow up with solutions to promote accountability and vigilance to personal responsibilities. When students are drowning in their issues, asking for assistance can seem daunting and scary, even, but learning how to advocate for yourself by accurately assessing when you need help is a definitive way to improve your current situation. Although it's easy to assure yourself that you can figure it out with no one else involved, the truth is, there is power in numbers, and being vulnerable and honest with yourself in the beginning is ultimately worth it in the end.

It's no secret that humans are social creatures that require companionship and relationships to thrive and be the best versions of themselves. That's why social circles can also improve the lives of college students and even encourage their productivity. Procrastination is another common struggle among students and is more common than one may think. There is a corresponding link between students in active social circles and decreasing levels of procrastination (Zhang, 2024). At its core, it's a psychologically driven phenomenon in which students want to succeed alongside their classmates and not fall behind. Students can also unload the methods of studying, stress management, and self-improvement tactics that work for them and positively impact their peers. Getting acquainted with those who have a similar course of study, organization, or classes can establish better self-awareness among pupils, as well as having a support system to fall back on when times get tough. Likewise, getting to know people from noticeably different walks of life can grant a new perspective on a variety of subjects, thus resulting in a more enlightening college experience.

Having the knowledge and skill set to interact with others can help you succeed as an individual, but knowing how to help and improve the lives of others is even more beneficial. Volunteer work provides first-hand experience in the workplace, as well as developing positive

attributes in college students such as selflessness, patience, dedication, and passion (Ly, 2024). These qualities help you stand out to others and help with overall individual accomplishments. It's also a way to empathize with others by thinking about those less fortunate than yourself and grants a new perspective into the lives of those around you. With all the continuous stressors and rigorous course work that college has to offer, volunteering your precious time improves your good-natured spirit by enforcing kindness as a primary quality. The world needs more selfless people to solve its problems, and to make it a better place for everyone.

I'm right at the start of my college career, and so, I plan on taking my own advice and using some of these strategies. I've quickly realized that just like high school, college is full of ups and downs but having a healthy mindset to cope during the hard times, makes me even stronger in my success. I tend to shy away from difficult situations or avoid them altogether, but believing in myself and making short-term sacrifices, such as tutoring and counseling, cutting out toxic people, and, most importantly, giving myself credit for how far I've come. I believe we are all capable of more than we could ever imagine, but in order for us to achieve our goals, we need to be in the proper headspace. You can't fill from an empty cup, and similarly, we can't take care of others, before taking care of ourselves and creating space for our needs.

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Effects of Excessive Involvement of First-year College Students.

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How does excessive involvement in extracurricular activities and academic commitments impact first-year college students' mental health and academic performance? There is no single response to this question. The effects can be positive or negative, depending on individual circumstances, personality, and coping mechanisms. I'm going to explain the positive and negative effects as well as how they can affect me and my personal college performance.

Being involved in many different things throughout your college career has many positive effects. For example, involvement helps with time management, stress relief, and personal growth. When you have multiple commitments, you must plan your day carefully and prioritize different tasks. This develops a structured routine which is essential for managing your day-to-day responsibilities. "Several studies have proven stress reduction in college students by involving themselves in extracurricular activities." They provide a distraction from academic pressures and allow you to engage in different activities you enjoy. This journal article states, "participation in activities such as volunteering, athletics, and the arts plays an important role in coping with the stresses typically brought on by these life transitions, as participation in these activities are positively associated with university student achievement." Furthermore, many activities can contribute to personal growth. Trying various activities provides a way to find what your passions and interests are. They can lead to finding yourself. As well as they provide a sense of belonging.

Even though excessive involvement throughout one's college career has many positive effects there are many downsides as well. Such as burnout, academic performance, and mental health. Taking on too much at one time can stretch someone thin, which leads to physical and mental exhaustion. When an individual has too much on their plate, they can often neglect personal needs. People tend to prioritize everything but themselves, which eventually leads to burnout. Having too much going on can cause one to not be focused on school rather be prioritizing everything else going on in their life. Overcommitting to extracurriculars can cause fatigue which causes one to not be able to focus on class, which results in poor academic performance. Poor mental health is a common struggle seen among college students. This is caused by lack of sleep, stress, anxiety, and setting high expectations for themselves. The root of the problem is excessive involvement in extracurricular activities.

In my personal experience, I have seen both sides of the spectrum. Having too much going on I had to discover myself and how I cope with different situations, how I study the best, and how I can manage my time correctly. Even though it was trial and error I've come to learn what works best for me. In many of my friend's situations, we all feel the same about it. When you see a problem, in this case, the negative effects of excessive involvement, you find a solution, so you can enjoy the positive effects of being involved. Finding a healthy balance is crucial to enjoying your college career. A study shows that “Better behavior, higher grades, and personality development—all of which help students become more successful and socially confident adults—are some of these favorable benefits.” In this case the pros outweigh the cons.

In conclusion, being involved has many different effects, both good and bad. It's important to maintain a balance and ensure that involvement in activities is manageable to where it doesn't cost your mental well-being as well as your academic performance. Hopefully, by seeing both sides you see how being involved has various effects. It's just how you deal with them that will either help you or hurt you.

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