

To whom it may or may not concern,

First of all, welcome to the university and I hope you have had a fantastic first month. By the time you read this, you probably already done a few quizzes and assessments and you are currently preparing for the upcoming midterms.¹ At some point you probably have thought to yourself about whether or not higher education is a good idea. Specifically, you probably had doubts about your academic and social life. I'm here to tell you that unless world apocalypse happens as you read this, in which case – run for your lives, there is practically nothing that could go wrong. Right?

In a month or two from now, your mood will change as the weather is going to get cold and it is going to rain constantly.² You will feel exhausted from all your course work and you just want to lie in your comfortable bed and do nothing. Perhaps you also want to party or play video games all day everyday because you don't want to confront your responsibilities, leaving assignments to the last minute of the due date. You might feel that you want to give up because you can no longer withstand the stress of university life.³ You might find that your grades are significantly lower than the grades you had in high-school. You might feel that you never have time for anything, not even time for sleep. You might very well get sick. All these things sound terrible^[citation needed], but it could happen to you. That's why you need to establish or develop three things: confidence, independence, and a healthy body.

First, you might as well as get your flu shot now. In about a few weeks, the campus and your lecture halls are going to get infested with flu viruses; there is a high probability that you will catch it. Getting sick is not fun as it gets into your way of studying and socializing. By getting the flu shot, your probability of catching the flu is reduced significantly. Additionally, you need to treat your body well. After all, it's your most important possession. Maintaining a healthy body by eating well and sleeping well could have a magnificent positive effect on your state of mind. Be sure to exercise on a regular basis. Doing exercises is said to improve your cognitive and problem solving skills as it makes your brain fresher. By doing all of this, you are training your body to become adapted to the university environment.

As I mentioned before, you might observe a fall in your grades coming from high-school. This may be due to several reasons such as adapting to the new study habits, or lack of self control. I can't tell you specifically why, but according to many experienced individuals, the most effective way to resolve this problem is to seek help immediately. Studying with friends can often improve productivity.⁴ You can go to free study sessions provided by the university. Or, if you are feeling rich, you can pay for third party, more comprehensive study sessions and tutorials.

Speaking of being rich, not everyone one always has hundred-dollar bills in their fancy jackets. Being independent is crucial to success⁵. Being financially independent means that you must budget your spending accordingly. Ever feel that you just want to buy something just because you thin you have all the money? (you don't). Save it and only use it during emergency or when you really, *REALLY* need it (buying the new iPhone on launch day doesn't count). Being financially independent is important, so is being independent in general. Having good living habits not only enables you to be a more proactive person, but also ensure that you complete your work on time. Everyone has their own habits and it is not up to me to say which one is more

1. At least I hope so.

2. Unless you like this kind of weather; in that case, embrace it.

3. Stress of university life can be calculated using the formula: $\text{Stress} = Y \cdot (\Delta L / L_o)$, where Y is the Young's modulus, ΔL is the numbers of assignments you have to do, and L_o is the amount of time you have left to do them.

4. "Studying" with certain friends can quickly turn into a long session of gossip. In which case, you need new friends. Just kidding.

5. Unless it is from British's point of view during the American Revolution.

6. TM

correct than others. But it is important to keep in mind that a more proactive and initiative will suppress your stress.⁶ Self control is an aspect of independence. Without parents or teachers telling you what to do, it's easy to get off guard, especially when you are disorganized. There are several methods to keep yourself on track and on task without much external intervention. You can Google most of these but don't spend *too* much time on them.⁷ All in all, to become (more) successful in your first year, be sure to take care of yourself by being independent in self-governing aspects. Also, don't forget to breath, and sleep, and relax, and...

...socialize. I mentioned earlier that sometimes it is advantageous to study with others because if you have difficulties, your peers are likely to help you, thus making your life easier. Moreover, having friends have a positive influence on a biological and psychological level. You will feel less stressed about your work. With regards to relationships, it is essential for you to be open minded and just be yourself.⁸ If you think you are special, for example, just be open about it. Your friends and peers are mostly likely going to tolerate and, in fact, support you, your identity, and your role.⁹ There are no mistakes in relationships.

If you have made it to this point, through all those big blocks of texts, I congratulate you. You are unofficially 0.1% more probable to become successful in your first year.^[citation needed] Good luck to you on all your exams and quizzes. May the curves be ever in your favour. One last thing you should take away is a quote from Reddit that kept me motivated:

*"Everything will be alright in the end. If it's not alright, it's not the end."*¹⁰

7. Otherwise it would be pretty ironic.

8. Yes, I understand that it is the most overused cliché advice given to someone.

9. Unless your friends are intolerant bigots. In which case, you need new friends.

10. Thank you, anonymous.