

Northwest University's Student Magazine

# TALON



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## TACKLING THE NEW ACADEMIC YEAR: WORDS OF ADVICE FROM AROUND CAMPUS

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By Sarah Ulrich

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The life of a student can sometimes feel a lot like juggling, tightrope walking, and running a marathon—all at once! Jumping into a new class load is disorienting for everyone, whether you are coming back from a long summer break, transferring to Northwest University from another school, or journeying through your very first days in college. Establishing a good schedule and habits right from the start can make all the difference.

This fall, *Talon* copy editor, Sarah Ulrich, asked the faculty and student government for advice on how to survive and thrive in the student life. Here are the tips they offered:

**Do:** "Get a planner. Putting in every assignment when it's due can relieve a lot of stress and help stay on top of it!"

**Don't:** "Text in class. Most of the content on any exam will be what you hear in the classroom. Texting can definitely prevent that."

-Sami Price (NUSG president)

**Do:** "Join a new club, try a new activity, and engage with new people."

**Don't:** "Forget to call your Mom or Dad once in a while. You will make their day!"

-Chrystal Helmcke (Director of Drama Concentration and Assistant Communication Professor)

**Do:** "Book an appointment on Eagle to visit our friendly writing center tutors in the library with the draft of an assignment in hand."

**Don't:** "Wait until an hour before the paper is due to come to see a writing tutor, hoping for a miracle. The earlier you can set the appointment before a deadline, the better!"

-Dr. Clint Bryan (Assistant Professor of English)

**Do:** "Learn to say 'No, I have to study,'" – and DO find a place to study free from distractions."

**Don't:** "Get behind in your reading."

-Greg Spyridis (*Associate Professor of Chemistry*)

**Do:** "Broaden your notion of friendship. Deeply explore the work of writers or thinkers or scholars that intrigue you. Become intellectual friends (even if they are no longer living)."

**Don't:** "Go home every weekend. Saturdays are perfect for spontaneity and random fun. Try exploring this area and making home here in Kirkland."

-Rick Engstrom (*Dean of Student Development*)

**Do:** "Be physically and mentally present every class session."

**Don't:** "Text or talk on a cell phone while driving, especially anywhere on or near a campus full of students."

-Thor Tolo (*Assistant Professor of Business*)

**Do:** "Keep your door open! (If living in the dorms)"

**Don't:** "Feel the pressure to attend EVERYTHING. You are still loved and seen even if you choose to stay and do homework."

-Amanda Fox (*Vice President of Marketing and Communication*)

**Do:** "Drink lots of water because it helps your brain function better. It will definitely help you focus better in class, too."

**Don't:** "Forget to sleep. Set a good schedule to fit in everything you want to do in addition to getting a great night sleep. Sleep helps you function better all around, and it will help you learn!"

-Renee Bourdeaux (*Assistant Professor of Communication*)

**Do:** "Get involved in a local church."

**Don't:** "Walk by someone without a friendly smile. Create a welcoming atmosphere."

-Hunter Hadfield (*Director of Traditions*)

**Do:** "Make a point of introducing yourself to the professor. Classes are increasing in size and it is getting harder for professors to know each individual student."

**Don't:** "Do not get behind in work early in the semester. Stay on top of your assignments and if something is confusing, ask the professor via e-mail for an explanation."

-Larry Ishmael (*Associate Professor of Business*)

And then just some do's:

**Do:** "Proofread your emails to your professors. Typos, emojis, and "u r a gr8 prof!" don't exactly scream 'I'm a serious student!'"

-Dr. Jeremy Delamarter (*Assistant Professor, College of Education*)

**Do:** "Ask questions of your professors and seek them out for advice, help, and mentorship."

-Dr. Matt Nelson (*Dean of College of Social and Behavioral Sciences & Professor of Psychology*)

Do: "Pray for your professors. Be assured we do pray for you. Let's face it—we both desperately need God's help and guidance in our roles at school and all of life."

-Dan Tomaridl (*Assistant Professor of Physics and Astronomy*)

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