Lessons Learned About Navigating **First Year**

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A little about me…

- 3A software engineering
- On Co-Op at Capital One
- Member of WiE and WiCS
- Live in Waterloo!

01

Find Your People

People bond over suffering...

Your friends will become your biggest support system

02

Time Management

You will need to keep track of all 1000 assignments...

You will have a lot going on!

Assignments

Every course will flood you with work

Extracurriculars

Teams and clubs might assign some work

Exams

Many exams to keep track of and study for

Job Applications

Applying, preparing for interviews, interviewing

What works for me!

Google Calendar

I used UWFlow to upload my class schedule to GC, and I added all of my weekly meetings and upcoming events

Notion

I use Notion to keep track of all of my weekly assignments. I make daily to do lists to know what I need to accomplish for that day

�֎ a s s i g n m e n t s a n d t a s k s

`new task`

☐ To-do

↗ *semester*

▦ Table 📅 Calendar

🔽 ⇅ ⚡ 🔍 ⤢ ⚙ **New** ⌄

📅 Date	Aa Content	⊙ Completed	⊙ Class #	+	⋯
+ New page					

COUNT 0

✖ t u t o r i a l s t h i s w e e k

`new task`

🦎 e x t r a c u r r i c u l a r s

VP of Events → WiE
Part-Time SWE @ InvestMint

❁ o f f i c e h o u r s

`new task`

☐ To-do

✓ To Do

▭ Board View   ▦ Table

🔽 ⇅ ⚡ 🔍 ⚙ **New** ⌄

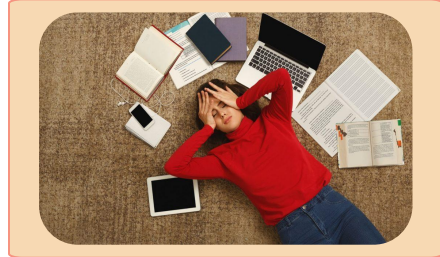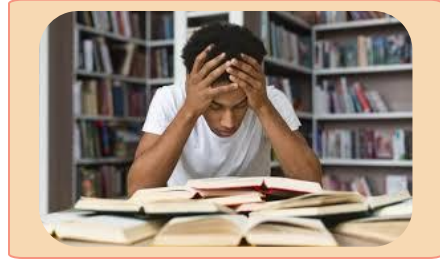| Goals 0	⋯ +	To Do 0	Doing 0	Done 🙌 0	+ New group
+ New page		+ New page	+ New page	+ New page	

03

Experiment

Find what works best for you by trying different things …

This is why first year is hard...

You have to figure out what works best for you and what helps you thrive.

How do you study the best?
What helps you destress?
What helps you stay on top of your workload?
What helps you stand out on your interviews?

Here are some things I found out in first year...

Sleep
I need at least 6-7 hrs of sleep

All-nighters
I can't pull all-nighters or study past 11 pm :(

Study
Spaced repetition works best for me

Exams
I need about 2-4 days to be ready for an exam

Weekends
I need to use my weekends to recharge

Fun
I need to have a life outside of school

My Words of Wisdom:

I would not have found out all these things about myself unless I have put myself into those situations in the first place!
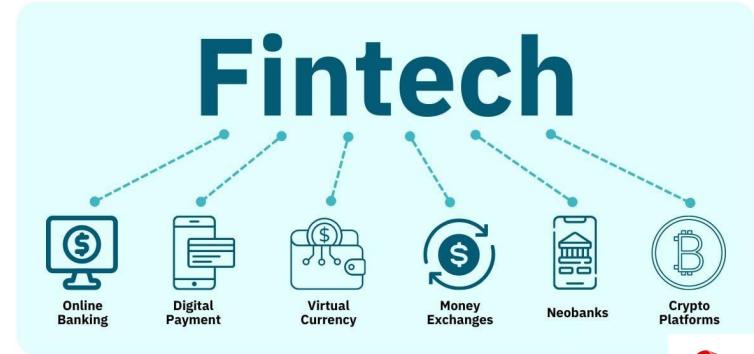
04

Keep All Doors Open

You never know where you will end up, so don't limit yourself...

Then vs Now

Me in first year

Me now
(may change later)

Why?

Career

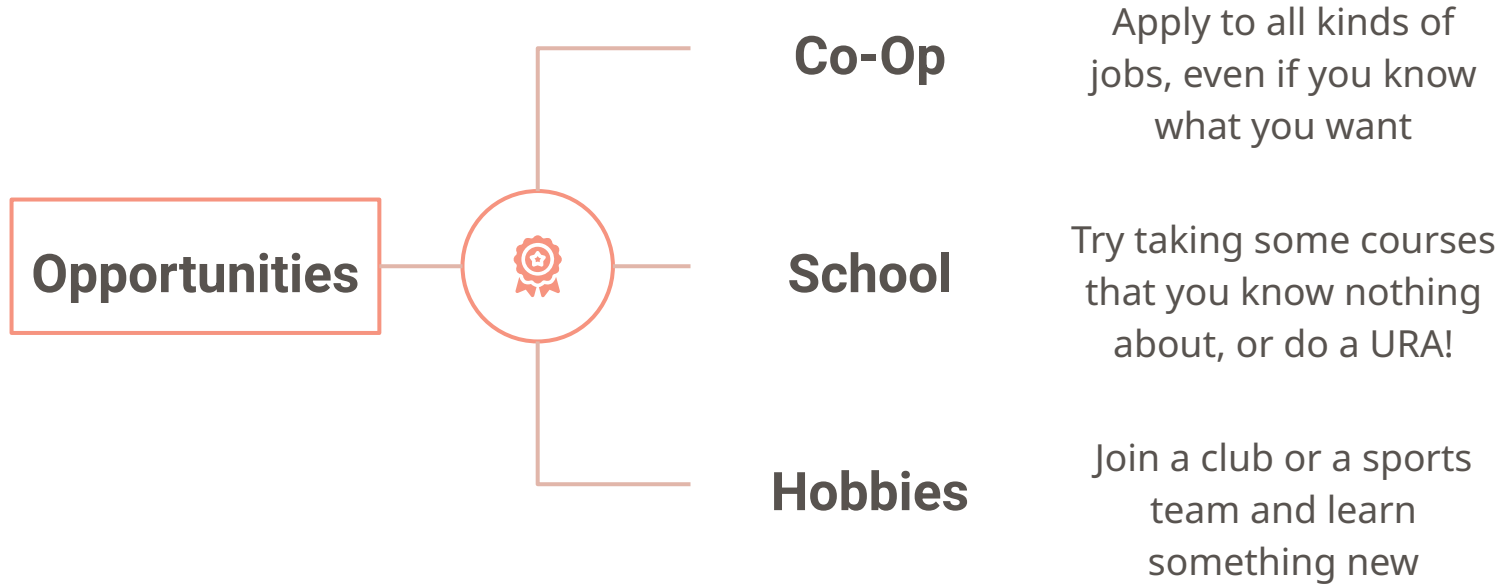Maybe you're not sure what want kind of career you want to pursue?

School

Maybe you're not sure if you want to pursue academia?

Hobbies

Maybe you have some hidden hobby or interest that you don't know about?

When does this come into play?

Opportunities

Co-Op

Apply to all kinds of jobs, even if you know what you want

School

Try taking some courses that you know nothing about, or do a URA!

Hobbies

Join a club or a sports team and learn something new

05

Get Involved

You will hear this a lot this year...

Why get involved?

Friends
You will **<u>definitely</u>** meet people with similar interests and hobbies

Sense of Purpose
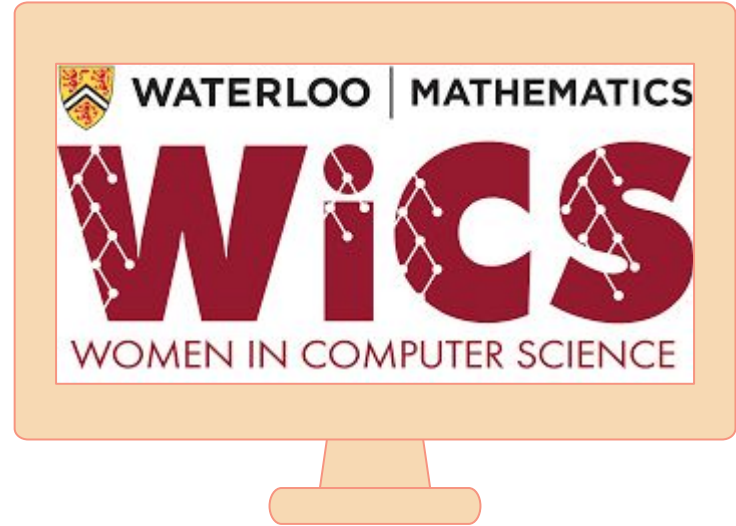You will have something going on outside of school

Destress
You will be able to shift your focus and work on something fun

You're already getting involved!

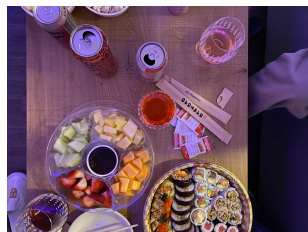WiCS is a great student-led organization to be a part of, so you're all on the right track!

06

Have Fun!

Have something going on outside of school…

You're in school for only 4 years - make it count!

Thanks!

Feel free to reach out anytime
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