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“No Regrets”

I want you to leave CSB/SJU having learned, changed, expanded your mind and grown up. I want you to have no regrets.

I recently read a list of 100 recommendations for first year students on BuzzFeed. Because BuzzFeed is wisdom, right? The list was posted by a graduating senior. There was a surprising amount of good advice about **academics** and **life**.

For example:

#2. Never skip a class two days in a row. That’s all it takes.

#10. It’s always better to sleep a few hours and blow off a chapter then pull an all-nighter and be brain dead when you take the test.

#17. Stop finding the short cuts. The stuff that got you A’s in high school will get you kicked out in college.

#87. People are going to be better than you, smarter than you, faster than you, funnier than you, and better looking than you. Work harder.

Research

How does this match with surveys done by the Pew Research of recent college graduates over the last 10 years? Pew asked students what their major regrets were.

#1 Regret: Not studying hard enough. 50%!!

#2 Regret: Not getting an internship or work experience

More Academic Advice

#20. Sit in the front, introduce yourself, go in at office hours. When you need a point or two added at the end of the semester, you’ll be really glad you did.

67. It’s okay to fail a test, just let go of your pride and seek help.

Other research has indicated the power of a mentor or professor can influence your major, success, grades and access to internships.

Long-term Issues:

#26. It’s perfectly okay to change your major or even your university.

Sociological research has indicated that many students change their majors.

Social Issues (I am not going to talk about many of these as I trust you will find the parties and clubs and so on) But keep in mind #21:

#21. Everyone else seems like they're having way more fun than you at their colleges. This usually isn't the case, it just seems that way on Instagram.

Bigger Social Issues

#53. Start behaving like an adult. This means making your own appointments, taking yourself to the doctor, emailing people in a professional manner, it takes practice so start now.

Finally our buzzfeed author provides some advice about **Gratitude**:

#31. Tell everyone on campus who helps you out, be it the bus driver, the cafeteria lady, the maintenance man, tell them all thank you. They work really, really hard to make everything easier for you.

#59. A college education is the utmost privilege a person can receive. Try to not complain about an 8am class or a 10-page paper. You are incredibly fortunate.

The Pew Research also finds that college graduates are significantly more likely than those without any college experience to say that their education has been "very useful" in preparing them for work and a career AND graduates state these benefits outweigh the financial burden imposed by four or more years of college. About nine-in-ten say college has already paid off (72%) or will pay off in the future (17%).

Your college experience can be amazing – make sure you jump in and learn and immerse yourself in the experience. Work hard. Find a mentor. Meet people who are different from you. Discover your passion. Study Abroad.

As my father told me when I went to college: "Go give them hell!"