

# STUDENTS HOW 2

A newsletter for you, the college student who wants to learn how to do everything better, easier or cheaper

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## How to adjust as a transfer student

By: Carson Bush

Adjusting to college life can be stressful enough the first time. Most freshmen step onto college campuses with wide eyes and excitement. They discover an environment that is entirely different than what they were used to before. In college, things move at a rapid pace, students are more on their own when it comes to their education than ever before, the classrooms are larger and most importantly students are typically investing thousands of dollars in the hopes of getting a degree.

Every college in America has a culture that is unique to itself, no two are exactly alike. This means that transfer students go through the adjustment period all over again. Except for this time, it is incredibly different. Almost every college has a plethora of programs dedicated to helping freshmen adjust to college and meet new friends. For freshmen, they also have the comfort in the fact that everyone else that is a freshman is also new and going through a similar experience. For transfers, there is oftentimes less given to them in terms of events and programs. They are also the minority in that while everything is new for them, the majority of those in their class will have already been going to that university for some time. However, despite all this transfer students can excel both socially and academically at their new institution.

With the excitement of attending a new university, it's easy to feel pressure to get into the swing of things right away. "College can be tough enough without the added pressure of adjusting

Photo by: Carson Bush



ECU students walking to class

to a new environment," said Kathryn Moolenar a social worker involved with higher education. However, it's unrealistic for transfer students to expect themselves to feel right at home, right away. Going into the first day of class and expecting to meet a friend for life right away will likely lead to disappointment. Just like when they were a freshman it takes time to build those relationships and find a groove on campus. Of course, everyone hopes to exceed their expectations but by setting realistic expectations transfer students can be better equipped mentally to get settled into their new university. Every college has a unique campus life that offers something for just about every student. For transfer students, although it can be intimidating putting their foot forward and getting involved in campus life can lead to quickly finding friends. Clubs, in particular, can be a great way to meet new people who are interested in similar things. Hayden Morrison a former transfer student says that

"Getting involved with clubs was the best thing I did for myself, I'm usually a shy person but I was able to quickly find several friends."

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## Getting involved on campus

Typically at the start of each semester, there are events held aimed at showcasing the university's clubs. These events are an excellent opportunity to talk with club members and get an idea of what each club is about before plunging headfirst into them. The club members should be able to talk about the specifics of how the club operates and what kind of activities they do. Most universities also offer intramural sports which offer a way to socialize and get exercise around an enjoyed sport. In addition to this, oftentimes events are held designed at allowing transfer students the chance to meet other transfer students. There are countless other ways to get involved, the types of things will be distinctive to each university. Colleges often have a plethora of resources for students to use that they are unaware of. From free tutors, writing centers, study areas, gyms, free printing, and much more. Many students will not use a good portion of these resources the entire time they are in college.

Transferring can be tough not just socially but academically, by using things such as tutors and study areas transfer students can get the extra leg up in the classroom. Nearly forty percent of college students will transfer, the most common route being from community college to a four-year institution. This number has been growing over the past decade. With more and more students utilizing things such as community college or moving colleges to find something that better fits their needs. Transferring to a new university can be a stressful experience. By setting realistic expectations, using available resources, and getting involved on campus

*Photo by: Carson Bush*



*ECU student, studying in Joyner Library between classes*

*Photo by: Wallace Cortazar*



*Wallace Cortazar's photo collage for manifesting her desires*

## How to manifest anything you desire in college

*By: Wallace Cortazar*

The start of the new year is an optimal time to reflect and set goals for the future. Manifesting these goals and desires is not as difficult as some people think. Everything around us is a manifestation of our own doing. According to Merriam-Webster, manifesting is the act or process of making something evident. Through thoughts, feelings and beliefs, you could successfully bring things to your physical reality.

### Laying the foundation

Conquering ourselves is an obstacle that is the foundation to bringing one's desires to reality. Clif Vann III, a qualified engineer and owner of Livingston & Haven in Charlotte, North Carolina, quoted Harry Truman, "I found that the first victory they won was over themselves." Vann used this advice when manifesting his goal of owning his own business into a reality.

Persevering, and accepting mental and physical hardships are the catalysts to create the life you desire. Vann encouraged us to begin with a vision and build that vision with hope, self-discipline, curiosity and perseverance.

### Align yourself

One technique for manifesting successfully is aligning your life goals with your future desires. Primarily, figuring out what those desires are. For example, financial stability, love, friendship, or a

successful career.

According to Queens, NY native Maria Concha, founder of “Manifesting Ninja,” a lifestyle brand that empowers women to manifest, and an expert mindset and manifestation coach, “Decide on what you want without thinking of how and when. Choose to see all the opportunities that surround you because they are there.”

People may tend to choose a path that follows similar patterns of past actions and memories. Concha added, “Train your brain to only see the good by exposing yourself to thoughts, people and experiences that align with your goals.”

### No limits

Subsequently, breaking away from the limiting thoughts and beliefs could play a role in surpassing into a realm of infinite possibilities. This could allow one to advance in the manifestation process and begin obtaining the utmost desires. Concha shared her success story when she gave a few examples of her hardships she experienced. She expressed that she experienced child abuse, neglect, horrifying deaths and a drug dealer dad who was later incarcerated. Concha revealed how she overcame these obstacles, as well. She decided to step in and change her narrative by choosing better thoughts that served her and the outcome she desired.

“I was able to manifest beautiful, healthy relationships, my thriving business, traveling the world and my dream home.”

Additionally, showing appreciation and gratitude for what you already have could help you become the best version of yourself.

### The power of self-awareness

Simultaneously, your thoughts, both positive and negative, could directly impact your life. Concha conveyed that being self-aware will support you in your journey. When negative thoughts come to mind, rotating to positive ones will raise your vibration. Raising your vibration is essentially vibrating at a higher speed. Emotions like love, hope, compassion and kindness vibrate at a high speed. Emotions that vibrate at a low speed are



greed, hate, sadness and fear. For example, if judgmental thoughts about yourself pop up in your mind, use your self-awareness to switch to kinder thoughts. Unlocking parts of your deeper self could assist you in your spiritual journey and ultimately attract your desires. In contrast, according to “The Vedas”, a large body of religious texts that originated in ancient India, it is important to be cautious about becoming too greedy and overindulgent to avoid mental chaos and instability.

### A visual representation

Moreover, one of the most effective ways to channel your efforts towards long-term goals is to create a visual representation of them. Find pictures and quotes that represent your goals and inspire you. Paste the pictures and inspirational quotes to a poster board and put the board somewhere you can see it often. A digital vision board can also be made using Pinterest or Canva. Although a vision board may not guarantee certain outcomes, it will help keep you on track. Though it could be useful to see your vision board, feeling what that desire would look like is pivotal. Take the extra step and think about how you will feel when you achieve your desires and goals. Will the moment be exciting or joyful? There could also be a feeling of intense love or compassion. “We desire to feel a certain way. Begin with a feeling so that you can attract a more authentic desire,” Concha relayed.

## Scripting your desires

After focusing your energy and attention on what you desire, express them in simple “I am” statements or phrases that express gratitude via journaling. This sets the intention and directs your energy to become activated and used towards manifesting.

In a recent interview, Mia Belle, a certified life, success coach and hypnotherapy practitioner, said, “With journaling, it’s important to remember to focus on your dreams already being true now and feeling the immense gratitude for it.”

She added, “And make sure to be as detailed as you can-- include all the senses, what you see, hear, feel, taste and touch, when describing or scripting your ultimate dream life.”

## Subconsciously re-wire

Another step to releasing your desires into the universe is to say positive affirmations. Positive affirmations can be defined as statements that are repeated out loud

to re-wire your subconscious mind. In addition, affirmations can be a way to decrease negativity in the brain and transcend you into self-fulfilling prophecies. Keep in mind that affirmations are said in the present tense like you already have all your desires. An example of a positive affirmation is

**“I am strong, I am confident, I am capable.”**

According to Mia Belle, “Our subconscious is most active immediately after waking up and right before we fall asleep so that is the best time to re-program with your affirmations.” Repeating affirmations daily could help you become your manifestation.

## Trust the process

On the other hand, detaching from the outcome could prevent limitation to only one outcome. Keeping an open mind about other possibilities could create an openness for a flow of out-

comes that could be better than the original. Moreover, be patient in this process. The universe will unfold the correct path in due time. Rushing into decisions can often result in a lesser value. Instant gratification can be easy to want but trusting and accepting that the universe may have greater plans for you is essential.

## The secret ingredient

The Vedas conveyed, “The ignorant man asks for material possessions, the intelligent man asks for enlightenment, but the wise man just loves and receives everything.”

In other words, when love is the driving force behind your life goals and motivation, your desires will flow to you.

YOU GOT THIS

YOU HAVE TO GO [OUTSIDE  
YOUR COMFORT ZONE]. ANDY  
WARHOL SAID "SAY YES TO  
EVERYTHING"  
-CYNTHIA ROWLEY

Check out [Studentshow2.wordpress.com](http://Studentshow2.wordpress.com)

## How to develop your own style in college

By: Justin Coleman

From our favorite places to travel in the world to our favorite colors or even down to our favorite songs, fashion and style play a significant role whether we notice it or not. Although it is incorporated in almost everything we know and love, some members of the younger 20-year-old demographic find it a bit challenging to develop their fashion style especially while being in college. Between studies, extracurriculars, jobs, etc., Some college students may not have the time or even feel the need to try and develop their style but, if you are looking to up your fashion game or don't even know where to begin-- then this is the place to start.

### Define who you are and what you like

Take a moment to figure out what you want your overall style vibe to consist of and how it fits you. Try on different pieces of clothing, experiment with color schemes, and find other ways of learning what "feels like" you. Using your personality may also help in developing your style. For example, your personality may be quirky so you may be drawn to bright and vibrant colors. As humans, we can be very indecisive and like to have frequent change but, as long as you feel comfortable, everything should fall into place.

### Clean out your closet

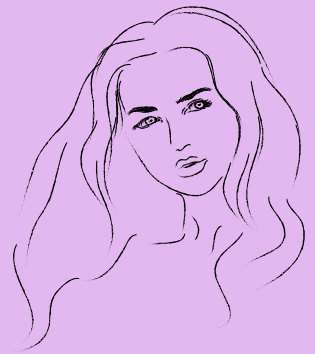
Getting rid of clothes you no longer wear or don't want any more helps significantly get you closer to achieving your own style goals. It allows you to see and determine what no longer works and what does work.

### Find style inspirations

When looking for inspiration, you might be inspired by sentimental items or by people close to you. If you ultimately cannot find inspiration within your personal life, you can always look to celebrities, fashion bloggers, influencer's, etc. Olivia Paschal, president of The Apparel & Interior Merchandising Organization at East Carolina University, says her inspirations start from the people she loves most.

## STYLING TIPS

1. Make sure you have the basics



2. Make sure you are buying the right size



3. Find your personal style

4. Become a better shopper



5. Add accessories

6. Play with color

7. Mix patterns and textures



8. Check local weather

9. HAVE FUN

Photo by: Justin Coleman



ECU student, picking out a outfit for the day

### Choose your signature style pieces

There could be a specific t-shirt, dress, skirt, or even accessories that you could call your favorite with no hesitation. If that is the case, make that your go-to item. Your favorite pieces are essential to your style journey and ultimately can reflect your personality.

“Discovering that unique piece for your wardrobe will not only enhance your look but in the fullness of time, boost your confidence,” said Tiffany Blanchflower, an assistant professor for School of Interior Design and Merchandising at East Carolina University.

### Stay true to you

The most important thing to keep in mind when figuring out your style is to stay true to yourself. We often find ourselves wrapped up in the world of social norms. Either we want to look a certain way or want to look like someone but that’s not the route to go.

“When I was growing up, I looked up to my grandmother and her sister because they were always the cutest dressed up and kept their hair nice.”

“I also love following the actress, Barbie Ferreira, from the show “Euphoria” primarily because of her body positivity in which people like me in the plus-size community often get overlooked. I feel as though she represents us well,” says Paschal.

Photo by: Justin Coleman



Justin Coleman, styling bold and dark colors

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