NEW STRAITS TIMES

4 tips for a fruitful varsity life

December 11, 2023 @ 12:02am



The leap from secondary school to university can be overwhelming, but embarking on this journey also holds immense excitement. - NSTP file pic

LETTERS: SOCIAL media is brimming with exciting photos of university graduates celebrating their convocations.

If you're a secondary school student, you've likely started dreaming about your own journey into university life.

The leap from secondary school to university can be overwhelming, but embarking on this journey also holds immense excitement.

Forging new friendships, establishing routines, and confronting challenges contribute significantly to personal growth.

Let me share the "four S" that will keep you inspired and enthusiastic in your academic journey:

SET achievable goals. Set small goals first. By doing so, you will gain the confidence to tackle more challenging tasks ahead;

SEEK success in small assignments. Always start with small assignments that are easy to complete. Accomplishing them will serve as stepping stones for bigger tasks, thus helping you develop a sense of accomplishment and self-efficacy;

STRESS-FREE and conducive learning atmosphere among friends should be created. This will ensure more effective communication and help oneself to be comfortable at all times; and,

STAY motivated. The key is to always learn from mistakes. You need to acquire a very strong intrinsic motivation to adapt to a new transition for success during and after university life.

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The views expressed in this article are the author's own and do not necessarily reflect those of the New Straits Times