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>> Hello everyone. Welcome to USU Rewind, hosted by your fellow USUSM students, where we will talk about a variety of topics regarding college life and advice. Hi, my name is Annie and I'll be your host for this episode. I hope everyone is adjusting well to this new virtual layout of the school semester. This week on the podcast, I'm joined by some fellow USU Live members as well as someone from my USU Marketing Team.

>> Hi, everybody. My name is Zayla. I am a second year Kinesiology major and I work for USU Live.

>> Hey, you all. My name is Shay. I'm a Communications major with a minor in Political Science. And I work for USU Live as well.

>> Hi, everyone. My name is Grace. I'm a fourth year Media Studies major. And I work on the USU Marketing Team. And I do the Instagram for the USU.

>> So, how are you all feeling this week or just in general with this semester?

>> I feel like this semester is running pretty smoothly. Trying to just keep ourselves going positive and everything around that.

>> Yeah, I agree. I think it's you know, just trying to adjust to like, totally virtual. We all understand that it's not your most ideal situation. There's a lot going on at all times. But I think, you know, just always kind of have that positive attitude. And always, you know, just trying to check in with your friends, see how they're doing. And just, you know, talk to those around you so you can keep the conversation going.

>> Yeah, I agree. I think I'm starting off pretty strong. And I'm trying to keep it going. But it's going good so far.

>> Yeah, I totally understand that. I feel like it's so easy to be more stressed. Because I don't know about you all, but like, definitely less motivated and just feeling the stress and everything. But I'm definitely taking it one day at a time and making sure I'm still reaching out to all my friends. So that's really nice.

>> Yeah, that's definitely important.

>> The first segment of our podcast that we're going to do each episode is our current favorites. So Zayla, why don't you start us off with something you've been loving recently.

>> I have been binge watching the TV show 911 and I have been absolutely loving it. This is my second time totally watching it. And if you have not watched it I 10 out of 10 recommend. It is so good.

>> What's it about?

>> It's more like, I'm trying to think of like what to compare it to. I actually love the TV show Hawaii Five 0. So it's kind of just a mix of that. But instead of like, actually watching over like, just like, cops, it's more like firefighters and cops and paramedics. And it's actually very cool to look at like the three different ones in one series instead of just all through police officers. So that's cool.

>> I think I'll definitely check that one out. As regards for me, I don't know if many of you are dog lovers out there, but I am for sure. And I have two dogs at home now that I'm with like 24/7 since we're like always home now. And I've had been spoiling them to the max. I don't know if any of you out there can agree. Because I'm giving them human food left and right. And so I definitely think they're extra spoiled right now. So I guess my new thing is just spoiling my dogs extra.

>> I can 100% agree with that one. My dog is spoiled to the max.

>> Yeah, I love spoiled dogs.

>> I really love my dogs so much. She's a little Chihuahua pug mix. And I've really been giving her too much attention that the other day she bit me when I tried to like, give her a hug and I was like -- she never bites anyone. And I was so offended. I'm not even kidding, I cried. Like I got so offended.

>> Nice. [inaudible].

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>> [laughter] My dog -- this might sound like not bad, but I was kissing my dog on the forehead. And I kissed her a little too hard. She got mad at me [laughter]. She's like barked out me. I'm sorry.

>> I have a blue nose pit. And my new thing every single night is to go in there and just lay with him for like 10 minutes every night. And just tell him how much I love him while he tries to sleep. So he gets all irritated. So I grab his paws, like hit my head. Like, "Go away!" Every night. And it's just my favorite thing ever. I love that.

>> Okay, so for my favorite, I have a card game it's from Target my room actually found it. And we all play it like at night sometimes it's super fun. It's called Incohearant. And basically I'll have you guys try out one of the cards because it's really fun. But someone

reads aloud the front of the card. And whoever decodes the phrase wins. So it's like a series of like little words or phrases and all together it makes up a phrase. So there's different categories in the game. So this one is from pop culture. So I'll read it. It's Gone, yay, whiz. Gone, yay, whiz.

>> Gone, yay, whiz. Kanye West. Kanye West.

>> Yes.

>> Yeah, I got it.

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[Multiple Speakers]

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>> You guys like, what even is this game though? [laughter].

>> It's so fun. Like, it's literally so much fun. We played it for like an hour the other today. So highly recommend.

>> My favorite is Grey's Anatomy, which I know Zayla lot is a fan of, I'm pretty sure --

>> And I've watched it in the past. I watched like season one in the past. I don't remember everything. But I think when one character died, I stopped watching. Because I was like, that was the only one I liked. I think that's why I stopped. I don't remember -- I'm rewatching it and I'm in love with it. And I'm obsessed. Because I'm in my anthropology class is all about healing practices and stuff. And it's super cool to like, watch that show now. So that's definitely been a favorite of mine. But I know it's a huge commitment because there's 16 seasons on Netflix. But I'm already on season two. So I'm starting off strong.

>> Season two?

>> Yeah, I guess you can say.

>> OMG. I have watched that TV show probably about three times. It's so good. It's so good.

>> So good. Like, if you have not watched that, I need you to stop what you're doing after you listen to the podcasts and go watch it. It is so good. Like Season One might be really boring. You just have to push through it.

>> No, it's really good.

>> And after that it's so good. I give [multiple speakers] because I've watched all. [laughter] So I'm like, Okay, this is boring.

>> Well, what makes it so interesting is that it's like a different, well, not one different but it's like multiple different patients per episode, if that makes sense. So even if you're not interested in like the personal life of the main characters, it's just interesting to watch like, what happens in the ER and how none of them are stressed. You all, I could never be a surgeon, the anxiety. I just couldn't.

>> It's so much drama like that is a dramatic show right there. But yeah, so much drama.

>> I stopped at, like season seven, I would say. Yeah. [laughter] I was pretty far along. I mean, I was like, halfway. I forget how many seasons there are. But I think I'm about halfway.

>> Oh my gosh, I'm going to cry. That is my favorite TV show ever. I can sit there and just tell you all right, this patient's about to walk in. Like I love it to the max. Like I love that TV show. But also, I've been watching it way too much that I was like, "I think I want to change my major and become like a trauma surgeon or something." My mom was like, "No, no [laughter] [multiple speakers]. I was like that would be so cool to like, actually, like see what's going on and like hold as many people as I can. I have a huge helping hand.

>> So this week's episode, we are going to be focusing on our experiences of college going virtual. Not only that, but we will discuss how being virtual has changed what social events look like, or getting involved on campus, and even some funny stories as well.

>> So I will start with the different ways to get involved. Even though we are virtually there's many different ways. So some shout out would be different USU Live events that happen every week, but also ASI events. You can check both of those out with our Instagrams. So ASI is Instagram, and also the USU is Instagram. And also you can do different student clubs and organizations. I think that should be a really good way to meet different students in your grade, or also just in your major and different things like that. And if you are having troubles still, you can head out to the Student Leadership and Involvement Center within the USU. And then also, I'm going to plug one of my favorite best opportunities that I have ever done is orientation team, literally my favorite thing ever. So if you want to check that out, you can also check out New Students and Family Programs. And then also just joining different organizations within their Zooms, also clubs and just different things like that. Anything that you can just get your hands on to meet people and just talk to people, like don't be shy. Like even if you come to events just unmute

yourself, say your name, say your major like meet some friends. Like that's probably the best tip that I can give you while we are virtually is just to unmute yourself and just reach -- not reach and just put yourself out there. But also I do want to give a huge shout out to the Office of Communications. Every Monday morning, they will be sending out a week of CSUSM's events. And that was actually my favorite thing ever to look Monday morning and see that on my like notifications bar when I woke up. It says like what's going on within the campus and just also different ways that you can get involved and also different resources. So those are my few tips on how to get involved while we are virtual.

>> All right. So, what Zayla said. I think, you know, getting involved is like you know, super vital into your college experience. That's kind of where you meet like the most people that you're going to engage with, that you'll probably be lifelong friends for when you graduate. So kind to that I'm going to be talking about like how to network in college. So let's be real here. You know, this isn't like I mentioned before, the ideal situation to network with different students and stuff like that, but there's still ways to network right now.

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And I think it's, you know, allowing yourself to, you know, be uncomfortable sometimes, or like seeking discomfort, especially like, if you're an online class, like, there's people that are, you know, having a camera on, or they're just, you know, watching the lecture. Yet you all have the same major, I think it's super important if you could message them or be like, "Hey, you know," Or on a discussion post, if, you know, I know a lot of classes did like introductions where you're like, "Hi, my name is Shay." Like, for me, I would, "Hi, my name is Shay. I am a Communications major. I like to do this in my free time." Message that person is relate to them. Like a lot of the times, like if we were in person, and you would do that on discussion posts, maybe someone might think that's a little awkward, like, let's be honest. But like now that we're totally virtual, you have that note in person contact with students on campus, or professors, like, message them on career courses. Like, see if they're, you know, [inaudible] to them social media. It's all about that networking in any way you can. I think that also ties into, you know, networking with your professors, because we are totally, you know, virtual. You don't have that in person, go to your professors' office hours. And a lot of the times that does help a lot of students. It helped me a lot, especially when I had questions. And so like, honestly, this, I've gone to my professors' virtual office hours. And that was really, I mean, it was an experience a little awkward, but it was an experience. And so just trying new things. You know, networking can go a long way, especially when you graduate, and you need those professors for different things, or you need to, you know, contact different people

at your school. And I think just learning how to just be engaged in a virtual environment. And like Zayla mentioned, go to events, meet different people at events. All these centers are holding events constantly, that you know, may pertain to your interest. And so just checking those out, contacting people via Zoom saying, like, "Hey, you seem cool." Not, "Let's hang out," because we can't really do that. But let's, you know, FaceTime, let's chat, let's do something. Let's, let's meet up virtually. So yeah, just trying to network in any way you can.

>> Yeah, Shay I think that's a great point that you're making. And to tie it in with Zayla and Shay about getting involved and making friends, I know how it can be really scary to put yourself out there. Because as a freshman, I was so nervous to, like, ask people to hang out because there's multiple people I wanted to hang out with. But I was so nervous that they would think about me. But I think the key thing about realizing when you reach out to people is if someone reached out to you, you wouldn't be like, "You, why did you reach out to me?" Like you wouldn't judge them. So just know that they're not going to judge you. It's not like that. Everyone wants to meet friends right now, especially when we're virtual, I think everyone feels so isolated. So it's okay to make that almost that first move with like, either that's networking with your professor or a friend or going to events. And just know it's so worth it at the end. And you'll never know if you don't try. So I think that's really valuable, what Shay and Zayla were talking about.

>> Okay, so I want to talk about adjusting to online learning. I know everyone's kind of in the same boat right now. We're all kind of struggling but trying to do our best. But transitioning to the new semester was honestly a lot smoother than last semester. I feel like for everyone just because we weren't like thrown into the deep end, it definitely was a lot easier because we knew what we were getting into. We knew how Zoom worked including courses and all of that so that was nice. But a con, I would say is that it was super like underwhelming. And you didn't really get that first day feeling, you know, when you like show up to campus, see your friends all that.

>> Yeah, I agree with that. I think like all the assignments are posted at once and you're like, "Wow." You know like, we're still in this week type of thing you know, like what we're used to. So I think that like constant like assignments just flowing in and like there wasn't that like week break where you have time to like adjust a little bit but that was definitely hard getting used to like going right into assignments and writing essays and doing all of that. I don't know if you all can agree on that one too.

>> Yeah, I absolutely love our campus. So I even miss the stairs, you all. Like I just miss walking around campus and it just makes me feel more motivated overall when I just -- and with everyone else and all

my friends. But I guess a pro is that it is nice to almost be at like the comfort of your own home in your room. It does, in a way feel less stressful, but yeah.

>> Right. I think for me, it's just kind of like it didn't really feel like the first day of school at all. Like, I logged online and I was like, "Well okay, there you go. Spring semester." Oh, no fall semester [laughter].

>> [inaudible] Yeah, like the workload, I feel like it's honestly like, kind of a little bit more. I don't know if you guys feel that way too. But yeah, like with like forums, online responses, like, almost two a week for every class and like oh God.

>> Definitely a lot more reading.

>> Yeah. A lot more reading for sure.

>> Yeah. And I kind of wanted to stress myself out this semester, and I decided to take 20 units, so six classes. And then, literally, on Saturday, I woke up, like this last Saturday, and I woke up and I was just so stressed out, and it wasn't even a school day. I was like, "You know what, I'm dropping a class." And I'm like, the person that's like, I'm not a quitter. Like, I'm just going to do it. And if it stresses me out, it stresses me out, or whatever. And I was just like, I just have to do it. Like, it's better for myself, like -- give me the word. Like my mind, I guess, to tell myself just to let it go and just do it later than just stress myself out now. But I do 100% agree with a lot more classes, a lot more reading, a lot more this a lot more like -- I don't know if it's just my classes versus last semester. But oh, my goodness, I feel like it's just so much of piling on top of me. And I'm just sitting here like drowning, a little bit.

>> Yeah, I feel like it's -- I don't know. There's just so much going on in the world right now. It's kind of a heavy time. So I don't know if it just like feels like more because of that. But yeah, it's definitely a lot. But I think everyone's kind of in the same boat. And hopefully professors kind of figure that out, too. If any of you are listening, hey. [laughter].

>> I think also a feeling that I'm going to somewhat miss for the next couple of semesters is like, would you be so stressed with the class and then the professor would be like, "Class is canceled tomorrow." You'd be like, you just came in class. Like now, they don't do that. Because now they'll just give you more work because it's technically asynchronous, which is fine, I guess. But it's just it was so nice when you're like your 08:30am got cancelled. And you're like, "Yes!"

>> That's true. I had an assignment due on Labor Day, Monday. And I was like, "Wait, hold on. If we were on campus would that assignment

be due? Nope." But so yeah, I agree with you, Annie.

>> I don't know about you guys but I'm feeling a little bit touchy on the motivation. Like some days, I'm like, today was one of those days where I was super motivated, and like, actually sat down and like knocked out a few hours of homework. But then other days, it's a little bit rough. How are you guys feeling with that?

>> I feel like my motivation is exactly the same, Grace. I feel like it goes in and out. But I've noticed, I think it's because there's so much reading. And I'm a Comm major. So I love talking to people. And all my classes in the past used to be like discussions, and I would get so fired up. Like, some of my classes have such great discussions. And now I feel like that's kind of gone. Because people turn all their cameras off on Zoom, and no one really wants to talk. They feel uncomfortable, which is totally understandable. I just think that in class setting, I get really motivated, because I'd see all these smart people like saying all these things. I'd be like, "Well, I didn't even think about that." And if the teacher would interact with us more, not that professors aren't doing well. I think it's just so hard being a professor going on and seeing like only a few people have your cameras on. I feel like people kind of feel isolated. And that can make you feel less motivated, which I'm pretty sure feeling.

>> Yeah, I completely agree. Because it's like you lose that like accountability, like with all of your peers, because you know, you're not all together. Like you don't really have the work do certain classes and all discuss together. So yeah, that's definitely a good point. I agree.

>> Yeah, I think so too. I think also that we're transitioning. Because in summer for me, I was going through Tik Tok like 24/7, because I had nothing else to do, right? But now there is no transition of me having to get up and go to school. And I'm just in that same environment. So I feel like I can just scroll through Tik Tok still. And I'm like, "Oh, no, no, no, I can do that. Because I have an assignment due in like three hours and I have to get to it." So I feel like there wasn't that like -- I need to, you know, the feeling of having to get up and go to class and sit through a lecture and be present in the classroom. Helps now that I'm like in my house and my computer is like my classroom now. It's definitely like that. You know hard to kind of continue that motivation.

>> Yeah, there's definitely like not that change of scenery at all. And so it just kind of all [inaudible] into each other. Like all of my time is like suddenly eating, hanging out, doing schoolwork, work all in the same place. And it's like, I just don't really know like when to stop this and start this. It gets crazy. But one of my tips for that was just kind of like making a productive physical space.

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And like designating a space for your studying and like your work and like all of that. And for me, like, getting up, like getting dressed, like I'm going to, like, go out into the world. And like actually sitting down in a desk and feeling like I'm at school kind of helps my motivation so much. Like, I'm actually able to feel like I'm just here to do schoolwork and not sit on Tik Tok.

>> I can definitely agree when you said like to get up and get dressed. Like I have designated clothes, that's like not like, it's very like lounge clothes that I would wear to bed.

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But I'm like, I'm going to wear this and it'll make you like, instead of putting on -- like, go shower and put jamas back on, like, I'm going to go shower and put like sweats on.

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That's going to make me feel like I'm dressed for the day without putting on makeup or doing my hair, just different things like that. And that has probably been like, probably the best thing that I've ever come up if I guess.

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Because if I feel gross, I won't do anything. So even if I go shower, and I do a body shower, and I put my hair in a different bun, like I still feel so like presentable. And I'll like comb my eyebrows, or whatever I need to do.

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But even just like moving from like, my desk, to the downstairs kitchen, back up to my desk, and just different things like that.

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Or even just stop and talking to somebody and calling a friend or just different things like I agree with everything that everyone has said lately. Yeah, I think I'm going to stop talking.

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>> Yeah, along with that, I would say like how you're talking about like moving from downstairs, upstairs. Like, I totally do that like every single day. Like every time that it's like I need a change in scenery right now.

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>> But I think it's really nice that we do get like the freedom of doing schoolwork, wherever and whenever. Like, personally, I don't know about you guys, if you're like living at home right now, but I'm not. And my family is like around. So it's actually really nice, like having the ability to go home and do school at work from home whenever I need to.

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So that's really nice. Because like, yeah, I guess the last thing I have to say on like, online learning and adjusting to that is my

biggest tip is to make daily to-do list. We kind of like went over that.

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But literally like, either the night before, when you go to sleep or the morning, making a to-do list of what you need to do that day is like it helps me so much. Because I'm a very visual person. I need to like see everything that I need to do. But that just kind of keeps you accountable and crossing off everything you have to do is the best feeling for everything that you've completed. But yeah, that's about it.

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>> Okay, cool. Going back to when you said that you can do school where everyone ever kind of thing like, I can definitely agree with that. It's actually kind of nice because I am the baby of my family. So I'm the only one living at home with my parents and my brother and sister both live in Escondido.

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So it's actually kind of nice. And this past week, I actually went down to my brother's house and I was just hanging out with him for the day. And I was just able to bring my computer and just kind of just like, submit what I needed to submit but also like have conversation with him.

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Because it's harder for him to come down here than me going out there kind of thing, out there like it's not like 30 minutes away, that kind of thing. But then also to the list of changed my life, I love to just sit down like the night before like literally before I'm about to like hop in bed, it just write out like everything that I'm going to do, make it all pretty and nice so that the morning I'm like, "Well that's actually very nice."

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And then just like see what it is and like color code it from like things I need to do for work or things that are happening for the day and just different things like that.

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>> So, kind of going along with this topic of staying motivated, I wanted to talk about specific ways to do so. But also kind of avoiding getting in that funk because it's really easy. Like we kind of said, the isolation and not being on campus. Because I know there is, you know, online school before COVID. But we all kind of signed up for the idea of community and going to Cal State San Marcos. So sometimes it's easy to be very let down and get stuck in this like negative feeling of the space that we're in and the time that we're in. So what I want to say about that is just some tips. My first one being making sure to get up and move like at least every hour. Because I don't know about you all but I can sit on my computer and my desk for multiple hours

with like work and school. And I will be crouched over my desk like not moving at all and I won't even realize time went by just with so much homework and everything on Zoom calls. And I think it's so crucial to either go outside for like a quick, you know, break or do some stretches with your body. It doesn't have to be full on exercises, just like arm circles or something and have a lot of water. It's just I think we forget. When we're on campus, I mean, we go to Cal State Stairmaster, like, we literally walk everywhere. And I think we forget that we're losing that like -- it's not just like for fitness or whatever. It's more about how you feel like moving your body can make you feel better. So I think with all this isolation, we forget that.

>> I would say that too, because I think when you're staring at your computer, you get so drained.

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Like, you know, you think that like walking around. You'd be like, "Oh, I'm tired of walking," while in reality, like you're getting your muscles moving, you're getting your brain moving, you know.

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But now that you're just like sitting on your computer like that drains your eyesight. It just drains you altogether. So right. When you're done something like an assignment, you want to go lay down, because you're just mentally exhausted.

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So I think you're right. It's like, you know, go outside, get some exercise, if it's just small increments of just like walking around the house or, you know, something small.

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>> Yeah, I think I'm coming up to the back issues. Because I'm like the hunchback disease type computer. And like, I just -- for hours at a time, I just lose my posture abilities.

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>> Yeah, going off of that, I'm actually curious what you all do to like, reward yourself after maybe a long week of homework, or just maybe like a couple hours of working really hard with ways that help you relax.

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>> So whenever I have done an assignment, I literally will pause what I'm doing. I will go either like make food, grab a snack. And I will turn on 911 or Dance Moms or -- I will literally turn on something so that I am not just staring at like Google Docs or whatever kind of thing or Google Courses. Like I will turn something to get my mind totally off of it, which is a pro and a con.

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Because then I'm sitting there for like four episodes that I'm like, "Oh my gosh, like my assignment." But I made it really nice to like, kind of get myself away from it for a little bit. Or even just off my computer and watching it on my phone and just different things like not like sitting here staring at a computer screen.

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>> Yeah, I totally agree. I definitely have like long readings I have to do. Like in total, with all my classes I must do easily over 100 pages of reading a week. And I have to, like take breaks between those. Like at a certain point, I'm just like rushing through it. I'm like, I'm not even comprehending what I'm reading. What's the point of making myself sit here reading all this?

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So I can find this thing where I do like a chapter at a time and be a class or whatever. It depends on how many readings I do. And I'll give myself like a 10-minute phone break. Or maybe to rest my eyes. Maybe I just like go get a snack or talk to my parents because I live at home. And so just something like that, where I'm not tied or like glued to my computer, you know. I don't know, that's really helpful.

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But moving along, that kind of goes with the other idea of spending time away from technology. Because I was thinking about it. My screen time, if you have an iPhone, has gone up. So that's a little scary. But I realized because I'm already doing my homework on my phone, I'm texting for work, you know, trying to reach people or asking friends, you know, for questions with school.

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And I think I don't go more than 30 minutes without being on some sort of technology other than sleep, of course. And I realized that the other day. And the problem is I got into reading before school started. But then now I don't want to read before bed because I've been reading all day for school. So I don't know if you all have that similar feeling at all.

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>> So yeah, I get really bad Zoom fatigue, and like homework fatigue and phone fatigue. Because like you said, I'm on my screen all the time. But for me, like going outside for a segment of the day, like taking a walk or doing something active where you're not indoors.

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Because that's where everyone's been for, like the past few months, is like such a great way to, like, get out of like that school and work routine and kind of like take a break. And it honestly, like boosts my mood so much going outside and like just switching it up a little bit. So I don't know if any of you guys like start doing that. But that really helped me.

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>> Yeah, I think it's like important to acknowledge. I know many of us

might be feeling this, like, when you're on Zoom for too long or staring at your computer you get antsy. Because for me, like if I'm sitting through a lecture, and I'm like OMG, like I can't stop like moving like, I can't just sit and focus. I think it's important to know that like all of us, it's like a normal thing.

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Because you know, your brain just can't focus on the computer screen for so long. And so even if it's just, you know, taking your computer outside and sitting outside, as in, you know, in your backyard or wherever you have space to sit outside in a new environment. And so you're looking maybe to the side at new things, so you're not just like, feel so isolated. Because I think that's important acknowledge to that. We can feel isolated during these times.

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>> Yeah, and I also wanted to bring up like Zayla was talking about how she'll like go to different family members houses for a little bit and stuff like that.

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I think that's like really important because we are able to do that now with online learning. And just kind of like, staying, I know we have to social distance, and all of that and stay safe. But like the people that you can be in touch with, and the people they can't, like, just talking with them. And like, I'm sure you reach out to your friends, and really helps for sure, too.

>> Yeah, so it kind of sounds like what you're mentioning is finding positive things in this situation, which can be very difficult. But something I think is really important is paying attention to those positive things. Because I mentioned it earlier in the podcast. But it's really easy to get wrapped up in the negativity of our situation and see, like, "Oh, we could be doing this right now." Like, I've definitely been thinking about that. Like the first day of school I was like, "Man, I'd be doing this. I would be like seeing these friends right now." But I think it's so important in finding the little joy and things every single day. So like, for me, I mentioned this already, but like getting to go to school, like in the comfort of my home, and being home with my parents who I thought I was going to live with for longer than three months for the rest of my life. But now I get to really spend time with them, which has been great. And then it's new ways to challenge myself in my job. And just like getting involved. It's really challenged the way I interact with my professors.

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So I really feel like I'm growing from the situation. What are some of the things that you found positive?

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>> So my new thing I have been probably doing for probably like, a week and a half now, I have been doing like daily dose of positivity to my Snapchat's tweets. But also like my little friends like, I just want to reach out to them. I haven't really been talking to lately. So I don't know why it just like sparked on me.

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Like I was like, "Why don't I encourage, like, here you go." And then I was like, "You know what, like, I probably should do this every day." So every day, this is probably my favorite thing I've been doing now like, everyday, I just send like, "Hello, my kings and queens. Hope you have a great Monday.

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Like, I love all of you so much. And I hope you're smiling. Like remember to say something positive to yourself this morning." And I'm like, "I probably should do this a lot more." Because Oh, even though it's like bringing me positivity, like, I'm hoping it bring somebody else positivity.

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And all my friends are like, "I love this, like, you're doing great, like, hope you're smiling and stuff like this." So that's probably what I've been finding a lot of positivity from while we are in quarantine and things online.

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>> I love that. I think that's so important to like, check up on people because. And just kind of like, I don't know, sometimes if you receive a message, like from someone that's like really positive, it changes your whole outlook on your day. You know, it's like, "Wow, that person took the time out of their day to like, message me, or like, send something fun."

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So I think that's super cool. I think also too, like right now, like we're also all looking back. You know, what we could what we used to do before, you know, everything happened, especially with COVID. And so one thing that I like to do is like, look back at things I've done in the past and say, "Wow, I'm so fortunate to be able to do that." I think it's important, you know, to just be like, "Oh, like, I can't wait to do that, you know, when things are better."

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And just kind of being excited for the future. Because I think like, we're at a time right now where when things are, you know, back to normal, and we're all safe and we're all healthy again, is you know, like, being excited for what's to come in the future. Because I think being optimistic is definitely, you know, exciting and not to always be down. Because I know this current situation is kind of like, you know, it's like any sort of easy to get down on yourself. And so just kind of, like, have that positive spirits.

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>> Yeah, I think that like, from a lot of people that I've talked to

also, like just like what you're saying, Shay, a lot of people's like outlooks and like emotions have kind of like, developed throughout quarantine.

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Just like all the time with like solitude and like being by yourself, has like really forced people to just kind of like, you know, reflect and like change their outlook on life, because things are so crazy right now. So yeah. It's important.

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Just like keeping, like you said, a positive mindset and like, just really like evaluating how you're viewing the world and life and like online school and all of that right now.

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>> Yeah, I totally agree. I think that mental shift is so important to be happy. And I guess live in the moment as cliché as it sounds, but like the alternative is just being unhappy and negative. So I think it's definitely important to take the more positive route.

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So with all this adjustment that we've been talking about, and more specifically being tied to our computers and having this new form of learning virtually and remotely as well. What are the ways that have helped you all stay organized with this new remote learning?

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>> So, I know a lot of us can agree, especially as college students is procrastination at it's finest. And I am one big procrastinator. I'm in my fourth year right now, and I'm barely starting to get used to having a calendar. I've gone through all those years without using a calendar. I guess that's kind of an accomplishment, but not sort of.

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So I know not right now, it's almost impossible to get through online school without some sort of calendar or like reminders. And so I invested in this talk board calendar. It's really cute, and I put it up in my room. And, you know, September, I filled out every single assignment, you know, any extracurriculars that I had to do.

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And it's really kind of helped me like, I feel like, I'm growing professionally, because I know, like, maybe it will work for others, and you know, as they graduate, and they get into the job, and they could still become a procrastinator. But I think for me, it helps me with my professional growth and learning how to, like, organize my life a lot better and become less stressed.

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You know, and I think that, you know, adding a calendar, adding reminders to yourself does take some sort of stress off, because you know, it's coming, and it's not going to all like kick you out one time. And so I've kind of one way that I've sort of been learning how to stay organized in a way.

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>> Yeah, so I definitely agree. I need a calendar. And I need like everything written down, or else I'll completely forget about it. But I actually found my organizational tip from Tik Tok. It's basically, this app called myHomework. And it lays out all of your classes and your time, dates, and like a visual way, because like I said, I'm like a super visual learner.

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Because everyone has like Zoom calls that kind of are either back to back or conflicting are just weird. So this kind of like lays out a little schedule for you. And then can also write out all of your due dates, and like all of your assignments that are due [inaudible].

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And it'll even send you like, alarms and reminders for however early you choose to like send them, which is really nice. And it really helps me stay organized. And yeah, everyone go download it.

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>> That paid sponsorship, just kidding. Not sponsored. We said, if you want to reach out to us, go right ahead. We're open. So for organization tips, I actually just discovered this last week, I have a Mac and I've figured out the Stickies on it.

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And I just do like week two to do lists. And I wrote everything out for that week. So if it was just for my Bio class before blank class, or for this class. Like I literally wrote out, like, "Watch lecture on Monday. Like watch this on Tuesday," and just sort of things like that. And it's kind of nice to just go and cross out the different ones that I've already done.

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So that it's like a relief off of like my like, weekly to do list. But then I also like your daily to do lists, and just have fun colors and brush pens and just write out like the day like Friday all pretty and then just like leaving a little motivational speech on it. Like I wrote like, Friday, like, "Yay! It's finally here," like your week is over, like finish strong kind of thing, just like that.

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And that's not something that everybody needs to do. But I feel like that's just something that's been keeping me going is just whenever I open up my computer like it's automatically there on just like what I need to do for the week or like, what I wanted to get done for the day, just different things like that.

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But also like different colors and different highlighters and pens that I love to like write down so like it doesn't you don't really mean an example. I feel like it's very like self-explanatory.

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But I have like, on in front of me like I have like the eight different colors that I have. So it's fun to like, grab my pink pen and let's write down when I need to do and like grab my blue pen and

just different things like that.

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>> Yeah, so I essentially do what Zayla does but not pretty. I basically look at all my assignments that are due for that coming week. But I do that I try to do it Friday, probably will end up being Saturday by do that for the whole week, the following week. And then so I have all those like what to do.

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And I'll go to like my weekly calendar and write what's due on each one of the days in my planner. And then next to it, I'll like say, I know all my assignments are due this week. And I already make my to do lists for homework every single day for that week. So I know what my homework is like two days before even that day starts.

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So it really helps me stay organized and I'm holding myself accountable for doing homework. Even if technically I'm doing assignments that aren't due yet it literally helps me so much. I don't feel like I'm doing hours of homework like I was doing the first week of school. I timed it out so I'm not having a crazy workload for my homework.

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So it's really helped a lot. Okay, so I don't know about you all, but sometimes virtual learning or Zoom calls can have its fair share of awkward or embarrassing moments.

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Do any of you have stories like that?

>> Yes, so we all know, Zoom kind of catches you slipping sometimes. So for me, I was, you know, having a rough finals week. And one of my professors was, you know, just kind of dumping a lot of assignments on us. And we had this paper due that was just really stressful. And the directions were unclear. And I was just like, I mean, the directions were clear, but I was just like, I didn't really know how to approach it. So she was discussing it in class via Zoom. And I was sitting there like, and I didn't realize my mic was not muted. And she talks about the assignment and I literally go, "Ugh!" And she literally, she goes, "Oh, Shay, your mic's on." And I literally wanted to leave class in that very moment and never return. But you know what? Sometimes life just happens, and you just got to move on. And you know what? The class ended fine. I received a good grade. So the consequences weren't that bad. So that's one of my stories.

>> I cannot believe that she called you out by name, too. I would have left. I would have been like, "I got to go."

>> Yes, I know. So there is no like, why, but I you know what, I kind of feel like I spoke for the whole class, because I know the whole

class is feeling that same way. So like, I saved all of them.

>> That's literally why I always check if I'm muted or not. That's like my worst fear. Or like, one time when I was in a Zoom call, it was a 7:30 am one, there was over 100 people in it. My camera wasn't on. It never was for that class, and the mic was off, and my fire alarm went off because of my candle in my room. And that's why I'm so careful if my mic is on or off. Because if my professor heard this crazy alarm going off, it was so stressful. But that's why I'm always so careful if my mic is on or off.

>> Shay, can you imagine just sitting on the other side of the screen, and the green box goes to you, and you're [laughter] like that, looking all confused? Like can you imagine? I don't even know what I would do if I was on the other end of that, like if I was just a student in that class [laughter]. It's just so awkward.

>> Yeah, I texted group chat. But I was in the class with him like, "Oh, my God, like, Did you all hear that?" And they weren't even in class that day. So I had no one to talk to about it. So yeah, it was pretty bad [laughter].

>> Well, unfortunately, I have a story. And I feel like I'm just going to put myself on blast, but it's okay. I had an 8:30. And I am not a morning person whatsoever. And I remember I was running super late, and I had to go to the bathroom. But it was like, I think along to say it was like 8:28, 8:29, like, whatever. Like I was like, okay, whatever. So I like logged in on my phone. And I didn't realize I wasn't muted because I logged in. And initially when you logged into the Zoom, like you're, you're muted. So I had like my camera off, and I thought it was muted. And I remember I like sniffed because I had a runny nose that day, of course. And it like echoed throughout the Zoom. And I was like, "Oh my gosh." I literally remember sitting there like, "Oh my gosh, that's funny, like someone else's sniff the same time that I did." And then I looked at my phone and I was like, "Oh my gosh, like I'm not muted." Like how awkward like the green boxes came over my phone like over my picture and I just being so stressed out. Like, the class has not even started. The professor has not even greeted us and I want to leave. I wanted to jump back into bed and put the covers over my face. Like I'm so embarrassed.

>> Green box.

>> Yeah, the green box literally just over my picture [laughter]. Like how awkward.

>> Well, at least --

>> That's not so awkward.

>> At least it didn't happen, you know, when you are in the actual bathroom doing that thing.

>> Imagine. That and so -- I would have been like, it's okay, like, I'm just not going to come to any other Zooms like, I promise we'll do the homework outside of college at that point.

>> I feel -- I don't know about you all, but I guess like really bad like anxiety like stressed out when someone like they're muted during the Zoom call. Like, "Please mute it. Please mute it. Don't say something. Don't say something." Like they don't realize it. I'm like, "Please realize it soon. Please realize it soon." I don't know if you all feel the same way.

>> Yeah. I feel like I just have more anxiety than ever because on Tik Tok, a lot of like, they're making like Zoom stories or whatever. And it's just like, a whole bunch of like, really bad stories going on. And I'm like, "Oh my gosh, imagine." Like if they're like, "This professor says I can't bla bla bla bla bla bla bla bla," and they're unmuted. And the professor is like calling them out. Like I feel like I would just -- it's okay, I'm going to drop the class. Like it's okay. Like, I just don't even know what I would do. So now I feel like I have like, more anxiety than ever after watching these all summer.

>> Yeah, that's my biggest fear right there. That would be awful, completely awful.

>> Wow. So I feel like all these conversations that we've had regarding virtual learning, remote learning has helped me a lot to realize, as cliché as it sounds, we're not alone. And that, although we're not in the same campus, technically, we're all working together online. We're getting through these next couple semesters virtually, and it's all going to be worth it towards the end. So I thank you all so much for adding to this conversation and just giving some really good advice overall. Our next segment for our podcast we're going to have every week towards the end is the question of the week. We open this to the students every week on our social media, CSUSMUSU. We got a few questions this week. But we're going to pick one and then we're going to give a shout out to the student or whoever asked. Okay, so this week's question of the week is from Lisa Dickinson [assumed spelling]. She's actually not a student, but she is professional staff at the USU. And her question was, what is one thing you wish you knew as a first year or transfer student?

>> Mine would be to definitely get involved. I know everyone says that. But I think I kind of thought going in, it was going to be so easy to make friends, like it was just going to happen. But we do kind of go to a commuter school. The dorms are set up a little differently. So I think I just expected everything to come to me and that it was

going to happen so easily without any effort. So I think I definitely recommend that don't be afraid to put yourself out there and no one's going to judge you or anything. I kind of said this earlier, but really look for clubs and organizations on campus, or virtually. They definitely have this all in there. And if you go on Instagram and look up, like CSUSM, a bunch of different accounts will pop up. Not just like the main CSUSM account, but like sororities, or fraternities, or even clubs, organizations. They will pop up because a lot of them have CSUSM in them or even like San Marcos. So I recommend doing that.

>> Yeah, I think was getting involved, too, I think for me, I think is just trying to meet as many people as you can. For myself, I lived with eight girls my freshman year in a dorm. And three of those girls are like my best friends right now. And we've stayed friends until our senior year. So I think that's pretty cool. And I just, you know, just trying to meet as many people as you can. I know, there was times where we're like in class and like, oh, wow, I wish I talked to that person more because they seem really cool. But I was nervous. I felt like I was going to come off weird.

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So I think just like going for sending it. You know, going up to that person and saying like, "Hey, what's up," because like, you never know that person could be at your wedding 10 years from now. You never know. Right?

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So just like, go ahead and just like meet as many people as you can. Because like, I think we're all open to meeting new people right now. I'm open to meeting new people right now, even I'm in my senior year, I still want to meet up even more people. So just like thing that ties back into networking too. And just, you know, just meeting and talking to a lot of people.

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>> One of the things that I really wish I would have known my first year is that professors are not scary. They will welcome you with open arms. So definitely go to their office hours even virtually, like pop in their Zoom office hours and just different things like that.

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Like I wish I actually would have went to my professors' office hours when I was when I had a question. But I was very shy. And I didn't want to bug them and just different things like that. And I'm also very headstrong I guess.

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So I like to do things I like to do it. And even like, I didn't want to reach out for different resources, like I was struggling in math. And I didn't want to get the math lab because I was so stubborn. But definitely like, ask your professor. Go to Zoom office hours, or even go to the STEM Center and the writing lab and just different things like that.

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Like, put yourself out there and my words, don't be stubborn, I guess. You just got to do what you got to do in order to succeed, I guess.

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>> Yeah, I think for first years now, especially with online learning it's just super important like if there's an event or something going on

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that you see on social media, either from like the USU, or like CSUSM event, like go to those. And like if you're willing to hop on that Zoom, because that's how you're going to meet people right now.

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Like it's really hard to make friends like all of us had our first year on campus. So that made things a lot easier, but just like you know, be open, be willing to talk to people because everyone kind of needs a friend right now and wants to make new friends because it's definitely harder to.

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>> So we're reaching the end of this podcast. But do you have some upcoming events because this podcast is made by USU Live, as well as our USU Marketing Team. USU Live is a group on campus of students that create events usually when we're on campus, but we're still doing it virtually.

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So we have a lot of cool events coming up. So for the next two weeks, we have our Friday Flow Yoga event on October 2nd as well as October 9th. It's every Friday from 10:30am to about 11:00am. We have a festive themed crafty Cougars, October 6th from 04:00 to 06:00pm. We have an escape room October 13th at 05:00pm. And then our CSU Unplugged October 14th. So that concludes our podcast, make sure you follow us on Instagram at CSUSMUSU. Thank you for unwinding and rewinding with the USU. Bye.

>> Bye.

>> Bye everybody.

>> Bye.

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[Music]