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>> Hello, Cougars, and welcome to USU Rewind hosted by your fellow CSUSM students where we will talk about a variety of topics regarding college life and advice. Hi. My name is Felicity. I am a human development major, and I work for the USUI, and I will be your host for this episode. I hope everyone is having a great semester so far. It's crazy how we are so close to midterms. This week on the podcast I am joined by some fellow USUI members, as well as someone from my USU marketing team.

>> Hey, everyone. It's Anastasia. You can just call me Stasia, but I'm a political science major, and I am a USU live student coordinator.

>> Hi, everyone. My name is Marisol, and I'm also part of the USU live theme, and my major is communication, and I'm minoring in women's studies.

>> Hello, everyone. My name's Julisa [assumed spelling]. I'm a mass media major, and I am a part of the USU marketing team.

>> So that's our group for this podcast. So how's everyone doing so far?

>> I'm good. I mean like it's been a pretty rough fifth week, but how about you guys?

>> So, you know, this whole online thing has been quite the struggle. I'm sure you all know what I mean by that one. But here I am recording this podcast with [inaudible] ready to go. So we're doing good.

>> Loving it. Loving it. All right. So we're going to go right in to our first segment which is all about our current favorite. So for this week we are going to talk about our favorite coffee or tea that helps us kick start our day or even just give us that halfway boost that we need throughout the day as well.

>> Yeah. So I'm a huge Starbucks lover which is the reason why I have like three bucks in my bank account. My favorite thing to get is -- My favorite thing to get is a chai latte with oat milk and three pumps of pumpkin because it's the freaking season, guys.

>> Oh, my gosh. Very fall. Okay.

>> Yes.

>> Wow. Okay. Well, for me I don't drink coffee. I mean maybe once in a while, but coffee just makes me super shaky. And like I can't. So I go with a tea, the hibiscus tea at Starbucks. That's what I always get. Always.

>> I love it. No. That's the good one. So with my drink I have like trust issues with like coffee shops. And for some reason I just very much trust Starbucks because it usually tastes the same as to what I like it to be. So my go to drink is an ice vanilla latte with like an add espresso shot because they never put enough. No offense. With almond milk and light ice.

>> That sounds really good, actually. I feel you on those trust issues for the Starbucks and coffee shops in general. I am a vanilla ice

coffee girl. That's always been my drink that I start pretty much every morning off with a vanilla iced coffee. If I really need that extra boost, I'll have a second or even third cup which is horrible, but [inaudible] the day.

>> So this week's episode we are going to be focusing on experiences with different kinds of relationships in college, and about how different relationships in our lives have changed during our time in college. As well as tell a few fun stories, and even give some helpful advice.

>> So for our first little topic that we're talking about today, I'm going to pretty much like touch on the subject of like the transition period, and like the pace of friendships in college compared to what you're used to probably in high school or even before then. To my experience, I was born and raised in such a small town called [inaudible] anyone knows where that is. No one ever knows where that is, but that's completely okay. So we had one high school. So everyone knew each other which is a good and a bad thing in its own way. But I was with the same people my entire life, and you could imagine by like high school I was already ready to have new friends and like a new life. I get bored really quickly. Does anyone else relate to that?

>> Oh, yes.

>> Oh, yeah. So it sounds horrible. So in my four years of high school I was kind of like, "Okay. I'm ready for something new. I'm ready for new friends." Again I was surrounded by the same people at the time. It just wasn't it for me. So I was crazy crazy excited to go to college and meet all kinds of people that were kind of liking things that I like as well. I was just like really excited to go to college and just meet new people and just get to know new people that have like different experiences. But what I definitely noticed just off the bat is that the transition period was so quick in to my new friendships. The pace of my friendships went so much faster. But it was weird because I allowed it to happen because I almost felt like I had more of a trust with these new people in my life because they know nothing about me. And I feel like they were so much more supportive of me, so much less like judgmental. And it completely like blew my mind. And I just starting -- I was starting to realize that so many people I know were having the same exact experience with their new friends in college.

>> Oh, yeah.

>> Do you all feel that way too?

>> I completely relate. It's crazy how close I am to people that I met in college week one versus people that I've known since elementary school who really don't know that much about me. So I can relate.

>> Yeah. Exactly. And I felt like I could just be myself around these -- Like I literally met my absolute like best friends in college. Which again is another thing that completely blows my mind because now that we're like home from like Corona I don't feel the same way with the people surrounded around me. I just always want to be back in San Marcos where I can be with these like lovely people that I've gotten to know, and that I trust so much. I seriously like never shut up

about my friends in San Marcos. And just like having the ability to work with my friends as well is so crazy. And I've built like these close relationships that I could never even imagine at all. It's insane to me because I'm just like a person that kind of like with trust issues with who I'm speaking to. Like what if they're judging me? You know? And I've never felt that way with my friends in college. So that's just been like super super exciting for me, and it's just crazy to think about like I'm in my third year right now. And then I'm going to be graduating in another year. So I just I know for a fact that I'll still have these like relationships with my friends in college.

>> That's awesome. I love all my friendships that I've made.

>> I transferred last year. So, you know, was a very sad first year kind of. It had to be cut short. But, you know, those friendships that I made living on campus, they happened so quickly, and I know for a fact that I will be friends with these people for a very, very long time.

>> Yeah. I also think what's really interesting about that is that in high school you see someone like Monday through Friday, but in college you see someone like two days, one day, three days a week. You know what I mean? It's like how can you make such a great friendship with not seeing them? When maybe that's the case. I have no idea how it works out, but like it definitely works. And what's great about it is that once you get in to like your third year, your fourth year, you start to realize that you see the same people in the same classes because they're the same major as you or they have a minor -- same minor as you. And like you guys get to like have these discussions about like how you guys feel on professors. And then you guys get study dates, and it just like builds this really good relationship. And like I just love it. It's just so wholesome.

>> I feel like a lot of it is because you have these like similar interests, and you can like build on those. And you just truly can like get -- build this like connection and understanding of each other because you have these similar interests, if you know what I mean.

>> And especially since, you know, most of your classes like align with what majors you're taking, so you already have like that major in common with the other person. So it's just like that much easier to make friends with somebody.

>> Exactly. And I almost feel like people are more eager to make friends. Like I will just be like sitting in a class, and I used to be afraid. I used to be like, "I feel weird talking to the people around me." But I know that they're going through the same exact thing where they want to make new friends as well. So kind of like I've noticed some sort of balance where sometimes people will come up to me and start randomly talking to me in a class, and we'll build a crazy good friendship or sometimes I'm like, "Hey, I'm going to get out of my comfort zone, and I'm going to ask them to be friends with me." And it's never backfired yet. So I've been pretty -- It's been going pretty well. But it's definitely like getting out there and seeking friends because in return they probably want to be friends with you as

well.

>> Yeah. I mean everybody wants to make friends. Like in the end, you know.

>> Yeah. Definitely. Good.

>> I completely agree. It's just it's all about putting yourself out there whether that be, you know, meeting new people, taking a class that we are hesitant about first, but you know it's just all about putting yourself out there, and then you will receive that kind of friendship or whatever in return.

>> Yeah. And also just talking about like friendships, I also want to kind of touch bases on like balancing relationships.

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I feel like when it comes to romantic relationships, it's really interesting when it comes down to like how you're going to be able to balance your romantic relationship and how you're going to be able to balance school and work and all the other priorities that you have on your plate. So one thing that I just like feel like is so important, and I feel like not a lot of people like do, but is that like it's okay to have days where you want to shut everyone out. Like I've been having so many of those days, and like what's so great about it is that like my significant other like is giving me that time. You know. Is giving me that time to really like reflect on myself, and to take care of myself before I'm able to put myself out there, or until I'm actually comfortable to go out there and like be social because sometimes like you don't always have to be social. And it's weird for me to say that because I'm an extrovert and a Leo. So it's like how can like an extrovert and a Leo have days where they have to be in. It happens. And yeah. I just I love to take care of myself, and I know when it's too much. And, guys, we're in week five. So it is a little rough. But hopefully like everyone's trying to figure out a way to I know take care of themselves during this time. What are you guys doing?

>> To take care of myself, I have definitely just been staying extremely organized. I've gotten to the point where all my clothes are color coded and I'm constantly like reorganizing the fridge when my mom goes to the grocery store or something like that. So that's what I've been doing, and just seeking that support from like my friends because I'm not specifically in a relationship, but I have so many other loving people around me that have been supporting me through this time. So that's super, super nice.

>> Yes. I totally agree. I also am not necessarily in a romantic relationship, but I do have the most loving and amazing people around me all the time. I personally love to paint. I'm not good at it at all. However it's clearly fun to do, and it's just very calming. So I feel really relaxed, and just calm after I paint. And usually I'll come up with something decent to make on the canvas, and then it looks all right. But I love doing that, and I think it's a lot of fun, and you know I have little siblings at my house so I love to hang out with [inaudible] you know be with them. So that's always fun.

>> I love it.

>> Adorable.

>> So what I've been doing is like so I do school like Monday through Friday, and then Saturday/Sunday, the weekend, I like don't do anything. No homework. No assignments. I just take the weekend to relax, go to the beach, hike, whatever. Watch Netflix. Just totally disconnect.

>> I can completely relate to you on that. That's exactly what I do.

>> Yeah. No. I totally agree. It's just that I feel like people get that perspective of like, "Oh. Why are you pushing me away?" And it's like it's not that I'm pushing you away. It's that I need time to myself. And I think that's where this like communication barrier comes in. And I feel like that is kind of like what breaks up a lot of relationships, whether it be friendships or like romantic relationships. And I can totally agree with Alice because like when it comes to friendships from like your high school, like childhood friends, they expect you to always constantly like talk to you, but it's like I have a whole other life right now in a whole different city with a whole bunch of other people that I just met. And I feel like I can really [inaudible] back with that. Important. You know.

>> Yeah. It's crazy important. I completely feel you on that. I feel like communication is such a huge thing, especially in college. Like with your significant other, with your friendships, with your relationships. Like whatever it is, communication is so key. And yeah. That's just something I completely live by. And it's also learning the other way -- the ways that others like communicate. And also like maybe you need to set a boundary. Maybe you don't want them texting you all the time. Maybe you don't want to hang out with them all the time. I mean and like focusing like on yourself, exactly what you were saying about like mental health and just health in general. So or like what we do. Yeah.

>> No. Yeah. And that's also where this comes in to play where it's like you have to find a way to be organized and find days where you can hang out with people. And I feel like so many people are like, "Oh --" Like impulsive. Impulsive days are fun. You know what I mean? When your friends are like, "Hey, let me pick you up." But sometimes it's like you have so many things on your plate that you need to like find those times to -- like set times to like hang out with other people where it's like, "Oh, yeah. I'm free Saturday." You know?

>> Do you ever -- Do any of you ever have a hard time saying no? Because that's something I've been working on a lot. Do you have any like tips?

>> That's definitely me. So I really just tried to learn within this past year to really prioritize myself in a sense of, you know -- Especially with all this craziness that's going on, I know that some people are expecting others to check up on them a lot more than normal just because, you know, we're all dealing with, you know, everything that's going on. But in the reality of things I can't check up on you all the time. I am working on me, and I need to make sure that I'm good before I can even think about checking up on you and making sure that you're good. So I really am just trying to prioritize myself and

make sure that I, you know, just am making sure that I'm doing things for me before I start putting myself out there for others and everything because I'm not going to do something with just half energy. I always put my full self in to something. So.

>> I love that. That's super cool.

>> Yeah. No. I completely agree. I think it's also hard for like personally I think it's hard for me to say no because sometimes like I always want to be that person to be there for them. You know? And like I do sympathize with them on certain like -- certain scenarios. And so sometimes I feel like, oh. Like I know I can do what -- Like I might not help you, but what I can do is to sympathize with you, and listen to you if you need that person, like you need that person in your life. And like it's hard saying no, especially when you really care about them, and you love them. And like but it's like you've got to have your priorities straight. And I think that's the hardest thing, especially being in college. Like you have to have your priorities straight. And if they're not straight, then it's like everything will slowly crumble. You know?

>> Yes.

>> Yeah. So based off of balancing relationships, I had an experience with my significant other my first year. During my first year, my significant other went to school in L.A while I went to school in San Diego. So it was definitely rough, and it was hard, and the time that we were able to see each other was on weekends, but even on the weekends like we still had priorities. Like I had work, and he would come with me to work. You know? So it was definitely like a really hard like -- It was a rocky year, but yeah. Julisa [assumed spelling] you want to touch bases on that?

>> Yeah. So I want to talk about long distance relationships because Marisol, I mean you kind of touched base on it, but I wanted to talk about like how to make things better and less stressful. So [inaudible] did you want to say something? Okay. And how to make things less stressful. So something me and my significant other did was Uber meals to each other. And --

>> Cute.

>> Like, you know, you don't like know every single like restaurant in your city. So it was fun. Like being on Facetime with them and like, oh, like your Uber meal is here or whatever. And then you could even like do a review on it.

>> I love it.

>> That's so cute.

>> Would it be like a surprise?

>> Sometimes. Sometimes it would, but you kind of -- You have to make sure that they're home.

>> That's true.

>> It's like rotting outside.

>> Yeah. Waiting outside and like, oh, my McDonalds -- I don't know. Whatever is here.

>> Yeah. Cute.

>> But we also -- So me and my significant other, we didn't see each

other for like three or four months on and off. And like three months was our threshold. Like three months was like oh. Like we kind of get like antsy to see each other because it's a long time, you know, to like --

>> That's a really long time.

>> Yeah.

>> Good for you for getting through that.

>> Thank you. Thank you. But something else we did was like plan the trip. And like even when you first meet up with them, like I don't know if anybody else can relate to like somebody you like don't see for a long time. It's like awkward. The first like two minutes maybe.

>> Yeah. Because you're like, what do I do?

>> Yeah. Or like picking them up from the airport and you're like, "Oh, hi." And you're just like sitting in the car and like I don't know. It's just like this weird phase. So something like we did to like kind of pass by that was to plan like our trips really specifically. So it's not stressful and you're not like wasting time on like, you know, planning out things.

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What are some things that you would do like on these like trips? I'm curious.

>> Well, we went to San Diego. So there wasn't like a lot to do because it was kind of when Corona was starting. But we did as much as we could. We ended up like eating a lot of take out since that was what there was to do. Oh. We actually moved to Hawaii.

>> Wow. I want to hear about this. This is so cool to me.

>> So my SO is in the military. So he got stationed here. And, you know, school's online. Like you can do school from anywhere except you kind of had to think about the time difference. One class is at like 4:30 AM. But it's worth it.

>> My god.

>> Yeah. So actually being like long distance for like a year, a year and a half, we finally are together. So I mean I guess I can just say like the wait is worth it. You know. But --

>> You overcame.

>> Yeah. But even like for people who are still like trying to, you know, deal with a long distance relationship, there's still tools that you can use like don't just text. Like Facetime. There's voice messages. Snapchat filters. Like whatever. Just use the tools that you have, and communicate with each other in like different medias.

>> Yeah. Really cool advice, actually. I mean personally some of my friends live like pretty far away from me which is really sad so it's like a long distance friendship. And it's kind of hard sometimes because you start like I don't know almost losing the motivation to constantly reach out. So it's -- I feel like it's so important for like a friendship or a relationship to be two sided rather than one sided. And something that one of my like really close friends and I do, she actually lives in the central coast which is about five hours away from me which is a little bit difficult to overcome, but we found time to where like I visit her in the central coast and like Morro Bay

area. She's come down and visited me here, and like we've been able to like maintain that kind of friendship, and it's honestly it's just so cool because it's almost like we don't talk to each other for like a while. Like face to face. Like we like Facetime. We Snapchat. We text and stuff like that. But then when you like see each other face to face, I mean yeah. There's like that little awkward moment, but then you're like right back to where you were. And like the conversation just keeps flowing. And it's just like -- It's so satisfying. It's so cool. So that's really cool.

>> Yeah. It's definitely good to have like those friends that you can just like pick up right where you left off.

>> Yes. Those are my favorite.

>> I feel like a lot of people can relate to those long distance friendships, especially right now. I feel like a lot of us had to move back to our home towns, and so I don't know about you all, but I definitely miss my San Marcos people. So my San Marcos people are the best. So I definitely miss them. And I don't know. These Snap memories right now, they're killing me.

>> Oh. They're killing me too.

>> Every single day it's just something that my roomies and I did like, you know, just random little drives to the beach or hair or, you know, just other little random things. And I just get so sad because I'm like, "Oh. You should be with them right now." But so just some things.

>> It's something to look forward to once this is all over.

>> Oh. Yes. I completely agree.

>> Think of it in that way. That's what I keep trying to tell myself.

>> Oh, yes. And like Jalisa said, I mean even though it's not a romantic relationship, it is a long distance friendship so it is also a relationship in your life to maintain and so there's again a lot of ways to do that. You can Facetime. You can send silly Snapchat pictures. You can send funny DMs on Instagram or Twitter, whatever. Some of my friends and I would do like Netflix parties and stuff so we could still have our movie nights.

>> And I believe that Disney Plus even came out with some things similar to that. Basically another watch party for that. So movie nights are fun too.

>> Yeah. Does anyone ever -- So like you're Facetimeing like one of your like closest friends or like your significant other that's like far away from you. Do you ever like take them on like your adventures almost? Like I think it's an adventure to go downstairs to the kitchen and make food. So I'm like, "Come along with me. Let's make food." And like they'll be on Facetime, and we'll be like making food together. And it's like really funny. And it's just it's another thing that makes me happy. You know.

>> Yes.

>> A little house tour moment.

>> Yes. A house tour. Or the little welcome to my YouTube channel [inaudible] in your face.

>> We've been getting creative up in here.

>> Oh, yes. I love those.

>> But I love that, you know, even with long distance relationships and friendships, you have that person that you can always go to whenever you need them or it's just always the first person you go to with news or when you just need a laugh or whatever. I call my best friend when I am just bored or I'm stressed out about work or I'm stressed out about school. She's always the first person I call, and that I message. So, you know, it's nice to have -- to know that I have that even though she's so far away.

>> Oh, cute.

>> Yeah. I love it. So I think it's great. And, you know, I personally I talk consistently with all my friends whether long distance or not. But I do think that it is really important to plan those weekly calls or [inaudible] however long you want to go to catch up because you know you can't put everything in a text. You can't put everything in a snap. You want to be able to be like, "Oh, my gosh. Did I tell you about, you know, this new person that I'm talking to? Did I tell you about this job that I was offered?" You know, just really updating them on what's going on in your life, what's new. So I really value that planning that time to meet and talk.

>> Yeah. I completely feel you on that. I feel like something that I've been doing -- But you said like with texting and calling -- One of my best friends -- So right when something happens, like something crazy will happen, we'll like text each other right away. But we'll be like, "Call later." Like, "Call you later." So it's like again it's like something you have to look forward to, like you're going to talk to your best friend soon about what the heck just happened. But they might be busy at that moment. So that's why you kind of have to like set those boundaries, and like I don't know. It kind of keeps the excitement going in my opinion. So I completely get you. I've also for some reason -- I have all these like long distance friendships and stuff like that. It's led me in to like reconnecting with people that I never thought I'd reconnect with again. And it's so interesting to me. It is so interesting to me because I have these dance friends that I've grown up with my entire life, and they all moved around like California, around the U.S. And like I've been like reconnecting with them and visiting them in these places. So it's very interesting.

>> Okay. But seriously like I feel like it's quarantine. Quarantine literally makes us like want to physically talk to someone. And I think that's like what's driving us to always like want to converse with someone. Because like once you're in a confined space, and you're not able to talk to someone, it's like, "I need to get out. I need to find a way to like eat --" Like put my mind at ease. To know that someone can listen or I can listen to someone's problems. Or like we can even just talk about our day. And like quarantine is literally making us do it.

>> Yeah. It really like forces you to like take advantage of this like new type of communication. And yeah. It is [inaudible].

>> It really is. But hey, at least we have, you know, all these different kinds of technology apps that we can use. So we can Facetime

our friends. We can Skype them. We can Zoom. We can, you know, send dumb Snapchats. Whatever. But at least we can, you know, reach out to them because I don't know about you, but I haven't received a single letter yet, actual letter in the mail from any of my friends. So, you know, at least they can text me.

>> How cool would it be, though, just to receive a letter from your friend? And I feel like that takes a lot out of your -- This sounds horrible. I mean we have nothing but time, but I feel like now since school started and stuff I can't figure out a time where I can sit down and write a letter.

>> Oh. Same.

>> I actually do pen paling. Like today -- I think freshman year of college. Not even like that long ago, but it was so fun. Like we would like -- It's just like random people from like around the world that you don't know, but they have like that interest of like pen paling. So I don't know. It's just fun. Like you would send like little stickers in the letters and like, "Oh, this is my like playlist of the week." Like here's mine. Here's yours. Like it was cool. Like you got to like send a few letters and stuff.

>> That's so cute. You know what that reminds me of? That reminds me of "Sisterhood of the Traveling Pants."

>> Yes.

>> Let's do that. That's so cool. Because then you can sit there and reflect on the adventures you had in those pants. You know, when you send it off to the next person. That's so funny to me. See, there's just like so many different ways to stay connected, but you have to kind of just sit there and navigate through all of them in your brain, and like think of these things. And think out of the box.

>> And be motivated.

>> They're there. Yeah. It's just staying motivated. Definitely. Oh, my gosh. But friendships help that so much. I mean it's hard because I used to live with like my best friends when I was -- when we were in person in college. And we would always hold each other accountable, whether it be like our homework or just like going to the grocery store, going to work out, and stuff like that. And it's like you've lost that in person accountability, if that makes sense. But still like my friends and I will call and text each other and be like, "Hey, like make sure you do this." Like, "How's this going?" And it helps a lot.

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>> It does. I completely agree. And I -- With, you know, all this quarantine talk, I don't know about you guys, but I had to go from living in San Marcos to moving back home with my parents which I will admit was not the easiest adjustment. But I feel like my relationship with my parents is just so different now than it was before I moved out. I don't know about you guys.

>> What kind of difference are you talking about? Like how would you explain it?

>> I feel like my parents are just more chill, I guess for lack of a better word.

>> I feel you. Yes.

>> It's just so different now. You know, I'm not a 16 year old in high school. You know, I just turned 21 so I'm -- I can do as I please basically, what I want to do with my time. But, you know, of course moving back home is not ideal. But, you know, here, living it up.

>> Something that I have noticed as well very similar to Felicity, my -- I grew up with my parents being pretty strict. They were pretty hard on me. But for the right reasons. I'm really glad that they raised me that way because I am the person that I am today, and I'm happy with myself. But right when I came home I realized that my parents completely just like are so much more relaxed. They completely like chilled out, but then there's these moments. It's so funny to me. I'll be going to dinner, and it's probably like 8 o'clock at night. I'll get a call from my mom. And she's like, "Where are you?" And I'm like, "I told you like I'm at dinner." Like it's 8 o'clock. It's not even late, you know. And she's like, "Well, it's getting late. You have to be careful." And it's so funny because there's times where my parents are like that, but then there's other times where I'll be gone for maybe like two or three days. Like out with my friends like on a trip or something. And they won't call me at all. They'll completely leave me alone.

>> Yes. Those little [inaudible] of the back in the day strictness, that just come on in.

>> Yeah.

>> I feel like sometimes whenever things like that happen I have like such bad PTSD because I'm like, "Are you going to yell at me when I get back home at midnight?" And so like there's been so many times -- There's one instance where I was out -- I used to be in dance, and I was out at a dance competition. And I got back home.

>> Oh, my god. I do the same thing.

>> Oh, really?

>> Yeah. I did the same thing growing up.

>> That's cool. But when I came back home I came back home at like 1 AM because there was traffic and then we got dinner after. You know, we all hung out. And like in the car on the way back home I wasn't driving because I couldn't drive at the time, but my friends were like, "Trust me. You'll be fine." And I'm like freaking out. I'm like, "I swear they're going to like yell at me. They're going to tell me like why wasn't I answering their calls. Why didn't I text them." I get home, and they're knocked out. I'm like, "Okay." The next day I was like, "Okay. It's the next day. They're going to say something." They asked me how my competition went.

>> Like no way.

>> [Inaudible] but I just like went along with that. It was like it was great.

>> Really relieved. Yeah. Like a flip just switched. You're like what is going on here. Hold on.

>> It gave me like a little heart attack. Like at night and in the morning.

>> Absolutely. I completely feel that.

>> Is anyone else like so -- Personally I'm like super independent. So I did not -- I was not fond of the fact that we had to go back home because I literally had to cancel my lease in the middle of last semester which is super, super upsetting for me, but I completely understood like why we were doing it. And like everything worked out in the end, and like my family has been so accommodating now that I've been home, and they like want me to stay here which is really funny. But like I'm so independent so it's really hard for me to feel tied down, but I do feel like we've established this boundary in my household where like my family kind of just like we'll leave each other alone, and we all let each other do our own things which has been amazing. It's made everything a lot easier. But it's so hard because I just want to run free all the time. You know? Like I like being on my own. I thrive off of being like on my own and doing my own thing and having that satisfaction like, "Hey, I'm doing this for me." And like being independent which I think is like super cool. So it's been hard to wrap my head around that since I've been home. Like it's almost like it's not that my independence has been taken from me, but sometimes I get in to that mindset where I feel that way. Does anyone else relate to that?

>> Yeah. No. I completely agree with you. One thing that like I've realized is that I cannot for the living of me do my homework at home. I have four dogs at home. And I have two sisters at home. And I'm just like there are times like they'll ask me to do things like right when I'm like going at it on my essay. And it's so hard because I'll do it. I'll come back. And then I lose my train of thought. I'll have writer's block. I won't know what to write after that. So like I love how like pre-quarantine I was always out. Like I always did my homework at Starbucks, Dunkin, or like any like small coffee shop that like I can find. And I feel like it was just -- It was just good for me. And I feel like because of quarantine I have to like relearn how to do everything at home.

>> Yes. Yes.

>> And especially the gym. That's also one thing that sucks.

>> Oh, yeah.

>> That's been quite interesting.

>> Yes. I think it's just the readjusting and then everyone just needing to find their own real routine since being back home. You know, just moving back in with family, and not being again used to living with your family anymore because you're just used to living with, you know, your friends and everything. But I think finding a routine and just readjusting is, you know, the best way to go. And that routine can really help whether it be for school or just being around your family, etcetera.

>> Exactly.

>> So we just want to inform all of our listeners we do have a few upcoming events. So for October 14th we have 3 events on this particular day. So we have the CSU unplugged couch concerts. Be at 4 PM, 6 PM, and it will be on YouTube Live.

>> Hey.

>> Hey.
>> Hey.
>> We do also have Cougar Eats, and that is also again on the 14th of October from 5 PM to 6 PM. So if you want to come on and do a fun little recipe, that will be a lot of fun. And then for my lovely "Bachelor" fans, we do have a new event that is going to be a weekly "Bachelorette" recap that will be starting on the 14th as well. And it is at 6 PM.
>> I'm excited for that one.
>> Aren't we all excited for that one?
>> Yes.
>> And then of course we also have our weekly Friday flow. So weekly Friday flows are every single Friday at 10:30 AM. So for this particular week it will be on the 16th. And then be sure to follow the Instagram page. So it's at CSUSM USU for other dates and upcoming events. And also be sure to click our link to it in the bio as well.
>> We actually asked a question on our Instagram. We'll answer it here on the podcast, and we'll do it every time we record a podcast for you guys, but the question was from [inaudible] McKee that the user's at, and they said, "Tips for future freshmen."
>> One tip that I have for future freshmen is to talk to your academic advisor. I cannot stress this enough. Like whether you be an undeclared major or like you already know what your major is, thinking to change your major, like seriously your academic advisor is literally a life saver. Like they definitely helped me figure out picking out like my minor and really just solidifying with my major as well, especially because like my goal is to graduate in three years. And they've been doing such a great job with helping me on all of that stuff. That's like my number one advice is just to talk to your academic advisor.
>> Yes.
^M00:39:05
[Music]
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>> That's a really great piece of advice. I would take that if I was an incoming freshman. So it's a very solid piece of advice. Well, thank you all for listening while unwinding and rewinding with USU. Have a great rest of your weekend.
>> Bye.
>> See you all.
^M00:39:34
[Music]