LETTER TO A FUTURE STUDENT

Reflecting and sharing

Instructions:

Take a few minutes and think of a time when you overcame a struggle in college. It could be anything – from trouble adjusting to a new environment, learning a new way to study, coping with anxiety, to difficulty making friends. Reflect on the times when you failed in these struggles at first, but through persevering you eventually overcome the difficulty.

Now, write a letter to a future student about your struggle. Tell this student the story about your struggle, what you learned from it, and any advice you can give them should they encounter an obstacle like you did. Feel free to be as creative as you would like.

Dear future student,

Sincerely,