

This we know

Thanks to all who contributed their insight from Fall 2009 at the Paper Chains and Candy Canes event in December. Here's the full list of your thoughts – profound and sometimes very helpful!

Winter

- Making a path in the snow is NOT faster than taking the sidewalks the long way around.
- Don't forget your winter coat at home during the Minnesota winter.
- Always keep your car full of gas in cold weather.
- When it's cold, dress warmly –long johns, boots, and hats!

Stress

- Sometimes you just need to stop thinking about it.
- Sleep and exercise are really important.
- Me time is important.
- A cookie will solve a lot of problems...you deserve one!
- Always brush your teeth thoroughly.
- Don't stress! Remember to have fun!
- Take time to relax and have fun to balance out your life.
- Don't worry, there is always hope.
- Don't stress, just breathe. It helps.
- Take time for yourself, you deserve it.
- Taking a step back can make it easier to see where it's going.
- Take time to be lazy, eat junk food, and watch reality TV.
- Get some sleep.
- Find the place or person that grounds you.
- Remember just to stop and take a breath.
- Remember to relax your soul.
- The best medicine is good old fashioned sleep!
- Working out is a great stress relief!

Letting go

- If it's meant to be, it will be.
- Keep smiling – it's all irrelevant in the big scheme of things.
- Learned to take things as they come, don't worry about the small things. Go with the flow.
- It might not be your job!

Mindfulness

- Be present in the moment.

- Spend time doing what needs to be done now, instead of what will need to be done in the future.
- Cherish the time you have!
- Stop focusing on planning for the future and enjoy the time you are having now!
- Enjoy life everyday!!
- Be present...
- Life is comprised of every moment.
- How to be more thankful for free time.
- Take the time to breathe. It's okay. (Sometimes it will even make you more productive).
- Always stay in the moment!
- Pause... Pause...Pause...Pause...

Academics

- Just remember you are intelligent, relax.
- Go to class.
- Make friends with your profs and they'll be nicer to you! (and grade easier)
- Your beliefs are not real. So, change them.
- Studying BEFORE cramming helps with exams!
- Teaching is harder than learning.
- Procrastination leads to a lot of stress.
- Don't put homework off until the last minute.
- Get work done ahead of time.
- Getting to know your professors makes class a lot more enjoyable.
- Study study study
- Study hard, it will pay off in the long run!
- Don't put your 3-page research paper off until 5pm the night before it's due.
- Multitasking is good, but sometimes it is best to do one thing at a time.
- Always plan ahead so finals aren't so terrible.
- If you are not throwing up, go to class! Hard work pays off in the long run.
- You always have less work than you think you do.
- Procrastination is fear.
- Don't procrastinate. Be productive.

Communications

- Shhh... Listen...
- "...Requite injury with justice, and kindness with kindness." ~Confucious
- Respect differences.
- Be Ye Kind.
- Listen BEFORE speaking.
- Stop, listen, and think before you speak!

Personal growth

- Take disappointments as options at growth and you feel better about it faster than if you don't.
- Life is unpredictable and impermanent – take risks!
- Do Work.
- It's never too late to change your mind.
- Give yourself time, don't let others tell you how fast you should heal.
- Follow your heart.
- I have finally learned to ask for help when I need it.
- 720 feedback –Assessment from boss, peers, customers, and yourself.
- Often the most important life lessons need to be relearned throughout our life time.
- If you are trying to break a bad habit –it's best to add good things instead of quitting cold turkey.
- Feeling powerless is extremely unpleasant.
- Never regret growing old, many are denied the privilege.
- Think before you say stuff. Boys are worthless. Don't F-up finals
- Piensa que es solo el comienzo.
- Be understanding. Don't procrastinate. Keep yah friends close. Accept others.
- People look at themselves differently depending on where they are in life.
- Take time to reflect!
- Rise above the storm and you will find the sunshine
- Revolving yourself around others opinions is nothing more than slavery.
- Everything is a mental thought! Stay focused and positive. P.M.A. –Positive Mental Attitude!
- Never give up.
- Be yourself.
- Be yourself, do what is important, and you don't have to do it all.
- You can and will make it through this.
- Fake it till you make it.
- Follow your heart... it will lead you!
- I've learned to appreciate what God has given me and embrace life to its fullest.
- Life is short, remember to take it all in.
- Keep it all in perspective.
- The most important thing is knowing when to say no.

Finances

- You need to spend money to make money.
- Nothing is free!

Love and friendship

- The heart of life is love.
- You're never fully dressed without a smile!
- Being with friends and interacting with people is an important part of your education, too!
- Loving someone can only make you stronger, even if they don't love you back.
- Home is where your mom is.
- Relying on God keeps you sane.
- God is good.
- Don't let friends transfer.
- How to love.
- Take the time to let someone know you care.
- Friends who say they are there for you are probably telling the truth. It is a good idea to share your thoughts with people instead of burying them inside yourself. Some of the best conversations come from the most unexpected people at the most unexpected times.
- Choose people over work always. Nothing is more important than the people you love. (not even finals!)
- Remember to make friends and keep them.
- Love your roommates.
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Miscellaneous!

- Aza-Aza Fight On!
- At the onsen, don't sit near where the water comes out.
- I like ducks.
- The buffet is the best deal on campus!
- Naturally occurring fatty acids contain even number carbons with cis double bonds.
- No child is "unteachable".
- Derivatives and integrals.
- Thomas Pynchon is extremely awesome.
- Globalization doesn't only happen or occur in Europe. It come back toward the US.
- Theater is a healing art.
- When serving in a position of authority, confrontation is necessary in maintaining respect.
- If you get a concussion and symptoms get progressively worse, you are at risk for a neurological hematoma and must go to the hospital immediately!
- Don't stay up until 430am and wake up at 730am.
- When you take Adderall, make sure to eat: Force Feed!
- I've learned lots about Renaissance and Baroque Art History. I've never taken an art history class. Who knew I'd like it?
- How to operate your own business through Mike's Bikes.

- Sign up for work shifts early so you don't have to work at 5am!
- Make peace or Russian winter will get you.