



MCB Leaders are a small group of accomplished students in MCB who want to help current and prospective students learn more about UIUC, LAS, and the MCB major. Email us with your questions at [mcb.leaders@life.illinois.edu](mailto:mcb.leaders@life.illinois.edu) or find us on Snapchat @MCBLeaders.

## Balance

STUDYING WITH REAL WORLD EXPERIENCE! JOIN RSOS, DO RESEARCH, START PERSONAL PROJECTS, OR VOLUNTEER TO FIND YOUR PASSIONS. DON'T BE AFRAID TO REACH OUT TO FACULTY WHO ARE DOING WHAT YOU WANT TO DO. BUILD A NETWORK OF PEER AND FACULTY SUPPORT TO GUIDE YOU THROUGH YOUR COLLEGE JOURNEY!

-MUSKAAN SAWHNEY, MCB SENIOR

## If you find yourself struggling

or are confused about course material, don't be afraid to ask for help. Explore the resources made available to you on campus. UIUC offers plenty of opportunities for extra help outside the classroom. Ask questions in office hours and collaborate with peers during discussion sections. Find ways to take control of your learning to get the most out of your learning experience at UIUC!

-Zeena Thakkar, MCB senior

## You know more than you believe.

My high school teacher said this before every exam: "Use what you know, and don't worry about the stuff you don't know." It's easy to feel like you could have done more to prepare. But you know more than you believe! So, if you get stuck on a problem, try to write out everything that you know about that topic and go from there.

-Amelia Steinlein, MCB junior

## Try to remain flexible

ABOUT THE CAREER PATH YOU WANT TO PURSUE! COLLEGE WILL LIKELY EXPOSE YOU TO INTERESTS YOU NEVER EVEN KNEW YOU HAD. THERE IS NO SHAME IN SWITCHING YOUR TRACK OR YOUR MAJOR; IN FACT, IT IS ONE OF THE BRAVEST THINGS A COLLEGE STUDENT CAN DO!

-IVIE OSAGIEDE, MCB SENIOR

# If your peers succeed before you

that doesn't mean they've succeeded instead of you. Your goals are still attainable, even if it takes longer than expected to get there. Stop envying the "naturals." Stick with your own habits and learning strategies and be proud of yourself every step of the way!" - Fiza Bukhari, MCB senior

## Seek

as many opportunities as possible! If you're struggling in class, be proactive and create a study group or seek tutoring. **Don't be afraid to experiment and step out of your comfort zone to look for research opportunities and internships that you will enjoy.** This way you keep up your morale and can push yourself even harder to be the best you can be. But above all else, make mental health a priority and build a support system!

- Mathias Morales, MCB '20

## Never get discouraged

BY YOUR PERFORMANCE ON MCB EXAMS! INSTEAD, SEE WHAT YOU MISSED, TALK TO PEOPLE SITTING NEAR YOU IN CLASS AND FORM STUDY GROUPS WITH THEM. NINE TIMES OUT OF 10 THEIR MISTAKES ARE THE SAME AS YOURS!

**COLLABORATION IN SCIENCE ALWAYS WORKS** BECAUSE YOU CAN FIX YOUR MISTAKES MUCH BETTER WHEN WORKING WITH A FRIEND!

- SRI KONDA BATTULA MCB '18

## College is a big adjustment

FROM HIGH SCHOOL, SO BE CAREFUL NOT TO SPREAD YOURSELF TOO THIN. THE NUMBER OF ACTIVITIES AND OPPORTUNITIES CAN BE BOTH EXCITING, BUT ALSO OVERWHELMING. PICK A FEW ACTIVITIES THAT YOU ARE REALLY PASSIONATE ABOUT AND GET INVOLVED IN THOSE.

- ANDIA MITRI, MCB '16

## It will take some time

to figure out what methods work best for your success. This means customizing how to tackle a class, whether that be going to office hours, reading the textbooks, or forming study groups. **What works for one person may not necessarily be the best way for others.** So, take some time to tailor your experience to your needs, you'll get to know yourself a lot better in the process.

-Pha Thaprawat MCB '17