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### College FOMO? Say No Mo (Proposal)

The Fear of Missing Out can be a struggle when you are starting college. Balancing school work and a social life in College is not as simple as it was in High School. You don't want to miss out but you also don't want to flunk out. Unlike High School, after a day of classes and extracurriculars, you most likely would go home to your home and your family. Now as college freshmen we go home to roommates (good or bad) and some of your closest friends. This can make going home with the desire to get a lot of work done far more difficult. When all your friends are watching the Monday night football game out in the foyer together eating pizza, it is very tempting to push aside that five page essay you have due the next day and take "a short study break." Then before you realize it, you're forced to pull an all-nighter. Multiple peers have come to me with this same problem; it is time we give them some valuable advice.

Not to mention, U of I is one of the biggest party schools in the nation. Choosing school work over going out to party or out to the bar (if you are of age) with your friends is not the easiest thing to do. Freshman college students have a million things on their plate and I think people often forget that. They are pushed out of their comfort zone and they are expected to strive both academically and socially in this new foreign place: "Papers, Midterms, Clubs, Social Life, buying my own toothpaste, it's all SO MUCH," UIUC Freshman Mairead Skelton shares.

It can be overwhelming, which is why I want to write an advice piece focusing on how to handle your FOMO freshman year while still being able to get good grades and maintain a social life. UIUC Freshman, Kelly French tells me that “I have always had a lot of self discipline throughout my high school career. I know when it is time for fun and when it is time to buckle down and get work done.”

For some the skill of balancing school and a social life in college comes naturally, but for a lot of students it takes longer to adjust to. We want to give guidance to those people that might be taking a little longer to adjust and to also let them know they are not alone.