

## **Now that you are here, cope with higher education and spirituality**

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You have finally secured the admission, Congrats! You are starting a new phase of life as an undergraduate in a tertiary institution. It doesn't matter whether you are a 100L Jambite or Diploma/Pre-degree student or A'Level Direct Entry Candidate, you are a FRESHER and JJC (Jonny Just Come) to some extent! How do you settle down and cope for the duration of your program? What do you need to do or not do to attain good success or achieve your aim? There are great expectations from your family, friends and well-wishers as well as contrary expectations from detractors... but your real enemy is Satan (the opposer of God and man), so you need the Lord's help to overcome! While it is true that ***“you should NOT just pass through the school but should also let the school pass through you,”*** this is not a license to be careless or reckless, but rather an admonition for balance and moderation.

You need to take a cue from Daniel, a youth who focused on study away from home in a foreign land under unfavourable conditions yet kept his trust in God and excelled –Dan 1:1-21. Coping has been defined as the *“cognitive and behavioral efforts to master, reduce, or tolerate the internal and/or external demands that are created by the stressful transaction.”*

### **Tips and hints for freshers:**

1. Start your journey with thanksgiving, prayer and perhaps fasting; commit it unto the Lord –Pls 37:3-5
2. Complete your registration on time; you must maintain your studentship so as not to lose it! You may make part payment or defer a semester but always keep to the rules.
3. To know the rules do not depend only on hearsay of mates or staylites (old students), consult the university website, student handbook, Faculty/Departmental Prospectus, Course Adviser, DSA Office, Guidance and Counselling Unit etc. as necessary.
4. Keep records in hardcopy and electronically especially semester registration, payment receipts, etc. Always sign documents promptly when needed, make photocopies for yourself for any Form you submit, snap/email to yourself or sponsor to store in the cloud as this could become useful if you ever run into trouble! (CITS is imperfect and may mess you up unexpectedly)
5. Manage your time well, lectures should be paramount as well as rest, spiritual devotion and recreation (sports, social association, work-study, etc.)
6. Practice good, hygiene, exercise, maintain a good diet; cleanliness is next to godliness, if you are not healthy you will miss lectures, test/exams.
7. When you are ill, inform lecturers via class rep or Adviser via SMS, if you aren't fit to take a test/exam go to the Health Center and get a medical report that you were under treatment, that gives you a leeway!
8. Always take notes by writing down, it enables recall, have a good study pattern, revise alone before in tutorial group, don't cheat in exams as the cost is not worth it.
9. You must be ready to grow up and wise up; know how to deal with course-mates, instructors, roommates, etc.
10. Keep your integrity, avoid drugs, sexual immorality, cultism and live by the golden rule.

**Conclusion:** Aim for the moon so if you miss you will land amongst the stars. Pursue 1<sup>st</sup> Class or 2-1 and try not to go below 2-2. Keep the faith for that alone will take you through life and eternity. If you are not a Christian by New Testament standard, this is a good opportunity to be one; all you need do is obey the gospel the Bible way. Be ready to adjust along the way in your sojourn for higher education, the few years will soon pass. The church is a family always ready to assist you, do not stay away but open up when necessary, if we don't know your problem we won't be able to intercede.

***Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ - Philipians 1:6***