

Speaker 1:

Hello, my friend, I hope you, and your loved ones are doing well. Welcome back to a fly story. This is part five of five. We have reached the end. Oh my goodness. Look at that. Look how fast time flies. I hope that you've been able to get a chance to check out the other four parts just because this part is going to be a nice way to just wrap things up with a bit of advice and tidbits from the students. Because I think every journey deserves to end unlike, uh, you know, work, where can we go from here? Or like, what are some words of wisdom that you can pass down to anyone who's listening, whether they be a fly student or not. Right? So that's what this part is gonna entail. And to begin it, I actually had a question that thought it was a good brain teaser to just ask, given everything we've heard, what are ways in which Columbia and Barnard can implement this more, I guess, inclusive feel to their campus, right? What are things they can do to make you feel more welcomed or make you feel like you belong,

Speaker 2:

Immerse your students into the space of letting them believe that they're worth it? The moment they're stepping to your, your place, your what, the dust you're building your pals or whatever, the way how you want to, you know, showcase your university or your institution as let them know the way how they came into this university is not because of some, you know, random student taking pity on them, or like a random, like professor looking at them as like, okay, this person would be a really good example of our diversity and inclusion initiatives or donors. Like don't, don't do that. What Rochester did, um, was immediately on the spot. They were like, who is a Christian here? And it is kind of putting us by, you know, there's some students who feel uncomfortable. There's some students who don't know what that means, because there's the first one definition and look, and definitely just very variable.

Speaker 2:

It's very, multiplicitous, you know, there's a lot of, you know, layers. So that's her definition. But when, when they did that for a forum, they were like the first thing that says like, you're here because we need you and not, you need us. And I was like, wait a second. Huh? Like, what does that mean? Like, I thought I'm here because I need a degree. I need this like bathrooms degree to like, you know, go to and like, whatever the definition of whatever capitalism concerns to be successful, what are you like? The sort of like mindset that's like inculcate into us. But when they said like, I was like, wait, what? Like the institution needs people like us, like, wait, what, what does that mean? Like, what was like, what's that am I like, do I belong here? Do I truly belong here? Like, it seems like a, not like an affirmation that I belong here and then they, they, they kind of walk their talk, you know, they were like, you know, here are some programs that we have, you know, if you identify has the fly sing, you know, tomorrow we'll be holding our first forum and our first event and understanding what's it like to be a first-year insistence.

Speaker 2:

You will be hearing students from Rochester, Rochester, alumni, people who look like you. They're going to be here as just sitting down and having a very candid conversation of what you should be doing, the moment you step into college. And then they were looking at professors sitting there. There were, you know, like alumns, um, you know, current students and the fact that they're giving us a sort of rundown, but also being authentic and Frank about their own experiences. That honestly got me to be a little more competent, uh, you know, walking around Rochester and saying that, you know, it's not like I own this place, but you know, it's like, it's like the sort of thing, uh, for, um, interviews for internship. It's like,

not only are they interviewing you, but you're also interviewing them. That's what immersion really, really, really helped me. And just, you know, being very candid with my professors.

Speaker 2:

And it really shows you that you don't have to top the facade. You don't have to fake your own experiences. You can just use your experiences as your own guiding compass because your values, your experiences, your feelings, your emotions, they are as much as legitimate as a person who came from Princeton, Stanford, Harvard. And I think that's what I think Columbia needs to do to bring that sort of narrative into the forefront to make sense field that they are also the policymakers of the institution, that there are also the sort of advocates for their own selves for their own narratives. Because just because you can invite these students into the campus doesn't mean that you can put like an oppressive hole to their necks and be like, yeah, you can walk around. But the moment we, like you say something, your silence.

Speaker 1:

Yeah. I mean, there's always that, right. There's always different ways in which they can do programming. I feel like to be inclusive on this campus or any campus really, but I'll stick to this campus. This is what I know. This is the context in which you're talking in. It takes an effort from everybody. It's not just admin saying one thing. And then faculty doing something else. It's not just, you know, students trying one thing. But then when you're in a classroom, it's an entirely different story. It takes an effort from every single component that makes up the very institution that we're in. And so I feel that that's going to be as a conversation that had, I didn't start the conversation and I don't think we're going to end the conversation anytime soon. It's an ongoing one. And hopefully there are some takeaways long-term and we could come back to this and be like, Oh yeah, I remember a time when this was an issue where people didn't feel like they belonged. How do you feel? Do you remedy that? I'm not sure, but I definitely do like to ask the question because I'm a problem solver at heart moving forward, though. I think once again, a great way to wrap up is to get some tidbits from everybody. So in the next series of responses, you're just going to hear, everyone's take, when I asked for any fly due to any college student in general, to be honest. So what's your advice

Speaker 3:

I'd say, like don't give up on yourself. Yeah. I think there have been plenty of times when I like, was not seeing my value. And so I would do things like whether it's keeping my Barnard acceptance or I would just be really direct with the people around me and say, listen, like, I'm going through a rough time. Please be extra nice to me. I'm extra dealt with at least few weeks. Um, for whatever reason, maybe I'm like the self-esteem is just not there. I wouldn't say self-esteem the self-confidence um, sometimes it's waning. I remember one time I went to a friend and I was just like, yeah, like, I really don't think I could do this. Like, I'm just honestly starting to lose belief in myself. Like not believe in myself anymore. And she said something along the lines to me of like, yeah, like I could definitely motivate you, but at the end of the day, like it has to come from within, like, you have to figure out why you're doing what you're doing.

Speaker 3:

And like, you have to believe in you because at some point like you, like, sometimes you might find yourself being the only ones who like see your vision or whatever it is. Um, and that's okay, but like, don't give up on yourself, even if you are not seeing it. Like, for example, maybe I would, there are

moments when I'm just like, yeah, I really don't think I could do this medical school thing. I'm just like, for some reason, two months ago it felt like she was a and she could go to medical school. So trusting damage. Cause she must have known why, like she was adequate for this position for, for, for this position to apply for this job to go to the school, to, to achieve this goal, however, abstract or however large, it may be. Don't give up on yourself.

Speaker 4:

I would say I have two different advice, like two different things to say, um, to any fly student, one like, like, I don't know, whatever classes you may be, but I would say specifically, and especially in STEM, like make friends in your class, like make form a group with other students and work on the problems together. Like I think I learned that too late, especially like in computer science. Like you really, like, you can really like get like tip tips and advice from other people on just like your programs and my math classes. And really like, I was like stuck on a problem, which like I could have probably asked somebody and like, I would say forming like friends and like groups is, it's just like, it feels more like relaxed than like seeking help from the TAs or the professor. But if like, if you're not comfortable speaking with other people, like really, really make use of office hours, like, Oh my gosh, like please go to office hours. Like it changed my life. And when you go to office hours, ask questions because you go to office hours and you don't ask questions it's to help. Um, I guess that's like my advice for me, but my second thing is, um, get a credit card literally. Um, you start building credit, like, like, yeah, like have someone like seek advice from someone who has a credit card, like don't overspend, we responsible with it, but start building credit.

Speaker 5:

I think my first tip of advice would definitely be, find ways to take care of yourself and ask for help when you need it. Like, and like asking for help is a form of self help or self care. Um, I think that's something I really needed to hear as a first year. Um, but also knowing that it's okay to not be okay. Um, and this is like, and like another thing that I think I really wish someone would have told me, it's just like, just because you have perfect grades or just because you feel like academically, you're amazing. Doesn't mean you, your whole self are perfect or amazing. Um, or even if, if it's the opposite side, like even if you don't have good grades that doesn't define you and your whole self or like not good. I think just being able to see yourself outside of academics.

Speaker 5:

Um, but just, cause I think as a first year that's a really hard thing for questions to like do, like you're not defined by your grades. Um, fine. Like literally like how you feel, like, how are you doing? And like be honest with yourself because I think I wasn't honest with myself and that's why I was just so like severely depressed when I was like first year, because it's like, everyone was like, Oh, you have good grades. Like you're doing fine. And I'm like, but I'm not like, so why do I feel like this? And this is like, and then also like, I think like, because it happened to me, like it made me feel like my grades define me even more because I'm like, if I have great grades and I'm great, but I'm like, no, like that's not true. And like that goes both ways. I think like your grades literally do not define you. Like what you may dream does not define you. Like your career is not going to define you. Like, you know, like any, any, like Brenda does not define you. It's like you literally are your own person. Like outside of all of this.

Speaker 5:

I think I would go back to what I said about what I had learned freshman year. And I would definitely say that it is vital. It is necessary. And it'll be like

Speaker 2:

Of the biggest use to you. If you, as an individual, remind yourself of the things that you have access to remind yourself of your capabilities, your abilities and your strengths, um, and use that to your advantage in whatever challenge you have to face in life. Um, and from there you'll be okay, like at the end of the day, really. I honestly believe that at the end of day, everything is going to work out, um, in the way that it's meant to, whether you, you can recognize that in that moment or not, everything's going to be okay. As long as you, I don't know. I guess this, I guess is like Hackney, but like remembering who you are, like honestly, remembering who you are using that to using that to your advantage and it'll all work out, you know, you have to, sometimes you do have to ponder on the things that you don't have, but at the end of the day, you should always end up reminding yourself of what you do.

Speaker 2:

I think, like you said, I, at some point finding pride in our identities and um, not being afraid to ask for help or being transparent with the people around you. Um, especially I've seen that with my friends, like, like, Oh my gosh, let's go, blah, blah, blah, hang out in the city. You explore, get some dinner, watch a movie. I'm like, yo, that sounds like a lot of money. Yeah. There've been times when I didn't have money in my bank account at all at school. And I was like, like, I don't know how I'm going to pay for the subway if we go out somewhere. Like I just think being transparent about it. And if your friends don't understand, like, are they your friends? Yeah. So I think, and even being transparent with my professors, like I said earlier, and like being okay with not using your fly identity, but kind of accepting your fly identity and the way that it might affect even your schoolwork and the way that you are active on campus. I think that's huge. Um, and like I said before, finding a job that you really love because it'll make you less resentful about going to it and actually look forward to that, a bitterly walking there and being like, Oh, I could be out with my friends or like doing my work that was due a day ago. It's like, Oh my gosh, I'm excited to go tutor a student that is also low income and who will be in my shoes one day. So it's cool to see that happening,

Speaker 5:

But it's hard to get like, uh, overly generalized advice. Obviously it's like, like situation really different what, um, each person needs. But I feel like, I think one advice that I would give that maybe a political to everyone is that like, no matter how much, like how much you like measure yourself from academics, that's not true. That's not your whole worth, you know, like you are, you're this person who's like funny, like relatable, you have friends. And like, um, like if you're, if you're like me, like you have a family who like, depends on you for like stability and stuff like that and like support. And so like, even though you're here to get your education and you're not getting it right the first time you shouldn't like put yourself down, just because like, you feel like you're not measuring up to that standard because that standard is, is like, it's a construct made by like privileged people, way back when, when, how old are these institutions who knows? And like the fact that these conscious darks aren't changing, you can't blame it on yourself. It's very, it's very hard to like it shouldn't, we shouldn't place the blame on ourselves. And um, I think these institutions need to take, take responsibility for like the harm that they're doing by making everything. So like one track minded, you know? Yeah. I don't know if that made sense.

Speaker 6:

Um, I feel probably the, um, don't be afraid to take ownership of your flight identity because it's also very important because we're really not just impacting yourself. And when you take your ownership, your identity and you're holding administrators and other people accountable for their actions, or like what they promise you that they would give you. And they, if they don't give you, you shall hold them as possible because, um, whatever you do, it's going to impact other flies students on campus, as well as the people who are like coming after you. If that makes sense, like you're literally supposed to open the door for like people who are coming after you, rather than like, just shutting the door or not even bothering, like building that bridge or trying to open that door. You know what I mean? If you think you have the keys that you're able to hold an initiators accountable and get them to provide better resources for fly students have better experiences and future for your college or even in your workplace or extracurriculars or whatever. Um, that's going to be very, very impactful for other people who are going to be in your positions in the future.

Speaker 2:

Wow. Um, I think I would like to use the words of my, um, selfish hall mate that I had at Rochester and that I still use to this day because it's just so good. It's basically like if you want stuff to happen, manifested, manifested through your own affirmation, manifested by running it down, manifest it by just thinking about it as if you already got it. I know it's a little bit dangerous to use that sort of advice, but when there's some days where I truly felt really upset, I'm very critical about my own experiences at Columbia. Those were just going through my mind. They're like the law, like, what are you doing? Like, yeah. You know, it's all right for you to feel worry, feeling it right now, but the next day or the next week, or the next month, we know that sassy pose coming back and SIC plow is going to hold those heels. They're walking down with sass power and words of articulation that nobody else is going to master. And nobody else is going to walk the surf catwalk, like you're going to do it. And honestly, it really helps. Like even like, when I even like, when I'm talking to some of my relatives, you know, who are just, you know, she just kept really anxiety just by talking with him. It's just like, you know, blow, like you're here for a reason.

Speaker 2:

If you know this, our institution of whatever place is trying to cut you off, it's their loss is their, your loss. It's their loss. They're losing out on who you are. They're losing out on your own. Beautiful, awesome, just great energy that you have. It's their loss and that's it. You know, why do you have to lament over it? Because if they cut you off, oops, they're not going to get your energy simple as that.

Speaker 1:

Alrighty. And with that, we have concluded, this is the end of the five part mini series, a fly story. I hope that you were able to listen to it through and through if you were not. I hope that whatever episode you did ended up listening to you actually enjoyed. I'm always down for feedback. I'm always down for any kind of conversation around this, because I feel like this is just a cool thing to talk about, regardless of who, who it is. I'm talking to. I do have a tendency to talk a lot. So keep that in mind when you're reaching out. There's not much more I can add. I feel at least not at this point in time. So I'm just gonna say, thank you. Thank you. So for taking the time to listen, to be present, to absorb as much as you possibly could, I feel like a lot of what people said, I have to listen to it more than once to kind of really get at the root of what they're saying.

Speaker 1:

And I think that's just going to be me anytime. Every time I listen to it over, it's like a new thing comes up and I'm just like, Oh wow. That's something I didn't think about regardless though. I want to say, thank you, thank you a million times over. I want to thank every single individual who participated in this fly project that we have on our campus. Whether it be the video project, whether it be the art, would it be the written pieces, whether it be this audio portion that I've just posted, thank you to every single individual who participated in who's helped craft this project as it is. I'm excited to say that this is something that I have worked with and work towards. And it's been a journey then on the last set, I'm just glad that we've reached the end visual. I can not say thank you enough.

Speaker 1:

Honestly, if I'm, I mean, I could sound redundant, but I don't think I can thank everyone enough for taking the time. Like literally we were during COVID we had to do everything was virtual, as you know, and you can hear from the audio. So it's just been a fun time to just catch up with everybody and just hear their stories like that. That has been the joy of a lot of what my quarantine was like, just being able to talk to people and reach out and communicate and connect. That was really cool. So I hope that's what you continue doing as well, connecting with the individuals that surround you and listening to their stories, because all I can promote around here apparently listened to people's stories. You never know what you're going to learn. So thank you. Thank you. Thank you. I know I've said it a million times. I'll say it a million more. If you have any questions, comments, concerns, please feel free to email me at eight sweet jets or follow along with this journey on Instagram at ASB chats. And I'll probably also post on Instagram, whether or not it's going to be a website. So definitely if you have one, check it out that the website information will be up there. I will chat with you all later base.