It can be easy to get caught up in your daily failures. **You have to realize that these little failures are okay, and may be a sign to step away for a moment to take care of yourself.**

If you get stuck, look to a SAO Dean or upperclassman. Don’t get hung up on what your classmates are doing – everyone is running their own race.

You are a person outside your academics and it’s important not to lose your identity. Most of all, **don’t be afraid of your failures, as sometimes they will teach you more about yourself than your wins.**