

The transition from high school to university is difficult. There are new things to learn, new places to become familiar with, and new people to meet. **Although these things are difficult, the real challenge lies in adjusting to the university style of learning.** The days spent in a structured high school classroom from nine in the morning until three in the afternoon are gone. **In university, much of the learning takes place outside the classroom through reading and writing. Although this is definitely a change for the better, this system certainly takes some time to get used to.**

As the first term went on, I found that I was able to keep up with the workload in my classes, and even do fairly well on tests and assignments. However, my next big obstacle was approaching quickly, and I had no idea how to deal with it. **My first paper in university was a book review. At first this didn't seem so bad, but I soon realized it was expected to be**

ten pages long; double the length of anything I had ever written. Luckily, the topic of my next *Excel* class was essay writing. During this class I learned how to organize myself in a way that would help me to write my essay, and also some ways by which I could improve my writing. I would consider this to be one of the most valuable *eXcel* classes. **Not only did it teach practical things such as formulating a thesis statement, but it also served to relax me, and to show me that I was capable of getting my paper done.**

The transition from high school to university is certainly not an easy one. However, with the help of *Excel* and some hard work, this transition can be accomplished both effectively and successfully. I would recommend the *Excel* program to any first-year student, and hope that they can benefit in the same ways that I did.