



QUICK BIC NEWS

My Fellow Sophomore BICers

My fellow sophomore BICers, let us pause for a moment to acknowledge that we are no longer the new kids on the chopping block. We have analyzed Greek mythology, journeyed to the Hindu temple, tasted middle-eastern culture, learned Chinese, witnessed Dr. Tatum's dance moves, and labored strenuously with our hands glued to the keyboard in an effort to produce five New York Times reports in one night. You are playing a montage in your head of moments from freshman year and wondering, "Where was my social life?" Furthermore, you are perplexed at why you chose to return for Round 2 of BIC. As the semester gains momentum, we will be asking ourselves this question more and more frequently. Don't freak out. Here is some advice to help you alleviate stress and maintain sanity this fall semester.

Eat Well

Eating well does not mean stuffing your face or dieting. To eat well means to supply your body with the nutrients it needs to feel energized without forgoing your idiosyncratic cravings. If you love chocolate like me, then go ahead and have a small piece every day, just don't eat the whole bar at once. Nothing is bad for you in moderation- except hard drugs and McDonald's chicken nuggets. Consuming too much food makes you lethargic while consuming too little makes you unable to focus, so find a balance somewhere in the middle. Practice eating slowly to enjoy your meal instead of inhaling it. By developing healthy eating habits, you will come to understand how food is not only a means to survival, but also a means to happiness.



Walk On Some Sunshine

In Texas, we only have two seasons- summer and winter. Al-right, this might be over-exaggerated... Regardless, if you don't take advantage of the next two months, you will find yourself wishing it were blisteringly hot again as you stand in the freezing cold. Take a book (there are many from the BIC selection to choose from) and read somewhere on campus or take a

study break by going for a walk or run. Breathe fresh air, soak in vitamin D, and recall how beautiful the world is without a computer screen blocking the view.

Be Okay With Today

Say this one to yourself over and over again. Be okay with today, be okay with today... We are so obsessed with achieving academic excellence that we sacrifice our morale. How many times have you beat yourself up over one missed quiz question? How easily does your mood switch from good to bad when you don't get an A on a paper? When your desire for success hinders your bliss, then what is the point? If you study for hours on a test and still cannot answer some of the questions, then come out of it saying, "I did my best," and carry on in high spirits. If you receive a B on your essay, then say to yourself, "I will do better next time," and carry on in high spirits. Never chastise yourself based on the result of your effort. Before going to bed, be thankful that you are able to say, "I tried today and I will try again tomorrow."

It isn't much, but if you eat well, spend time outdoors, and take pride in your efforts, then the semester will feel less chaotic. And remember, we survived freshman year, meaning the worst is behind us. We are like BIC warriors, trained in the skills of procrastination and Sparknoting, stubborn to acquiesce to the unexamined life, destined for greatness... and very little sleep. Godspeed.

Ada Zhang,
QUICKBIC Editor
Class of '15

BIC Announcements!

4th Annual
Honor's
College
Board Game
Tournament
Friday,
October 5th
6-9 pm



Rhetoric Essay Encourages Student Interest in Politics

As the first few weeks of classes come to a close, the due date of the freshmen BICer's first major essay draws near. In this assignment, students were asked to analyze the speech of either Mitt Romney or Barack Obama to determine the effectiveness of the politician's rhetoric.

Some students found this task a bit daunting.

"At first I was a little overwhelmed by the idea of having to find a speech and analyse it," said Zach Denais, "But then I realized that it's a really good exercise considering I'm a brand new voter."

Indeed, this assignment could not have been more appropriate. With the presidential election just around the corner, students are seeing how rhetoric is being applied in the real world. From their observations, many students have noticed how the candidates rely heavily on personality, rather than policy.

"This assignment gives me the opportunity to really focus in on what the candidates are saying," says Kara Blomquist. "I think that's something everyone should do, even if they're not getting a grade for it."

This is the first year for many of us to live away from our parents and discover independence. This is also the first year that many of us will be able to vote in a major election. In the past, many of us did not pay attention to politics or just agreed with whatever our parents believed. This is the time for us to really take a hard look at what we believe in and which candidate will realize those goals for us. This is the time to make our votes count.



Rachel Rose
Class of '16

BIC Beyond the Books



Marie Antoinette's room.

Photo Credit:
Ada Zhang

The Hall of Mirrors.



"The Palace of Versailles is even more magnificent and grand than Fiero makes it seem."
-Ada Zhang
Class of '15



"It was eye opening to see how other people live their lives."
-Hayden Winslow
Class of '16

Have you seen or experienced something being discussed in BIC? If so, then email Brennan_Saddler@baylor.edu to be featured in the Quick BIC!