

A Day in the Life of... An International Business student

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My morning commute



Since I moved to London I have been commuting to get to university. I used to live in student halls located 45 minutes by bus from university, so I did have a few rough mornings with a 9am lecture on Mondays.

I could say I used to have set routine in my first years of university. Wake up at 7am most of the days, quickly get ready and take the bus, for a 30 min ride-45 with traffic jam, to get to class. With time I got used to my commute to university from early in the morning, even though I did not have lectures, in order to catch up with work or meet up with friends.

My lectures, seminars and preparation



Let's say I have a day packed with lectures and seminars! This was usually my Tuesdays and Thursdays: I could be at university from 9 - 6pm! On those days I had two lectures, Accounting and Business Strategy, and later during the day a seminar on International Marketing. These were long days but worth it! This is the time you get the most out of teachers and fellow students.

On Business Strategy lectures we were asked to revise case studies of certain companies and businesses before heading to class, thus I had to read and analyse these before lecture. Otherwise I would not understand the topic for that week. Modules where calculations and more analysis is required, as it is the case of Accounting the MO is quite different: you need to keep up with work, otherwise you will be lost in the middle of the term because weekly topics relate to one another. If you catch yourself with doubts on a topic, the key is for you to solve these before you carry on.

Lunch



I'm very grateful to say I've had great timetables for the past 2 years at university. The lunch breaks have been set in the perfect time slot and long enough for me to catch up with work, go grab something to eat or even meet up with a friend.

During my 1st year I used to spend more money by eating in City's cafeteria and because I had a part-time job as a waitress back then, I could not plan my time to prepare meals. Nevertheless, during my 2nd year I started taking care more of my nutrition and body, so I decided to organise my days by cooking most of my meals. That's what best works for me at the moment. I ended up saving more money than I thought and improving my cooking skills. It was a matter of building new habits and sticking to it!



Activities on campus and library time!

Once lunch was done, I would normally head back to class or join any event for undergraduates happening on campus. I am part of Cass Entrepreneurship society so we often could go to indoor events or arrange a meeting to discuss any further objectives. Other than that, I mostly stayed in the library catching up with work. That was key in my daily routine. I perhaps spent more time in the library than at home but because it is a space where I could give my 100% and get work for the week done.



My extra-curricular activities

Usually when my day at uni is finished I often head the gym to join a yoga class and zone out for a couple of hours. Either that or meet a friend to grab dinner, depending on the day. As I mentioned before, in my 1st year I used to waitress in a restaurant near my place so if my day at uni finished earlier I would then head straight to work. During my 2nd year I wanted to be more involved with City so I joined some of their part-time job opportunities. I became a Student Ambassador where I got to support campus events and was also working fixed hours with the Marketing department as a student communications assistant. So, If I was not in class I perhaps was in a meeting of work or supporting any open days or internal events happening at City.

I like to finish up my days by taking some 'me' time and do some meditation and breathing sessions to feel more connected to my body and mentally relaxed! If I have enough time, I would play a movie while I prepare my meals for the next day!