

http://www.theeastcarolinian.com/opinion/article_97fdfeea-85df-11e7-8b56-17e2b87574b8.html

Column

Making the transition from high school to college

Blessing Aghimien Aug 20, 2017



TEC Stock Image

Freshman class, the time has come for you to be introduced to the next chapter of this complex, dynamic and heart wrenching book called life.

You have walked across that stage and turned your tassel. That diploma that has taken you years to earn is finally in your possession. Finally, here you are, at the college of your choosing, ready and eager to take the next step in your educational journey. As essential as it is to take the next steps toward your future endeavors, it comes with some transitions to make.

With that being said, Class of 2021, turn your book of life to page one of "The U in University." Say hello to your first taste of the real world.

In high school, there were the cliques. The friends that stuck to your circle like glue year by year. The clubs that you may have joined because everyone else joined or because you wanted that college application of yours to stand out. Now is the time to shatter your mold of conformity and to step out of your comfort zone. Join the clubs that never existed in your high school. Take courses that may not be in your major but captivate your interest. Befriend those who look and think differently from you.

It is innate for human beings to feel down or defeated when something doesn't go our way. Contrary to popular belief, failure is the gateway to success. Don't take a low test grade or a quiz that didn't go as well as you hoped to heart. Don't compare and contrast your progress to others. Your journey belongs to you. Stressing about falling behind to others will do nothing but stunt your academic and personal growth.

Overwhelming and stress are common yet destructive feelings for college students, and you should never feel like there are no options to take when it comes to coping with such feelings. By getting an academic mentor or tutor, using counseling services or even talking with trusted friends, you can take the first steps to overcoming the academic trials that may come with the college workload.

College is a place that will expose you to new places, people and things. Taking the step towards higher education will be one of life's biggest adjustments. These adjustments will in turn change you as a person. Change along your journey these next four years will be inevitable and necessary. Spend your time here investing in the person you want to be, not the person you should have been or the person you once were.