Week #8

I can’t believe that I’m already in my eighth week of college! The semester is halfway over! College is a lot harder than I thought it would be. Professors don’t remind me of tests and assignments that are due and they don’t let me extend deadlines. I’ve had to cut down on work hours just because I couldn’t handle working 30 hours a week and doing school. I’m spending so much more time studying but I’ve managed to get B’s in two of my classes and A’s in my other three classes.

I’m really lonely on campus. Everyone seems to just come to class and then go home. I am beginning to wonder if the rest of my life will be lonely since I’m not making any friends at college. I’m starting to get really depressed because I just don’t talk to anyone. It’s not uncommon for me to pass a whole day without saying more than fifty words. I just don’t know how much longer I can take this! I can’t focus as much on my schoolwork as I would like… not because I don’t have time to do it but because I keep getting distracted by my loneliness. Most of the time I just feel like crying. I just don’t know what to do.

Solving the Problem

I can hardly believe the changes that have occurred since my first day here at IUSB. For much of my first semester I was really depressed and struggled because I was so lonely. Things began to get better when my math professor put all of us students into groups and had us do group work. I met a girl named Morgan and we began spending time together on campus. It was so nice to have someone to hang out with and do homework with! After I became friends with Morgan I found a lot of other resources here on campus. I realized that my professors all really cared and wanted me to succeed. One of my professors helped me to overcome my fear of sharing my opinions. Another professor encouraged me to be a leader. I became a part of study groups in my classes and even formed one which is something I wouldn’t have dreamed of doing in high school since I was so shy. I enjoy hanging out with a diverse group of friends now and am doing well academically. Having friends has helped me to not be so lonely and that in turn has helped me to be able to focus on my schoolwork better. Life has improved dramatically. I’m now a peer mentor for U100, help with New Student Orientations, I’m involved with more things in my church, and have recently been promoted to manager at work! I’m so thankful for the professors and study groups that helped me to come out of my shell and get the most out of my college experience.

Identity Crises?

1. Most young adults face an identity crises that could involve the future career, lifestyle, or values. How would you describe the identity crises that Miriam faced when she came to college? Was her crises about what career she should follow, what her future lifestyle would be (often boy/girl friend issues), or her values (often something like religion or moral issues)?

2. When young adults resolve their identity crises they usually move through a number of steps that include confusion or frustration or doubting themselves. Marcia’s theory of identity states that young adults are likely to move from foreclosure to diffusion to moratorium to finally end up in achievement. Describe how Miriam has moved through this process.