

## Final Paper- Janey Johnson

Throughout my first semester of college, I have been through many ups and downs, most of which have been downs. I find that oftentimes I stress and tend to doubt myself when I am doing all of the things that I should be doing. I wonder why am I only average at everything? Why do some tasks and learning come so easy to others while I work hard to achieve what I want? It becomes discouraging and makes me wonder if I am even on the right career path. What am I truly good at? I choose to apply for college because I am passionate about education and find myself wanting to make a career in which I need a strong foundation on this. I plan on receiving a degree in biology once I graduate from ULL in hopes on applying to dental school to pursue my dreams of becoming a dentist. One of the most important tips that I have learned is to not be scared to reach out for help and to always form study groups. Having another person's thoughts will be extremely beneficial in both of these aspects. During this class, one of the things that I have learned that was the most beneficial to me was reaching out to some of my friends and figuring out their school and study routines. It was nice to see what was beneficial and what is not. Even though I know that not everything will work for me, it is always nice to try out new things and find the best possible solution to any problem that college life might throw at me. As mentioned earlier, I know that my own personal confidence is what is really holding me back throughout the semester. So much self-doubt and comparison to others is placed on myself when it is not necessary. I tend to think that I am a horrible student for one B when I am juggling five other classes with A's. Understanding that I am not able to perceive perfection and I am doing an excellent job will greatly decrease stress and will make academic abilities even better. And even though I feel as though I am not as smart as others, as long as I work hard and have enough self-drive, anything is achievable.