My Growth Since Starting College

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ITI College

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What my school life was like until my graduation of high school was procrastination and aiming for the bare minimum. After a few semesters of college, I had a rude awakening of how different college was from all my previous experiences of school. It was not until then I realized I had to change the way I approached school.

**Choosing a college**

Towards the end of senior year of high school, in class one day, my classmates and I were applying for colleges that we wanted to get into. I chose River Parish Community College (RPCC) with the intention of doing my general studies at RPCC and transferring to a university. At the time, I had not decided what universities to transfer to, but I had my mind on Southeastern University (SELU) or University of Louisiana of Lafayette. But I put off that decision until the time came, and focused on what was ahead of me at RPCC.

## Falling on My Butt1

For most of my school life I have been procrastination and aiming for the absolute barest minimum. Because that is how I have always approached school, I had a tough time getting into college life. Although RPCC had given me a rude awakening, it was not until I transferred to SELU that really made me realize I had to change something.

When transferring to SELU, I changed my major to Business Administration because my dad convinced me that it would be the best thing for me. When attending RPCC my approached change to be more involved in my schoolwork, but attending SELU I had to go farther than what I was used to doing just to get the bare minimum. My approach to school gotten better with every semester I went through at SELU, but no matter how much I improved my approach to college, I could not get the results I wanted.

### Coping with Procrastination and Anxiety.

When entering SELU I no longer wanted the bare minimum, what I wanted was to get satisfactory results. Even though my motivation and standard for my grades has improved since high school, I still had my biggest issue of procrastination. No matter how motivated I was at school or in class, once I walked through the door of my home, that motivation is replaced with procrastination.

Procrastinating assignments would then lead to either poor grades on the assignment or no grade at all. This would then lead to anxiety. My anxiety came from not only bad grades, but due to my bad grades the only way to get the bare minimum would rely on the midterms and finals. The way I cope with anxiety is to play video games and hang out with friends. Which would lead into a circle of procrastination, anxiety, coping with anxiety, and procrastination again.

I also decided that transferring to a new school for a different environment and a separate way of schooling was the best option for me. I chose ITI College because it was more hands-on learning and the smaller number of students in each class allows me to get more personalized assistants from the professors if I was not grasping a concept. At ITI I try to do as much work as possible in class as to not bring it home because I have acknowledged that I do not have as much motivation in class as I do at home. If I do have assignment to take home, I then try to do them as soon as possible because the longer I wait the less of a chance I will do the assignment. Also, for me to succeed at ITI, I am devoting all my time to my studies since I am in a position that I do not have to work.

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