

Reflection report

REFLECTION ON MY FIRST SEMESTER IN COLLEGE

I've started a new journey, I'm now an international college student in the Netherlands and no longer a high school student in Nigeria.

First, let's think back to when I graduated. I finally finished writing my final exam paper, and I was done with high school. A few weeks later, I was on stage receiving my certificate. I was so happy that I almost cried as I felt my mother's warm embrace. My friends and I celebrated by going out to eat and have some drinks together while my mother waited for my return. A few days after this happened, I started looking for universities to apply to. The first country I had in mind was Ireland. It seemed like a very nice country, and the course offered at the university caught my attention because it was exactly what I wanted to study. Unfortunately, these plans fell through, and I decided to follow my older brother to the Netherlands. NHL Stenden University of Applied Sciences was the university that my brother recommended to me. I was very enthusiastic about a new city, a new environment, and of course, new obstacles.

I knew it wouldn't be easy when I began the course, but I set a goal for myself which was to make sure I passed the first period. I deep down knew that it wouldn't be easy, there was no easy way out, and only by studying hard would I be able to make it.

The first few weeks were quite a struggle for me. We dove straight into a project with little time to adjust, and the new schedule felt overwhelming. As someone who had no prior experience in coding, I often found myself falling behind my classmates, but I didn't use that as an excuse to not do a good job. Fast forward, we finished working on the project and the exam date for Web Development approached. I was quite confident that we would pass the project because I know we did a good job, but I couldn't say the same thing about web development. Instead of practicing for the exam a week before the exam I distracted myself with other things and ended up failing the Web Development exam. I was so disappointed with myself afterward because I knew I could have done so much better but it's not like I could go back in time and study more so I sat myself down and started reflecting.

As I reflect on my recent experience of failing my first college exam, I find myself grappling with a mix of emotions and realizations. The outcome hit me hard, even though I knew I hadn't put a lot of effort into my studies I genuinely still believed I would succeed. However, this setback has presented me with both a challenge and an opportunity for growth. After receiving the chance to re-sit the exam it gave me hope that, despite my failure, I could regain my footing and obtain the ECs I needed for web development. Nonetheless, I have come to recognize that I am severely struggling with

procrastination. The weight of knowing I need to study often feels overwhelming, leading me to put off my assignments until I feel the pressure rising.

I recently noticed that I find myself caught in a cycle where the fear of failing again paralyzes me. Instead of tackling the problem bit by bit, I tend to fall into the trap of distractions (Phone and people), convincing myself that I'll start "tomorrow" or that I need to be in the perfect mindset before I begin. This has led to feelings of guilt and anxiety, which only worsened my procrastination. I realize now that my tendency to procrastinate comes not only from fear but also from a lack of effective study strategies.

Moving forward, I understand that I need to build a more structured approach to my studies. Creating a study schedule and setting small, achievable goals could help combat this procrastination. I plan to reach out to friends, classmates, and lecturers when I'm struggling with something.

This experience has taught me that failure is not the end, but rather an important step in my educational journey that I should never forget and should always view as a warning. While the road ahead may be as easy as I'm making it seem, I am determined to turn this setback into an opportunity for personal growth. I want to approach this re-sit not just with the hope of passing, but with a commitment to my studies and a deeper understanding of myself.