You’ve just spent your freshman year of college abroad. It’s been full of good and bad experiences, and you’ve felt like you’ve grown significantly as a person. Write a 400-600 text in which you reflect on the most impactful experiences, how they changed you as a person and your goals and aspirations.

Dear Diary,

My freshman year of college spent abroad has been an incredibly transformative journey, leaving an indelible mark on my life. This year has been a mix of exhilarating experiences and daunting challenges that have shaped me into a different person. As I sit down to reflect, I'm overwhelmed by the whirlwind of emotions and personal growth I've experienced.

Among all the good experiences, what I enjoyed the most was the formation of friendships. Friendship was a source of immense personal growth and I started to care for others more. When I was young, I rarely made friends. This is partially a consequence of my parents’ full and suffocating protection for me. Making friends with peers is considered to be a useless experience and a waste of time, as they didn’t improve my ability claimed by my parents. The most impressive nightmare that still appears in my dream from time to time is my parents coming to school to talk with my homeroom teacher and classmates not to make friends with me. However, while studying abroad, they cannot take full control of my life. Here, making friends as long as I want and sharing my emotions is much better compared to my school life before.

However, some things did make me feel stressed out, for example, the exams. Every single exam in college counts for the final grade of the term and I felt enormous pressure every time before exams. I was asked to score the highest in my class when I was in high school otherwise my parents would blame me. Even though I “escaped” from them, this type of self-criticism is driving me crazy. Every time I got an unexpected grade, I asked myself just as my parents query me: “why he/she just score higher than you? Did you actually study hard? We are gaining money to purchase the intuition to support you, and is this just how you treat us?”, dragging my emotional feeling even lower. Luckily, I got friends to comfort me that sometimes not being chosen for one program or not doing well on one exam is just because I lack luckiness. When the words are controlling my mind to sink into the swamp of self-doubt, they pulled me off the swamp and offered me great support. I was once extremely unconfident about myself under infinitely many deny of my parents, while now I am becoming more and more confident, also making me better at expressing my opinions.

In conclusion, my freshman year of college abroad has been an incredible journey of self-discovery and growth. I've faced challenges, forged meaningful connections, and redefined my goals and aspirations. This experience has transformed me into a more adaptable, resilient, and empathetic individual, ready to take on the world's opportunities and challenges. The memories and lessons from this year will remain with me as I continue to evolve and explore the path that lies ahead.

Yours sincerely,

Stephanie

Diary Format

1/3 description -> emotion -> root/personality -> solve it, become better