Logan Houston – How Far I’ve Come

First Year Term 1

* When I arrived at Queen’s I was a young 19 year old without a care in the world, I had partied way to much on my year off, despite accomplishing good marks to get into queens commerce, and working as an assistant head pro at lytton park tennis club. When I arrived my only care in the world was making friends and having a good time. I had a severe drinking problem which at the time I did not realize. I started my university career by drinking an excessive amount 4-6 times a week for the first 2.5 months. Once I was rejected by my friends for living with me I found a new group of friends that was heavily into marijuana. I was very depressed as I felt rejected by my closest friends and an outcast in commerce as I had been rejected by the frosh week leaders and did not get Boss. Due to my drinking problem I had been kicked out of my residence by the end of the first term and was to be moved to west campus in second term. This further spun me into a spiral as I was about to lose my support network that I had estabilished on my floor, and the semblance of a home that I had found hard to establish as it was my first time away from home for more than a 2 week period for the first time in my entire life.

First Year Term 2

* My drinking problem quickly translated into a drug abuse problem, which was worse as I was abusing drugs from the moment I woke up to the moment that I went to sleep. I had lost my ‘healthy’ support network and turned to an unhealthy one filled with unmotivated people with a similar drug abuse problem as me. I was unmotivated to do any school work and all I worried about second term was getting high and having a good time. I continued to also drink heavily at least 3-4 times a week along with the marijuana abuse was a terrible combination. I gained a lot of weight and the image of a healthy athlete that I had maintained for the better part of my life had deteriorated further contributing to my depression. When I was finally moved to west campus after reading week in February I was to scared to tell my parents out shame that I felt I had failed them and would not turn to any one for the support that I desperately needed. I was blind to the fact that I was using drugs and drinking so much as a way to mask my depression. The only good thing I had in my life really was my girl friend. But even she was not the best influence as we were both equally into getting high and not giving a fuck. This term resulted in the worst academic semster of my life. I ended up failing a course and being kicked out of commerce. The biggest postive, well the only positive that came out of this term was the fact that I had somehow manage to fool some poor soul into hiring me in muskoka to work there as an assistant head pro for the summer. Working in muskoka had always been a dream of mine.

Second Year

* Drug Addiction & Drinking Abuse Continued
* Got even more overweight
* Fewer Positives in my life

Third Year First Term

* Began to turn things around
* Got on Track: Drug Abuse slowed
* Drinking wasn’t a problem
* Began to put school first
  + Results came
  + Straight A’s in my commerce courses
  + B- (not bad) in history
  + B+ in Econ Dev got accused of cheating on Final exam failed

Second Term

* Being accused of cheating sent me into a tail spin I did my best to stay with my head above water. I told my parents that I wanted to take a term off, yet they didn’t understand and told me I was being dramatic…they didn’t know that I was facing failing a course as a result of cheating, the prospect of being kicked out of commerce, AGAIN, and more serious the prospect of being kicked out of Queen’s entirely.
* I struggled greatly to maintain the hard work ethic I had established in first term and relapsed back into drug abuse of marijuana. My roommates half way through the term also started ignoring me and shunned me from hanging out with them as they thought that I had stolen from them (I had not). I still managed to perform well in 2/3 courses, probably attributed to the fact That I had dropped my course load to only 3 courses.

Fourth Year:

* I Quit weed completely, I am not a year and 2 months clean
* I got back into shape gaining 20 pounds of muscle
* I found a good group of friends that is motivated and healthy for me
* I was enjoying myself in a controlled manner, going out 1-2 times a week
* I had a job until the club closed down
* The results came as I performed well in all of my courses ☺
* I began to pursue a great challenge of teaching myself how to code

Fifth Year:

* This has been the toughest, most emotionally challenging term of my entire university career, as a result of me being extremely motivated and hard working, and caring about my results.
* Most of my really good friends have left Queen’s, including my best friend tommy who was the reason why I was able to successfully quit marijuana, and was my biggest supporter of the past year, and my best friend who we tell everything to. Not having him around has been very difficult.
* I have been struggling with the prospect of death since the end of the summer, it scares the hell out of me, this has caused me to lose a lot of sleep as I have trouble falling asleep.
* I took on two extremely hard courses, Finance 323 is considered one of the hardest if not the hardest course in all of finance. I poured all my time into it for a motnh 6-8 hrs a day and let me other courses go by the wayside. When I dropped it at the end of October it made me even more depressed as a result of feeling defeated. I have really messed up my film course as a result and am scared that I am going to fail. Thank god my other 2 courses are going medicorely well in my other finance course I should end up with a B+ to A and my programming course I will be happy with a C+ or B- as it is another super hard course.
* However, The combination of 323 fiancen and my programming course and the emotional struggles I have endured this term have resulted in me performing extremely poorly in Film.

POST WRITING THIS REFLECTION: Learnings

1. Look at how far I have come the past 2 years
   1. I have performed extremely well in school the past 2 years
   2. I have completely reshaped my life in the past year
   3. I am clean of weed
   4. I am in the best shape of my adult life, since I quit tennis at the age of 18
2. I will be okay
   1. Yes this film thing sucks but I have done will in my finance course
   2. I will do meh in my programming course, but I took it to be able to start my business, which I know if I keep persevering through the trials and tribulations and ffeeling of hopelessness I will be able to build it. Everyday I am getting better at it. Keep going and you will succeed big guy.
3. These Marks will not determine your LIFE
   1. I am to smart and to driven to be stopped by a stupid fucking course like FILM 240.
   2. LEARN FROM THIS.
      1. LEARN THAT YOU NEED TO EXPRESS YOUR STRESS.
      2. LEARN TO HAVE A TO DO LIST ON YOUR BOARD SO YOU DON’T MAKE SILLY FORGETFUL MISTAKES.
      3. Learn that you are a hard worker and you need to continue working hard. Don’t let one failure in finance bring you down. “Why Do we fall? So we can learn to pick ourselves up!”
      4. You’ve gotten back on track!! Yes I am stressed about completing this website in a week, yes I am stressed about exams, yes I am stressed about failing film. But you wont, you will succeed.
4. STAY CALM AND WORK YOUR ASS OFF
5. YOU’LL STILL BE ALIVE EVEN IF YOU FAIL

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| First Year Term 1   * Bus Management * Accounting * Calc   Term 2   * Man Accounting * Marketing * Org Behaviour * Economics * Stats * Philosophy | Mark   * B * A- * C   Mark   * C * 52 * C * C * 42 (F) * C- |
| Second Year Term 1   * Finance * Marketing * Ops Research * Info Systems   Term 2   * Ethics * Finance * Stats * Man Econ * HR | Mark   * C+ * B+ * B+ * C   Mark   * B- * C * C- * C * B |
| Third Year Term 1   * Market Strat * Sales * B2B Market * China Hist * Econ Dev   Term 2   * Market Behaviour * Bus Law 1 * Canada History | Mark   * A- * A- * A- * B- * F\*   Mark   * B * A- * C- |
| Fourth Year Term 1   * HR * IS * Econ Dev   Term 2   * Ops * Int’l Bus Strat * New Bus Dev * Programming | Mark   * B * B * B   Mark   * B+ * A- * A * B |
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