**NWAR AL AIN BIN HAZMI**

**S3915079**

**Journal Entry 3**

As of today’s reflection, 6th of September 2021, those who are living on campus, myself included, have received news that require us to leave the campus dormitory within the next two weeks. This news came to us as a shock to everyone, considering we are at the end of our semester therefore bombarded with our final assignments with this, adding up to my stress.

The announcement was somewhat expected but I did not expect it to be so soon. Upon hearing the news the six stages of grieving came to light, I went into a state of denial. Anxiety kicks in as I was already stressed enough with the assignments. I tried to bargain with the manager of the dormitory who announced the news however it was not his decision to kick us out. Frustrated at what was happening and simply angry with everything. Depression came soon enough and eventually by trying to understand with everything I came to an agreement with myself with everything. I realized now that change is inevitable with that I have learnt to cope and adapt with difficult situations.

As it was a difficult situation for myself, I believe there are some merits as now I understand that reality is often not rainbows and sunshine, we have to be able to adapt with change, plan ahead and always be prepared. This skill can also be an asset with me being a better student when it comes to assignments. Adaptability is a soft skill that means being able to rapidly learn new skills and behaviours in response to changing circumstances. With that when it comes to group work or studying in general there might be unexpected changes and we have to simply have to face it head on.

In conclusion, there is a quote that best describes the whole situation which is “Tough times never last. Tough people do”. By experiencing difficult situations, it helps you to be stronger and better. Having the capability to adapt well with situations will be an asset whether in class or in real life.

As of my action plan, I am not asking to face more difficult situations but if I do face any, I would like to be able to accept things more maturely instead of wasting my time grieving. I would also like to be able to adapt well by preparing and thinking a few steps ahead upon facing unexpected situations.