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YearOne Journal #4

Week 11

During my senior year of high school, I was taking three AP courses: AP Biology, AP US Government and Politics, and AP Calculus. I told myself going into the school year that I should be able to handle this and it will be challenging but it’s nothing I can’t handle. Within the first month, I was getting pounded with Biology labs, Calculus lectures and Government quizzes about things I knew nothing about. I was almost considering dropping one class, but I told myself that it wouldn’t be the best decision because I know I can handle the pressure. The workload was nothing I couldn’t handle, but it was much more than I expected which led me to nearly give up a class. After telling myself that I need to punch myself harder and work harder, I managed to make it through all three classes and a few more. Whenever I am faced with a huge challenge, I immediately think negatively. But later on, I tell myself that I can do it as long as I push myself and motivate myself enough to accomplish it.

I think this has already been utilized in college, especially before my exams. I’ve tried to study a week before my exams so I can plan out what I need to study and actually understand the course material. But this only happens if I push myself enough to actually review and study for the class. A new strategy I would like to try out would be to work in groups, whether it be for studying or projects. I know studying in groups might lead to distractions, but I feel it helps with understanding the information because you can explain it to the other students, out loud, and this way, you’ll actually know if you understand the information. Simply reading and writing notes won’t make such a huge impact on your knowledge as talking and explaining will. If you say something out loud, you’ll understand it better and that’s why I would like to try and find a group of friends in some classes to study with before exams.