

Up for the Challenge: Student Stories of Success

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1. Describe yourself during your first semester at Texas State.

Throughout my first semester, I was always worried about my classes and my grades, so I would study all the time to decrease that anxiety. I also had some doubts about majoring in Microbiology and minoring in Biochemistry, but the only thing I did know was that had come to Texas State University to get a major in science and I was not going to leave without one.

Being a first generation student, I also often felt lost my freshman year and thought that everyone knew where they were heading and what to expect when in fact that was not true. Later on I figured out that most students were just going by the idea of “faking it until you make it “in order to maintain their confidence.

2. How have you grown or changed since your first semester?

Since my first semester, I have gained more confidence, learned to better control my emotions, cope with stress and anxiety, and in addition I have also learned how to manage my time by keeping time in front of me.

3. What is something you wish you knew before you started college?

How to speed read.

4. Share obstacles and/or challenges you've faced as a college student.

I am very family oriented, so it was very hard for me to be away from home my freshman and sophomore year.

Having English as my second language has made some classes and tests challenging.

I have also experienced test anxiety during my time in college.

Other challenges include; being financially dependent on scholarship and grants, managing my time to keep up with my school work, grades, babysitting on the weekends, volunteering, being part of organizations, constantly looking for scholarship and grants, writing essays, and overall application process.

5. What is your definition of success?

Not only feeling happy for meeting my short or long term goals, but that also my accomplishment will either directly or indirectly positively influence someone else.

6. What does it take to be a successful college student?

Determination and patience

Making short and long term goals for yourself

Supportive friends (and even better if they have similar goals to yours)

Figuring out healthy ways to cope with stress/anxiety and time management

Taking the time to really know your-self to be able to find your strengths and weaknesses

Take advantage of as many workshops and any other personal growth opportunities

Always remind yourself of why you came to Texas State and it will help you maintain your focus

7. What keeps you motivated?

Mainly my family, but also the thought of someday becoming the first medical doctor in my family, and becoming a mentor for future generations.

8. Name someone who has supported or helped you to succeed in college.

My friend Krystle

9. What campus resources would you recommend to others?

Writing Center

10. What piece of advice would you give to an incoming student?

Don't slack off your freshman year and I challenge you to make 4.0 because it may seem hard but at the end it is really not and you will be thankful that you did not. Although you might have heard that Texas State is or was known as party school, it is not what it is or what is not, it is what you make it. If you just want to party you will find them, but if you want a 4.0 you can also get it if you work hard and don't party too much.

Even if you don't know exactly what you want in life or if you have doubts about it being the right major for you, force yourself to make a road map it will eventually increase your chances of getting you to your destination.