

PONTIFICIA UNIVERSIDAD CATÓLICA DEL ECUADOR

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My experience dealing with academic pressure

Navigating the academic landscape is always filled with a lot of challenges and obstacles, which also represents opportunities for us to improve and grow. My journey through education has had a huge impact and marked my life since my first steps. It tested and improved my capabilities and determination to resolve. In this essay I am going to talk about my experience of overcoming specifically academic conflict and how this helped me along the way.

During my first years of school, I was an excellent student and always stood out. Good teachers greatly influence good learning, and I was lucky that my first teachers helped me develop my abilities and gave me very good and strong foundations. However, for economic reasons I had to change schools which meant a decline in my grades and learning. I had to learn by myself and although it was difficult, it was mandatory for me to understand and learn, otherwise, my whole process would be affected.

The initial shock of facing this conflict was affront my fear of failure and overall, the pressure my family put on me. I quickly got used to the new ways and process, and again I stood up and was an exemplary student. I realized I absorb information incredibly well and have a developed memory. This led me to stop putting effort into what I did when I was in school and high school, I never exploited my capabilities, and I could not make the most of it.

My academic conflict actually started by the time I graduated from high school and started university; it is certainly not like in high school. It was a huge change, each lecture seemed to deepen my sense of inadequacy, as I watched my classmates effortlessly understand the material while I strived to comprehend. Doubts entered into my mind, questioning my abilities and suitability for my chosen field of study. I went through a lot of emotions in such a little bit of time. I experienced anger, confusion, sadness, anxiety, depression, frustration, fear, I had a crisis of identity and I started to doubt my decisions and my entire future.

I seek support from other people, I find out I could not make it by myself. Despite my initial reluctance to seek help, I knew that overcoming this obstacle would require not only their support, but also humility and perseverance. Forming study groups with my friends to supplement my understanding of the course materials, I began to get better and better. In my way during the semester, I faced moments of frustration several times, and also some obstacles like lectures or topics that I was not related to at all, but I refused the idea of giving up. To overcome this kind of

problem I had to learn by myself and show the values I had been strengthening, perseverance, responsibility and determination.

At the end of my first semester, I not only passed all my courses, but also this experience taught me invaluable lessons about the importance of resilience, humility, and perseverance in the face of adversity. It reinforced my belief in the power of perseverance and the transformative potential of embracing challenges as opportunities for growth. As I reflect on this chapter of my academic journey, I am grateful for the lessons learned and the person it has shaped me into.