

Freshman 15

- New eating habits
- Only junk food
- Eating at 3 AM
- Constantly drinking
- Stress eating
- No time for working out
- <https://spoonuniversity.com/lifestyle/gain-the-freshman-15-totally-normal-reasons-college-students>

What I need to do to stop the freshman 15

- Cook food on the stove, not microwaving everything
- Only eating when I need to, not when I'm bored
- Not Partying all the time
- Relaxing
- Making time to work out

College depression

- First real breakup
- No sleep
- Poor eating habits
- Not enough exercise
- Parental pressure
- School stress
- Money problems
- <https://www.healthline.com/health/depression/college-students#1>

How to stop college depression

- Get the recommended 8 hours of sleep
- Exercise at least once a day
- Only spend money when I need to
- Don't get stressed out so fast
- Eat good food for all 3 meals

Time Management

- Procrastination
- Lack of effort
- Too much work
- Unmedicated

How to get better

- Get my medication
- Spread out my work over a period of time
- Try because I like this

The five features of emerging adulthood are the age of identity explorations, the age of instability, the self-focused age, the age of feeling in-between, and the age of possibilities.

Age of identity explorations:

1. When students explore themselves, love, and work
2. They find their identity
3. What their beliefs and values are
4. How they fit into the world
5. Partying and making friends

College is all about figuring out what you want to do and who you want to be. The person you decided you wanted to be for the rest of your life in high school might not be who you actually are. So these four years are made to figure out what you are going to do and who you are going to be when you are thrown into the real world. This connected to my guide because trying to figure yourself out takes time and you might go out with your "friends" and forget to study for the big exam you have the next day. It takes a big toll on your time management if you don't choose to schedule enough time to do the important things and then afterward go out and figure yourself out.

Age of instability:

1. Not knowing
2. No parents
3. Living on your own
4. Dropping out
5. Lots of different relationships

This really connected to what I did because when you go into college you have no idea who you truly are because you have always been what your parents want. So you go to this new place with no idea who you are and sometimes what you want to do with your life. You are to get depressed because you are around people who have everything figured out and you don't know anything. Being broken up with or breaking up with someone can send you into a big depression and then you don't do your work. Then you start to fall behind and then you drop out if you don't find ways to cope with the depression.

Self-focused age:

1. Me me me
2. No parents
3. Responsibilities
4. Independent

In college, you are all alone basically other than your friends. But in the way of family like your people, you are alone and they could be a couple of hours away. So all of the people that used to do your laundry, tell you to do your homework, make your food, and give you money are not there. It is all on your shoulders now, you need to make your food if you want to eat, you need to do your homework to pass, you need to do your laundry if you want clean clothes, and you need to get a job if you want to pay for things. This is why it is so important to manage your time

and sure you can get all of that done correctly so that you can go out with friends and get enough sleep to go and do that again the next day.

Age of feeling in-between:

1. Not a child
2. Not an adult
3. Not knowing anything
4. Being treated like a child
5. Being treated as an adult

People say that when you turn 18 that you are an adult and that you are all on your own now. But we can't do anything until we are 21. So even at 18, you are still treated like a child in some places when others treat you just like an adult. There is no common ground and every kid just wants to be treated like an adult, so that they can prove themselves to their parents and peers. This back and forth messes with kid's heads and puts them into a state of depression and makes them feel like they don't know who they are, which relates back to exploring yourself in college. They start to not know who they are because are they a kid or an adult, then when they can't figure it out they give up and stop trying to do anything.

Age of possibilities:

1. New people
2. Hope
3. Confidence
4. Bigger things ahead
5. Optimist

This doesn't relate to the topics I talked about, but it relates to the other things I put in like the motivational pictures and the calendar to mark your days. The only way to get through college without dropping out or getting severely depressed is realizing that this is going to be worth it in the end because you are going to get what you want. It connected to all of the things that I put in my guide to help people realize that you can get through this and you maybe be stressed or crying now, but you will end up with a career that you love and a life you love. I tried to make the guide positive and informational because of all the kids who become depressed from all the work or being on their own.

Are they ready?

In my opinion, after reading all the research and asking my friends who are in or have been through college. I don't believe that 18-year-olds are ready to be thrown into all of this so fast, it should be a gradual thing so that they can figure out what they need to do. That's why I think going to a community college near home for the first two years of college and getting your mandatory classes out of the way is better. You are still near your family, but still, get a sense of being on own to a point where you can get used to it and you are not just thrown into a college 5 hours away in a whole new state. I know that college is meant to be this big thing where you figure everything out, but it shouldn't be so fast.

