CASTAWAY THE DREADFUL MIST

by:
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The wind pierced through my mind. The waves soothed my soul. As I picture the moments I’ve been reminiscing, I asked myself, “Why do we sometimes fear as we move on to a new beginning?”

Many people who got the chance of planting knowledge and skills into their minds have been naturally creating their book of life. In this book, a chapter includes experiences that have life lessons. One chapter could be a start after a very remarkable day of people that once became students, which is the day they graduated.

What comes to your mind when you hear the word freshmen? Freshmen are people who is starting in a school, job, activity. Many of them “beginners” can be quite excited and joyful about being welcomed into their new environment. Yet there are instances when fear their hearts and minds which can lead to a deeper thought.

Here are the “whats” and “whys” about freshmen fears.

Being left out. Being left out is difficult especially for those who do not know anyone who can be with difficulties in socializing with others.

Being rejected. Just like in a job hiring, freshmen could be afraid of being rejected by their classmates, teachers, or even co-workers. Also, this thought can be a cause of being out-of-place. This happens when a freshman thinks that he/she would not have the qualities others would like.
Being broke. Freshmen who support themselves or other members within their kindred could flash this as a premonition. Freshmen, especially those studying in schools or universities with whopping tuition fees could suffer financially if there would be no one supporting them.

Yet, what many people would say, you would do anything if you really lie what you are doing. There are many ways on how you can overcome your fear as a freshman. You can read articles, posts, you can seek for advice and you could even prepare yourself by practicing how to try the things that you are afraid to do, as long as it is good.

Indeed, we can say to ourselves that whether we are freshmen or not, we cannot avoid having a single fear in our lives. What we can do to lessen this is to focus and think if a thing should be feared or not. Also, it is a good thing to be a freshman. Take note that starting over again could be not easy, but it is worth the effort if you do it for good. As what I could only say, “If you want to try something new, wait for the right time, wait for the cue. If anxiety attacks, just hold a fist, get ready to fight and cast away the dreadful mist”.