

College Transition

Shalom Israel! My name is Kristina, House of Officer Mattathias, ATL. I am 19 years old and currently a college junior at Augusta University. My major is cell and molecular biology, with a focus in pre-medicine. My goal is to become an anesthesiologist with a subspecialty in pediatrics. I have been a part of IUIC since my freshman year of high school!

I like to think of college as a transition phase. From the time we can remember we were told don't do this, don't touch that, can you do this, please make sure you do that etc. So now, you only hear your own breath, as someone is waiting for your response. Suddenly, the decisions that you make, the places that you go, and who you see are all up to you. Now what path will you choose?

That paramount transition from a child to an adult is the time where you have to prove to yourself that God, your studies, and your nation are your foundation to why you are there. No matter what major you pursue or career you take, make sure that you are committed and seek guidance. The worst thing that you can do to yourself is be alone. For instance, when I first went to college, I found myself faced with real life. My whole life I was told about scenarios that happen in the world, but those weren't apparent to me till I went to college. I began meeting and talking to people about their life. These seemingly frivolous conversations turned into lessons about what they've gone through and things they've had to overcome. I soon learned how fortunate I was to have the family and sisterhood that many women in the world longed for. Because they were alone emotionally and spiritually, they were seeking love and attention in all the wrong places.

Moreover, the first couple of months of school were easy academically however I missed my family. Luckily, I had sisters there for me, supporting me. I even had a sister that brought me dinner almost every night just to make sure I was eating well and to help me feel at home. Being a part of a body with like-minded brothers and sisters allowed me to navigate myself through the hardships and provided me with an outlet to express how I was feeling. In parallel with their godly advice I felt safe and determined to overcome any temptations of the world.

The years go fast, we must encourage one another, join study groups and have each other's backs. Most importantly, seek and prove a counselor that you can trust, and who you can talk to. Trust me, college is nothing like high school. I actually found it easier to be that light that we are meant to be. No one cares about how you dress, or the headwraps you wear, or who you

talk to. That childish banter starts to lessen as the months progress. For many who are not grounded in the truth, grades set in, and tears are wiped because they know that they were not focused on what they were supposed to. But you do. We have the bible, elder sisters, and loving parents and counselors that are there to guide us in all things. Make us proud Israel, we love you.