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PRESSURES AND BECOMING A PROFESSIONAL

By Mandy Ovalle

I have Math and English homework due on Monday, my boss is changing my schedule, mom called again to remind me about papers I need to turn in, Dallas asked if I could do something with him this week, and I am trying to maintain my personal and academic standards. These are just a few of the pressures I face as a college student. There are many sections of my life that tug at time and require devotion. Between my home, job, parents, peers, and myself, the pressures of becoming a professional college graduate are overwhelming.

College is strict on homework, projects, and class activities. For example, it does not allow for sick days. I have a lot of instructors who care about my academics, but that does not allow leniency. An assignment is due when an assignment is due. Also, many tests are in the same week, which is quite nerve wracking. On top of assignments and projects, I have to attend class and actively participate. While I enjoy being a part of class, it does take time to be on campus. I prefer to come to class though because being in class helps me understand my assignments. I need to hear discussion to better comprehend concepts. The pressures of curriculum are constantly in my mind and seem to be endless.

The second stress of learning to be a professional is learning how to balance a job and a home with school. I still live at home, but I have numerous responsibilities. I take care of my car and help around the house. My parents have a business which I often help with also. To add even more, we are building an addition on our house. Adding on a room to a house is actually tedious and hard work. Especially when I know I have laundry, cleaning, and dinner to handle also. Two days out of the week I am at work and not at home. I work one twelve hour shift on Sunday and one nine hour shift on Tuesday. I am grateful I only work two days, but my twelve hour shift is tiring. I am thankful I really enjoy my job! It has taken me a few months to develop a good schedule that balances home, class, and my job.

My friends and family are wonderful people. They support my aspirations. With their support comes constant encouragement. Sometimes the encouragement is disguised as a massive shove to do what I need to. My friends are sometimes a distraction, but without their distracting me I would not survive for long. My friends make me take a break, but mom makes sure I take care of my responsibilities. I appreciate the hard work and dedication my friends and family provide me, even though it is undoubtedly a pressure in my life.

The last major pressure to becoming a professional is nothing else than myself. I have huge dreams and goals. When I do not do well, it is stressful to think about it hindering me. I know the process of success takes a lot of dedication, failures, and accomplishments.

The failures are sometimes hard to manage, but all I can do is learn and move on to the next step in the process. Someday I will be working in a medical lab, discovering the next big medical breakthrough. Although the challenges will not be easy, each will mold me.

I know I have a bright future ahead of me; therefore I will continue to push my limits.

The many portions of my life are special to me. Without the time my instructors give me, the skills I develop in my home, the money I make at my job, the support from my parents, the breaks with my peers, or the desire to excel, I would not be able to catch my dreams.

One thing I have learned on my journey to becoming a professional, is that the pressures I have makes me better.