

STUDENT REALISM

Sashay Graham

DEFINITION OF REALISM

"Realism is a paradigm based on the premise that world politics is essentially and unchangeably at struggle among self-interested state for power and position under anarchy, with each competing state pursuing its own national interests" (Kepley)


1

As college students we all experience difficulties adjusting to this new environment that has a whole different society within itself.

2

Isolation

Something rarely mentioned is how lonely the first few weeks of college can be, companionship is fundamental for college students. It helps us to cope with being away from our families and childhood friends. Making friends can be difficult, for me, it's simply because I don't have an outgoing personality and tend to shy away from initiating conversation. What's important to remember is we need each other to elevate needless to say, always be yourself and you'll attract what is meant for you.



3

STRESS AWARENESS

It's important to always pay attention to your mental state, this dictates the level of focus you can invest in your classes and assignments.

Some symptoms of stress may be:

- Easily agitated/irritability
- forgetful/disorganized
- Change in appetite
- Increased use of narcotics

When faced with these symptoms its best to take a breather from whatever might be triggering these responses.

From trying to make friends to keeping up with assignments, it all can sometimes get heavy, which is why it's important to find healthy ways to unload yourself; It's ok to take a break your health is more important than a deadline.

4

Financial stability

Financial concerns can further exacerbate college difficulties. Without proper funding, students tend to experience dietary restrictions which can take a toll on their physical health resulting in lowered self esteem and loss of motivation in school. The best way to avoid an upset in your financial situation is to create a budget that helps to keep track of where your money goes. By doing this you'll be able to analyze your spending habits which is the easiest way to look for areas where you can cut back.



5

College life can prove challenging and disheartening when you feel unsupported
It's important to know when to step away and recuperate

MIND OVER MATTER

6