

Reflective Essay: An Academic pressure

An Academic Pressure

Many people think and imagine that college life is the golden period of life and student can be collect lifetime memories in college without having worry of anything and have just fun with their friends. Like, travelling with friends, going to watch movies, also enjoying parties together, feel free to enjoy their young age. But, in current situation and fact is that many of students face pressure from many factors. On that time, student first face parents' pressure because parents always think about their child therefore, they are worried for his future so, that always thinks that their child educate well so that he will be become successful in life. In second factor student always under in the economic pressure. Thirdly, peer pressure, where a student always doing a thing and participate in an activity where they don't want to participate. Last but not least, self-induced pressure where students are severe on themselves to get good grades in exam, to get a good image in school and gain an attention by faculties.

I have a similar story. My family have a high expectation on me and they want that I'm studying well. Especially, my parents have extra-high expectation on me and always tell me that you have to do something in your life so you would have a bright future and we not have to worry about your future. My parents always tell me that how much we love you that's why we are worried for you, and we are trying our best to provide you great education and future so please avoid to high usage of smartphones and avoid watching series and movies it's your to do studying well. Although I have not much economic or peer pressure. I'm overcoming self-

induced and parental pressures by settling my priorities. Focusing on every little step that's needed my goals by making a daily to do list, and then after I always do a thing which my parents want me to do and they have not enough reason to put more pressure on me.

When I have just begun college, I am starting facing self-induced pressure, which can be exhausting from both mentally and physically as I aim to reach perfection and constantly afraid of falling behind in class. I again and again concern about my grades and future. I've always had high standards for myself, and all because of this mental pressure I get really frustrated and disappointed when I don't reach my goals. I'm dishearten to settling my priorities and making a daily to-do list so I can make more time for the most important things and take penny steps towards my goals more frequently. Instead of doing things crazily, I keep my goals simple and just focused on one to two priorities at a time.

According to Zinsser, "There will be plenty of time to change jobs, change careers, change whole attitudes and approaches". This specify that student need to be relaxed and experience life without having a stress because stress can be harmful for human brain as well as body. So, it's important to pay on attention on one step at a time So, you're eligible to work more precisely and comfortably. My self-induced pressure getting down after I make daily to-do list on my basis.

On that time, I'm not only dealing with self-induced pressure, but I'm also dealing with parental pressure much more. I could say it's the most stressful things in my life because my parents are perfectionists and they want me to be perfect in everything too. They have high expectation on me, especially when it comes to my academic performance. If I fail to get all As, my parents used to ground me for weeks and even take away my laptop and cellphone; this is how my life is filled with all the pressure they have put on me. No matter how hard I try, they will never be satisfied with anything I do. The pressure that parents put on their child can drag

them down. I'm overcoming it by doing exactly what they want me to do. For example, my parents don't want me to getting socialize and finish my work every day. So, after school, the first thing I do is finish my all work so they don't any reason to put more pressure on me.

Therefore, I'm overcoming with self-induced and parental pressure by setting my priorities so, I know that what is the most important thing to do first, and always focus on the penny steps that are needed to accomplish my goals by making a daily to-do list so I can get closer to my goals near by near everyday in the most efficient way. I also listen to my parents and obey them because I know that their intention I to make sure that I will have a stable future and they are worrying for me because they love me a lot. Pressure is nothing as long as you know how to handle it.