

Despite looking like a very well rounded student on paper, I do not feel like I challenged myself very much in high school. I took AP courses only in subjects that I was inherently gifted in, and took the easiest versions of classes that I hated (algebra 3 instead of calculus, conceptual physics instead of actual physics). Generally, I was able to study the night before and get As on tests. I had a couple of leadership positions, but the clubs were small and easy to manage. I played tennis and ran cross country but never made it to varsity. However, I do not necessarily regret any of the choices that I made in high school, because after all, I ended up making it to Ohio State. Little did I know that making it into Ohio State was the easiest part.

I did not research my chosen major beforehand. Biochemistry is an intense degree. I was not prepared for the amount of work that would go into doing school work everyday after being able to do the bare minimum and get A's my entire life. It felt like no matter what I did, I always managed to fall behind. Something that I struggled with specifically was time management. I would always tell myself that there was time for something, and then end my days having done nothing at all. I also had the added stress that I was a commuter student who still lived with their parents to save money. As unfortunate as it is, a lot of the socialization that freshmen go through happens in the residence halls. I did not have any new college friends that I could reach out to in times of need, and my friends from high school who went to Ohio State were all doing their own growing. I remember feeling absolutely hopeless. I ended up withdrawing a class AND failing a class that semester, and ending with a 2.5. I had never seen my GPA so low in my life.

A few days before my scheduling window for the next semester opened, I received an email with the words "First Semester Not Go As Planned? We Can Help!". At that point I did not feel like I had much to lose, so I went ahead and scheduled for the class.

ESEPSY 2059 introduced me to what studying in college should look like. All of the assignments were created and given with a purpose. It made me think about what I really wanted out of my college experience, and gave me tools to work towards my goal. The assignments that really helped me the most were the weekly passion planner submissions. As previously mentioned, something that I struggled with was time management. The passion planner forced me to block out time in advance to do things, and it really helped me visualize how much time I actually had in a day. By extension, the class connected me with other students in similar positions as me, and made me feel less alone in the college experience. I still am relatively close friends with people that I met in that class.

One year later, I am no longer a biochemistry major. Assignments I did during SpringForward's summer program made me reevaluate what is really important to me. Although I had a rocky start to college, I am now premed with a 3.5 GPA as a psychology major. The grades that I received during my summer classes helped me to bring my gpa high enough to apply to research labs and various scholarships the following semester. Between my upward GPA trend and newfound friends through the program, I feel more of a part of Ohio State than I did Autumn of 2019. I am very easily able to point to SpringForward's program as a turning point in my attitude towards college and attending Ohio State. You truly get out of the program what you put into it.