

Social-Emotional Learning 1

C: So how is this semester going so far then?

S: Um, it could be better.

C: Yeah?

S: Um, well that's the thing though I know what I need to do better and what I need to work on that I have to do, but like getting there, making myself go there, is like, a task.

C: Mmhmm. Getting over that hump of knowing you need to do it and then like actually getting going on it.

S: Yeah, like the hardest part for me is starting,

C: Yeah.

S: And I've gotten to the point where sometimes I don't even start anymore and that's like, yeah

C: Yeah.

S: It's pretty hard but like I make it hard for myself, you know?

C: Do you think you kind of build it up to be a bigger issue in your head, or?

S: Probably, it's like, I don't know. Cuz like I told you over the phone once I get into my work I'm pretty into it and I finish it, and I do thorough work.

C: Well and you sound like you really like what you're studying too, like you found a degree that you're excited about which is good.

S: Yeah, mmhmm, yeah. Yeah, I think, I don't know, maybe I'm just kind of afraid of the future and I use that as sort of a crutch, I don't know, I've been trying to think about it more, like, why am I like this sort of thing.

C: I think everybody kind of reaches that point in college cuz like, it's this really scary thing because your whole like has been leading to college for a lot of people, or like that's the big goal, you know I'm gonna go to college and get my degree and that will open up all these opportunities so like at least that's kind of like, I feel like a lot of people get told that. And so that's what we think about. But then you get into college and you're like, so wait a second, what's after this? And I think that's super normal and a lot of people, pretty much everyone, feels like that. Like, okay, now what am I supposed to do when this is done?

S: Yeah. I feel that. And also cuz, I don't know what's out there, but like the thing is, I could find out, I know where the resource is, and like I don't use them. So you know it's like I know I'm responsible for like whatever happens to me,

C: Well would you want me to be that person who's like hey, resources. Remember you can google that? Do you want me to google it? I mean would that be helpful or would that feel like, okay lay off lady?

S: I mean I guess once and a while. Cuz like it's also hard for me to ask for help I just grew up like that I guess. And maybe that's also part of what makes me like afraid of the unknown I guess like that stuff I don't know and careers that I don't know exist, like I couldn't possibly, cuz nobody else really did college, or did school even.