

This one is for the discouraged

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Pursuing a college major can sometimes feel like a daunting journey, especially when doubts and discouragement start to creep in. You want to be absolutely enthralled by your newly specified academic journey, but you're not. Lots of students feel this way and your feelings are valid.

First and foremost, remember that it's perfectly normal to question your chosen major. Your interests and passions may evolve over time, and that's okay. College is a space for discovery, and it's not uncommon for students to refine their goals and aspirations along the way. Take the time to see what truly excites and inspires you.

Consider seeking guidance from mentors, professors, or career advisors. They can provide valuable insights, share their own experiences, and offer advice on navigating the challenges associated with your major. These individuals are there to support you, and their perspectives may shed light on new possibilities you hadn't considered.

It's crucial to understand that setbacks and challenges are integral parts of the learning process. Your major does not define your worth or potential. Each challenge you overcome contributes to your resilience and helps you get one step closer to finding your perfect career match.

Making friends with fellow students who share similar academic interests can also be immensely beneficial. Connecting with peers allows you to exchange ideas, share experiences, and provide mutual support. These are the people to confide in and learn with. You may discover that others are facing similar challenges, and together, you can navigate the highs and lows of your academic journey.

Lastly, be kind to yourself. Understand that it's okay to change directions and pursue a different path if your current major is not aligning with your goals. Life is a continuous journey of learning and adapting, and your college major is just one chapter in that journey.

College is a time of exploration, self-discovery, and growth. It's natural to encounter moments of uncertainty, and it's okay to feel discouraged at times, but embrace the challenges, celebrate your victories—no matter how small—and keep moving forward.