
Concern for the future

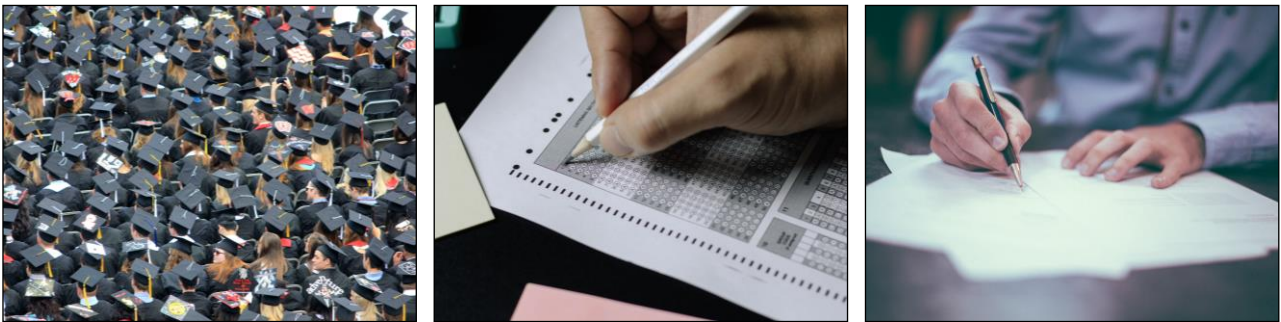
Student concerns about graduation and future uncertainties

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The state of emotional stress arising out of unhappiness, concerns, and feelings of impending doom is defined as anxiety; a normal, universal human emotion which can be experienced at a given period of human lives. Individuals experiencing feelings of anxiety, pessimism, uncertainty, fear and hopelessness tend to think that they are having struggles born out such challenging feelings.

There are two common types of anxiety: The first one involves individuals experiencing concerns about personal momentary strife. As for the second type of anxiety, these feelings rather represent a chronic process. We may feel anxious due to many reasons in different stages of our lives. It is absolutely normal to experience anxiety vis-à-vis situations that affect us and our lives, but the important thing here is the frequency, intensity and duration of such feelings.



Education is commonly thought to be a useful asset that helps individuals meet their personal needs, improve their careers, live independently and stand on their own two feet. That said, the education process of every individual is shaped individually through that person's wants, desires, motivation as well as the challenges and opportunities they may come across during their time studying. It is often observed that the learning environment is mostly perceived by student as a marathon in which they are forced to race each other to score high grades for admission to top high schools or universities. This marathon, however, does not come to an end after graduation either. The assessment and grading system at school is replaced by new challenges like finding a job, pursuing further studies, climbing the career ladder. When we let ourselves think about we don't know how our future will be like or we can't plan our future, when we experience indecision, or when we start comparing our lives to those of people around us, our feelings of anxiety may rise to an alarming level.

The anticipatory anxiety is basically defined by the fact that we do not have any solid, negative or positive information about the future. Often times, it is hard to deal with uncertainty. For a student, for example, the upcoming graduation might trigger feelings of anxiety. Many factors including family's expectations, parents' attitude, number of siblings, socio-economic level, relationships built on campus between students, professors, and friends, unemployment rates, personal goals, friend circles, academic success, parents' occupations, and chosen major, potentially affect the level of anxiety.



Since last year, COVID-19 pandemic has been causing senior students to feel anxious about their graduation. They all had concerns about whether the commencement day and the cap tossing ceremony would be cancelled or not. The new lifestyle under pandemic control measures which involved 'online classes and examinations, studying and socialising constantly from home' has been quite challenging as well for students, since campus was the perfect spot for them to socialise and make friends. The seemingly never-ending pandemic risk has forced a large number of students to leave their social circles and return to their home cities/countries. Virtual classes have been a big challenge for students with limited technological resources available at home. Pandemic brought huge financial sufferings to many students who had to work to pay tuition fees, or their parents who lost their jobs over the course of a year. Similarly, internships, job applications and interviews could not be conducted normally as they were in the pre-pandemic period.

If you think you need support due to approaching graduation or experience concerns about the future, you can always contact us at the following email addresses.

For general inquiry and appointment scheduling:

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