



back and survive through this school year.

Even with the negative impact getting lost gives, there can be some benefits. Being lost can lead to a deeper understanding of yourself and your goals (Psychology Today). You might not know what you want to pursue in life just like me. About 35% of students enter college with an “undecided major” and about 75% of students change their major (Psychology Today). Having this confidence to change the major shows that you realized you were lost and found something that is a better fit for you and what you want to do. I hope I can also find out what I want to pursue and be able to pursue it with a strong sense of direction knowing I won't stray off of it.