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Peer Mentor

This I Believe Essay

June 19, 2014

My Support System

I believe that everyone needs someone or a group of people that they can go to for advice or help throughout life. My family, especially my mom, is my support system. With the changes in my life, they have always been by my side through the ups and downs as I have grown up.

My family has always been by my side since I was a little girl. They have helped me grow up and pursue my dreams. When high school was ending and college was soon beginning, I realized I needed them more than ever. My whole world was about to be turned upside down and everything was about to change and I needed them by my side to get through this time.

When I was graduating from high school, packing for France and about to turn 18, I was so scared. I was scared about what was about to come. I didn't want my life to change, but my family was right by my side to reassure me that everything would be ok and that I was prepared to start this new chapter of my life. I remember when I was getting ready to put my cap and gown on, I broke down crying right before graduation and my mom came running. She looked at me and said she loved me and was so proud of the young woman that I have become. That's when I knew I could do it. She helped me cross that stage and get ready for the next journey that was ahead.

Enjoying my summer with my family, these next few months flew by and it was the middle of August. It was time to move into my dorm. I didn't have my family in the next room, but strangers who I didn't know. I was beyond nervous and scared for what was about to come. I didn't want to move out and start a new life without them. But it was time for me to go and that's what I just had to keep telling myself. It was time for me to start over at college and I knew my family would be right by my side through the whole experience whenever I needed them. I thought that I was going to be ok. We moved all my stuff in and then they left. It didn't hit me that I was all alone until later on that night when I was sleeping in a room with someone who I did not know. I was already homesick and in shock of what was about to come. It was surreal now, I was alone at college. I called my parents and begged them to come and get me but they knew I needed to stay. I just needed a little push. They sat and talked to me for hours on the phone, they reassured me that I was ready for college and that it was going to

be ok. They said that they were only a phone call away if I needed anything or anyone to talk to at any time, so I took advantage of that when the semester started. I used that phone call every day to talk to them about how I was doing and asked for advice when I needed it or help in different situations during my first semester. They were always there for me even when I called at 11 pm or 2 am. They helped me through the ups and downs and really helped me through the first semester of college. I don't know what I would have done without them by my side for the good things and to help reassure me when I needed it, and support me through this new experience in my life. I am forever grateful.

Everyone needs someone that they can lean on and to be by their side. These people will help them through their toughest times and happiest.