

## CHALLENGES I FACED DURING MY ACCADEMIC JOURNEY AT THE UNIVERSITY

My name is Kemigisha Praise 22years old a beneficiary of UECD from Uganda. I completed my Human Resource Management course from Makerere University Business School and waiting for my graduation in January 2025. However, throught my academic journey I faced a few challenges but I was able to overcome them through the help of my family, friends and believing in myself.

### 1. SOCIAL ADJUSTMENT

I joined campus in 2021 but didn't know where to start from since I didn't know anyone, didn't know where to go because the environment was new to me which made it hard for me to fit in and make new friends because I was used to high school life where friendships are made easily but as time went on I was encouraged to participate in campus activities like sports, talent shows, workshops where I made so many good friends who helped me throught my academic journey in university.

### 2. ACADEMIC PRESSURE

University level is a higher and different level from high school where course work is more demanding than what I experienced in high school, the increased work load, higher expectations and need for independent study can be overwhelming but with the help and use of study groups, libraries, summarizing my notes into small notes, scheduling a reading time table, attending workshops and seminars I was able to co-op up with the academic pressure I had.

### 3. HOME SICKNESS

Joining university I had to leave my family and friends behind which gave me a hard time in the first days because I was used to staying home all the time but having their contacts made it easy for me since I would communicate to them on voice calls and video call to see how they were doing and they always encouraged me to stay focus and count on them in case I face hardships at campus.

### 4. ROOMMATES

When I joined university I had to find a hostel which was near campus to make it easy for me and also keep time for my lecturers, so I got in touch with the custodian of the hostel I got who paired me with another person which challenged me because people have different characters, interests and behavior's, we would get misunderstanding's as roommates about cleaning, using ones things without permission, she would every time bring her friends and spend a day in our room but as time went on we got to learn each other's ways, we set rules and limits, involved our custodian for guidance which made life easy throught out academic journey.

### 5. DISTRACTIONS

University life is were one becomes independent as this comes with a lot of distractions like bad peer influence, social media like facebook, partying every time sice there is no one to control them which result into less focus on books but when u seat down and realise where u come from, your purpose, dreams and what your goals are.

## **IN EVERY CHALLENGES THERE ARE LESSONS LEARNT AS BELOW**

### **1. Time Management is Key**

University teaches the importance of balancing academic work, social life, and self-care. Prioritizing tasks and setting clear goals can significantly reduce stress.

### **2. Adaptability Builds Resilience**

Challenges are inevitable, but learning to adapt to new situations—whether it's shifting deadlines or unexpected life events—develops resilience and problem-solving skills.

### **3. Seeking Help is Strength**

One of the most important lessons is that asking for help, whether from professors, peers, or counselors, is a sign of strength, not weakness. We all need support to succeed.

### **4. Failure is a Stepping Stone**

Facing setbacks is a natural part of the journey. Learning from mistakes and viewing them as opportunities for growth helps build confidence and perseverance.

### **5. Community and Collaboration Matter**

Working with others, sharing experiences, and supporting each other through challenges creates a sense of belonging and can make the university experience more rewarding.

### **6. Networking and building relationships**

The relationships we build in universities whether with peers, professor's or mentors can have a lasting impact which helps us build a support system and opens doors for future career opportunities.

### **7. Perseverance pays off**

Despite setbacks or difficulties, sticking to our goals and pushing through these challenges leads us to long term rewards. University life shows that hard work. Persistence and determination truly pays off.

University life is undoubtedly filled with challenges from academic pressure to navigating personal growth but its through these challenges that we discover our strength, resilience and power of community so as we continue to face these obstacles let's remember that every hurdle is a step closer to success and self discovery. Together we can rise above. Support one another and thrive in this journey.

***Text by: Praise Kemigisha***