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My Comeback

There is a saying about life, “It doesn’t get easier, you just get stronger.” As I finish off my spring semester at CPCC, I can say that it did not get easier, and college will probably never get easier. Instead, I’ll continue to gain valuable experiences and the wisdom to help me become stronger.

My spring semester was my first semester in college, becoming a full-time student. Returning to school at the age of twenty-five and coming out of a long hiatus was difficult to adjust, especially while having a full-time job and experiencing a different learning environment—all during a global pandemic. I had to constantly remind myself of why I was pursuing a college degree.

The first two weeks were the hardest. I had forgotten how to round numbers in my statistics class, failed an English assignment because I didn’t read the syllabus, struggled with technological difficulties, and cried because I was so overwhelmed. I contemplated quitting, questioning my comeback to school. After all, giving up would be the easiest option. I wouldn’t have to stimulate my brain and complete all those lengthy assignments, but then I wouldn’t be able to achieve my career goal.

I had to make a sacrifice. Adjusting to this new routine was challenging, and instead of hanging out with friends or watching television, I had to dedicate most of my time on school. The sacrifice paid off; I started getting more comfortable with my virtual classes and created balance in my life. Whenever I felt overwhelmed, I quickly stopped doing school and found something else to do that brought enjoyment and relaxation; Managing my time wisely.

We are all unique and have different ways of absorbing information. I learned that I have to take many breaks because if I don’t, my brain stops processing information, and then I get overwhelmed. Luckily, everything was online, and I had the total freedom to hit pause on a recording or ask as many questions that I had into Google whenever I wanted.

There are advantages to online school, but there are also disadvantages, just like anything in life. I had to make a choice and be optimistic, not to dwell on the negative and focus on the positive. Once I focused on the positive side of online school and the benefits of doing the work, I was able to move forward. It’s a choice to move forward and be resilient, not only in school, but also in other aspects of life; relationships, jobs, finances, etc.

The hardest part of college is showing up, physically and mentally. Sometimes it’s not even college that’s hard, but the external factors of life preventing students from focusing on school. I still struggle with this, as I’m learning to stay present and transforming the idea of school assignments into self-care. I focus on doing my best; even if I don’t end up with an A—I end up learning something new, and it’s fulfilling to know I’m taking care of myself and my future.