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January 17, 2018

### Ecological Perspective

When looking at ecological perspectives, these transactions occur between people and their environments. It involves the way in which people interact, socialize, and adapt to challenges in their life time. It is broken down into three different parts, person environment, adaptations, and life stressors. Behaviors from an ecological perspective can be used for adapting to things between people and their environment as well. From the past year, I have been faced with many challenges from an ecological perspective such as being away at ODU, having a new environment in Norfolk, and having roommates/ suitemates on campus. When adapting to these challenges, it has changed my outlook on life as I surrounded myself with positivity and growth. Having positive mindsets often bring about positive outcomes. Life experiences that I had to face in college included exploring options, building relationships with others, managing responsibilities on my own, and asking for help.

Being away from home and living on campus was overwhelming at first. I remember it hitting me that I would suddenly begin to face new responsibilities on my own and have time management without being at home with family or friends. I made schedules that helped divide my time with class, studying, and doing work. From seeing unfamiliar faces all around, it opened up opportunities for having more friendships and connections with others. As I adapted to this new environment, I noticed that I was not the only one that had to get adjusted to the college life. I began to feel more comfortable and it became easier for me as I began becoming involved in school activities, organizations, and social clubs. These different things gave me a chance to explore and open up to new things and new people around campus. Getting involved with things on campus

made me feel more at home and being a part of the community. Before having a vehicle, I also had to get adjusted to the ODU shuttles and know their designated times on the ODU app that I had downloaded. Being in college and having order made me gain confidence that I need to succeed in life.

Although I have faced new challenges and opportunities, I also had some stressful events that has happened to me in the last year. When first coming to ODU, I became homesick and wasn't used to doing a lot of hard course work. When stress occurs or continues over a period of time, it can cause emotional disturbances such as anxiety, fear, and anger. Coping strategies that I used to deal with stress were going to the gym, listening to music, reading, hanging with friends, and watching movies. All of these things helped me with getting through school and helped me to decrease misfits that can occur between people and their environments. ODU has impacted me as I had different challenges that I had to overcome. I had to get accustomed to a lot of things such as getting to know the campus and the college environment itself. It has taught me to balance out my schedule and to manage my time wisely.