

All The World's A Stage:
Overcoming Anxiety
In Freshman Year



Nick Mackowiak



Nick Mackowiak was born in Shreveport, Louisiana, and is currently a freshman at the University of Louisiana at Lafayette. He studies Performing Arts with a concentration in Acting and takes creative writing courses whenever possible. Having been passionate about theater and writing since his youth, Nick strives to enhance his understanding of the two art forms while attending college. Outside of his creative endeavors, Nick enjoys cooking and crocheting for his family and friends. In the future, he hopes to work as a professional actor and playwright, with the goal of opening his own theater to teach performing arts to children.



Freshman Nick Mackowiak grapples with anxiety as he navigates the challenges of college life. The novel, framed through the perspective of a theater student, explores key questions: Is pursuing one's passion worthwhile? How can one come to terms with anxiety? What defines happiness? From move-in day to his debut performance, the novel challenges the prevailing sense of hopelessness in his generation. Through his daily search for meaning and fulfillment, the author revitalizes his passion for life and encourages others to do the same.

