

DUE TMRRW!
anxiety

Stress and Senselessness

DON'T FORGET!
homesick

WAKE UP!
motivation

A College Freshman's Memoir
By Mia Johnston

SEND EMAIL
friendships



About the Author:

Mia Johnston, a Louisiana native from Meaux, is a freshman at the University of Louisiana Lafayette. She's pursuing a major in Secondary Education with a focus on Social Studies. She will also minor in Creative Writing to strengthen her skills as a writer and a soon-to-be novelist and in Linguistics to gather the skills she needs to achieve her dream of teaching the English language in Japan. Supported by her mom and her big dog Goldie, she aims to graduate in four years and relocate overseas within six.



Summary

Mia Johnston explores the impact of constant stress on a college freshman in her memoir, *Stress and Senselessness*. Transitioning to life away from home and newfound responsibility, she navigates the tumultuous Fall '23 semester, encountering both successes and mistakes. The central questions loom: Can she develop the self-discipline needed for college survival, and will her mental and physical well-being endure the challenges? Join Mia on her journey through the chaos of freshman year at the University of Louisiana Lafayette as she learns pivotal lessons of adulthood and shares her transformative story.