

Elian's Story

THE PROCESS OF APPLYING

HOW IT IS FOR A PERSON WITH MENTAL HEALTH ISSUES TO APPLY FOR HIGHER EDUCATION....

THREE WEEKS BEFORE THE PRE- TASKS WERE PUBLISHED

We looked up to the day when the university will publish the pre-tasks. Three weeks away... Why shouldn't they just be published already? I really wanna pre-think them, even though that is not a possibility... Some sort of "pre-task thinking week", before they are out? Ok, I don't know. Hopefully, the assignments are inspiring and not boring and stuff. But now the only thing I can do is just wait and that's really irritating...

THE APPLICATION PERIOD HAS STARTED

My first thought after I read the assignments is scary. I feel like I don't understand any of these tasks and I'm feeling anxious.

We made a deal with my coach that I will just get to know the assignments better in peace and perhaps think about them a bit. My brain is going a flat line, there's nothing I can think about... I should probably have a glance at the assignments alone at first. So my anxiety wouldn't be so overwhelming.

Now I can't hear any words that are coming from my coach. I only doubt myself, my abilities and my skills to do this.



The first instinct is to question me and my skills. Second is questioning that what if this isn't my career and I am just wasting everybody's time? Wouldn't it be easier just to stay at home?

But we will try to work on the assignments and application anyway.



I had two weeks of homework. I needed to plan my assignments. I did it on paper or the phone. Every idea is good, even if they are not completed yet. My coach recommended, that if I am out of ideas or need to change the task, I would then work on my CV, motivation letter and SWOT analysis. So they won't be forgotten.

DOING TASKS

I had a brainstorming session with my roommates. I received good feedback with constructive criticism. It turned out to have a pretty good podcast idea. So we'll see what we will have in the end... I planned cover images and everything. At this moment I am feeling pretty excited, although those feelings are coming and going pretty fast. Perhaps it's the stress talking. Or fear that my ideas are not good enough. No idea what one word means and google is suggesting its' own...



MEETING WITH THE COACH



It felt nice that I had actually worked on tasks. Although we have just started those. If I could finish planning even one of those cover images... I had planned to finish this podcast assignment before moving on to the next one.

It's a little weird though, at first the podcast assignment felt like the most difficult one. And now it has shifted to other tasks that feel more difficult. But I guess that is how inspiration works.



DOING TASKS

A few days have gone by since the last meeting. I started wondering if I should have marked the days on these headlines...

But, I don't know.

I was meaning to do the covers for the podcast assignment, but instead, I am writing it. But as long as I am doing something, it's good.

I have already done some describing for the first episode of the podcast. We were supposed to describe a little bit what happens in each podcast. Then I remembered that there were supposed to be a minimum of words. But gladly I was not too hard on myself because of this...

I wrote my motivation letter today. I do know why I wanna apply. But it's hard to put it in words, that sounds right. It feels that as soon as I start writing, everything sounds dumb. I finished and almost cried. I gave this letter a lot of myself. I needed a break afterwards and I only finished one assignment.

Now I am playing and doing assignments simultaneously. It's easier to have little breaks at the same time.

Here is one quote from my motivation letter:

"When I was a child I played by writing. Without even knowing how to write. I planned I invented, I created stories that were bigger than me. They followed me from my youth to adulthood like echoes."



Re-scheduling the meeting

Two weeks are left to be done with everything. We had to reschedule the meeting with my coach because I slept so poorly. Either a light, stress or something is keeping me awake. I don't know. But my assignments are coming along pretty well. Even if a lot of things are still a question mark for me. How will I get my school diploma on my resume, when they don't wanna budge from my computer? And I need to scan my other diploma from somewhere...

But my CV is ready yay! I am at my workplace and people are talking. All the noise is taking my energy and I am having a hard time focusing. I managed to make the room board and it's weird to have one more assignment left. I have no idea how I will do it. But one more! YIKES!

ONE WEEK LEFT

One week is left to be done with everything. I had a meeting with Essi, my coach. And I have all the assignments pretty well together. I am slightly worried about my last assignment though. I am especially proud of the images that I drew for my podcast assignment.

At this moment, I am just proud of myself. I think I will really apply this year... I will get all my assignments done.

I am a little scared that I will not cut. How will it break me?

I hope that will not happen. Today or tomorrow I will have a little brainstorming session about the video assignment.



25 HOURS LEFT

I planned and shot my video. But now I have technical difficulties... One of the video clips doesn't want to be transferred to the computer. I didn't find it on my phone when I tried USB. My computer didn't want to connect with my phone when I tried Bluetooth. And the clip was too big to send by email.

I tried to transfer it through WhatsApp, with no success and now I have one card left. One that has never failed me. The Facebook messenger. But we shall see... MUAH It worked! Now I just need to edit like there is no tomorrow.

I sent the application. Now I am laying in my bed. The time is only 20 minutes past 2 pm. So many feelings! Relief, fear, I want to yell a little bit... But now, I will go eat something while thinking about my life choices.

AFTER

It's been a month since I sent my application. And half of another month still to go till I will know the results. I try to forget that I am waiting for an answer, but it's hard. Especially when reminders keep popping up from different places. What will I do, if I don't get in? I don't know... Keep living I guess.


Nothing will end if I won't get in. Well, my self-confidence will crack. I have already gotten many denials from different jobs. And I feel like nothing is moving forward. I am not moving forward. And there isn't even an exact day when we are supposed to know the results...




ANSWER

I wasn't chosen for the interviews. Umm, I may get to a waiting line. But I have no idea where my score goes. I haven't gotten them yet.

Everything that I did, feels pointless... I know it wasn't. I am not sad, I am just disappointed. I am not sure if I can apply next year.



I was thinking of checking out the open university courses. So I have something to do. That I won't freeze...



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