

This I Believe Essay

I believe in the tides.

I grew up on the south shore of Long Island, with the bay and ocean minutes away from my home. I can honestly say that I fit the stereotype of a spoiled, tan, and beachy Long Island girl. I'm very proud of where I come from. Long Island has made me who I am, and I couldn't be happier.

In my first 18 years on the planet, I saw little change. I woke up everyday, went to school, went to practice, ate dinner, went to bed and repeated the schedule the next day. College application time came senior year, and I decided to follow everyone's advice, "get off the island". And with that in mind, I chose SUNY Brockport. In August, I left my cozy hometown and traveled 400 miles away to attend college. The first couple of weeks were rough. I just left my parents, siblings, friends, cousins and my grandma and now I'm in a town where I don't know a single person within a 400 mile radius. At the same time, I really liked Brockport and just felt guilty that I wasn't home for my family.

A major change can make life a little rough. My grades suffered, I secluded myself a bit, and I constantly worked out passed my limit. I missed my friends, my family and my wiener dog Ned. But most of all, I missed the ocean and the tides.

Life changes like the tides. Every 6 hours or so, low tide changes to high tide. And in another 6 hours, that high tide will change back into low tide. You may be far away at school for a while, but you will return home before you know it. And as soon as you are missing school, it's time to leave home and go back.

Low tide is fun for a bit because you can see the bottom of the bay, and it's easier to see crabs and fish. High tide is fun because you can jump off the dock without touching the bottom, and it's easier to dock a boat. Being a student away at college is like the tides. You get to experience two worlds at different times, and for four years you flip flop between them. Life can be cyclic like the tides. I believe life does go in a circle. Hard times may happen for a while but the tide will rise again and you will return to your roots back on the south shore.

Adjusting to change can be hard, but I always remember to believe in the tides. You just have to wait it out sometimes until the tides change again.