



Causes for student anxiety and solitude

By: Prince Easy



Who am I ?

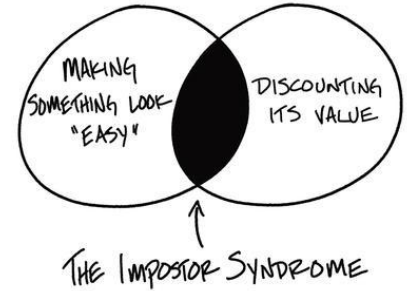
- Name: Prince Easy
- Current Dartmouth College Senior ('26)
- Born in Bronx, New York.
- Major: Biomedical Engineering
- Future Aspirations: Manufacture Medical Device or become a Tissue Engineer



Central Question

As a student living in the United States, what do you think are some contemporary causes for student anxiety and solitude among your peers?

Imposter syndrome



BEHAVIOR | GAP

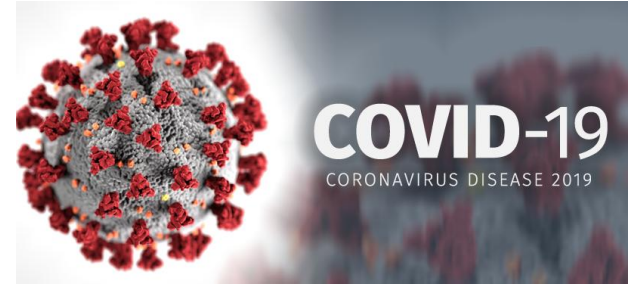
- The feeling that you don't belong here
- Your achievement of getting into college, was underserved. This leads to a belief that your peers are better than you. This turns into a downward spiral of negative attitude and projections onto other people.
- Economic gap between you and your peers
- Unrealistic expectations fueled by social media



Cultural Shift

- Coming to college, typically your surroundings have changed. You aren't around the same people anymore.
- Adjusting to these changes can be difficult, since you're taking that first step into independence
- Parents/Guardians are no longer around to look after you on a daily basis. This new found independence can be overwhelming.
- Learning/adjusting to a new cultural environment

Pandemic Effects



- Deep isolation from March 11, 2020 - May 5, 2023. Almost 3 years of people staying inside and not socializing
- People lost loved ones during this interval and likely didn't have the chance to grieve properly
- Adjusting from staying inside to wearing masks/vaccinations to returning to what was normal life
- People missing out on pivotal social interaction during very developmental stages in life

My Experience



- Coming to Dartmouth was a huge adjustment. Going from the Bronx to where I was primarily around my black friends and family to living in an area where now people of color in general were the minority.
- In my first year I mostly stayed indoors to focus on school
- As the years passed I slowly found my friend group
- Joined Extracurricular activities
- Finding that “Golden Mean” that Aristotle mentions. Being able to go out and make the most of the college experience without trying to overcompensate because of the initial anxiety of college

Thank you!

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