MOIC

Coming alone to the UK (United Kingdom) for the first time for University from Malaysia was a big change in my life and a big step for me. At this point in time, I would say I was in an “extraversion” stage which is positive and excited according to Costa and McCrae (1992). Moving to the UK meant that I would be living away from my family for the first time which initially made me feel like I would struggle financially. This is because I have never lived on my own before and this made me feel anxious and afraid that I was going to be a “neurotic” person who’s vulnerable and self-conscious (Costa and McCrae, 1992).

Living in a house with 6 foreign students that I had never met before was a challenging situation as I had never lived with any strangers before and found myself distressed as I had to start living in a new country without any help but making the effort to get out of my comfort zone was a change I had to make. One of my main problems was the language-barrier as English is not my first or second language but a language that I had only learnt in school. This made me feel really insecure and distant to whomever I met which was abnormal for me, as I would normally categorize myself as more of an “extrovert” (Cameron and Green, 2012:15) and usually tend to surround myself with family and friends, However, at the time I was lonely and friendless in a completely new environment. It was not easy coming out my comfort zone and having to speak English rather than my native-language but I had made a commitment to come abroad and learn. I started making changes by socializing and reading more than I usually do and that was when my English became fluent and I was not as negative about being different from my peers. I didn’t realise how having a positive attitude and being motivated to change were key to adapting to my new surroundings. According to Maddux and Rogers (1983) “self-efficacy” can be a big determinant of achieving challenges or goals. Self-efficacy is proven to be really powerful with regards to behavioural intentions and motivation (Bandura, 1994). This is why having strong “self-efficacy” allowed me to overcome some of my issues. In the process I was surprised at what I could achieve in a short time period and realised it was due to me trying and leaving my fears behind.

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* Group work difficulties - participate – being shy – language – communication – culture shock – initiative being a leader – leadership
* Time management – thinking about family and trying to manage my time with school work and working life – time management with traveling to uni becz living an hour away and had never taken public transport back in Malaysia because its not common there . or anything related