As a child, I spent a lot of time playing hide and go seek with the kids in my neighborhood. I can still recall the adrenaline that came with finding the perfect hiding place, and holding my breath as the person who was “it” came ever so close to my spot and then racing to home base hoping not to be caught. The excitement and exhilaration that came with playing this game was coupled with the feeling of nervousness and anxiety of possibly being “found” by the seeker.

Starting college is a lot like hide and seek. There is the excitement and adrenaline of the opportunities and new experiences that await. There are times when you will want to be seen with others, racing around and exploring this new place. That excitement can be coupled with feelings of nervousness and anxiety of making new friends, doing well in your classes, and meeting your personal goals. At times, you may want to be hidden away hoping that no one will find you while you seek refuge from the noise and busyness of the college experience.

It is important to give yourself the time and space for both of these experiences – time to be with others and time to be alone. During these times, seek comfort in knowing that though you may feel that you are in a place of darkness or uncertainty, you are not alone. Even in times of darkness, when you are hidden away from others, you are never alone. Psalm 139:7-12 assures us that, “even the darkness will not be dark to you.” Throughout your college experience, rely on the Lord to light the darkness and “shine like the day.”

**Life Question:** When you feel that you are in darkness, how do you open yourself to the light of the Lord?

**Prayer:** Lord, thank you for never leaving me. Help me see your light even in times of darkness. Amen.

*Jennifer Latino, Director, First-Year Experience*