Jermaine Koreman | Autism

It took me a long time to understand how autism expresses itself in my daily life. Through years of reflection, I have come to realize that it often shows up as perfectionism and extremely high expectations of myself. When I feel I have not met those expectations, I can become very self-critical and experience intense frustration and disappointment.
One of the biggest challenges during my studies is social interaction, particularly in group projects. I often hesitate to approach others because I worry about saying the wrong thing or getting a negative reaction. As a result, I sometimes wait for others to take the first step. What has helped me is being part of environments where social interaction feels safe and predictable. Through activities with 3D on campus, I have gradually become more comfortable connecting with people.

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