

I'm actually transitioning from newly grad into the real world, either working or as a PhD student. So I started talking to professors that I know, that I don't really know, or that I just take a class with. It's really nerve wracking to talk to them about what I want to do, and to try to get them to help me, but I don't really know if they would want to. It just feels so worthless. I don't know why they have to help me for many reasons, and I feel like there are more people out there that are better than me and smarter than me. I don't know why I should convince them that I am the one, but I know if I could get a PhD or a job, I would do a really great job. It's just my self confidence is not there, and I don't really know how to get it up there. Every time when I talk to the professor, I feel like I'm screwing things up. It's just so hard, why does it have to be so hard?