

3-1:

“Young adult” it sounds like a curse, a confusion state of being old enough but not really. Yeah I’m responsible for MOST of me... What does that even mean? Being a young adult for me is like the cocoon to become a productive asset of society. I still get to go to school and advance in whatever I want, it is being exposed to what life can really be, but it’s just tip of the iceberg, but like in the Titanic it can sink us... Being a young adult is being able to take care of yourself and to learn to become responsible, especially for yourself.

The best way to learn about and to become a better young adult is I believe by experience, which follows the script of *Culture as Comfort*, we as humans are not born to be anything, young adult hood itself is a way to learn about adulthood. Me as a student I can learn to become responsible for myself by either making the wrong decisions or the good ones: if I make the wrong decision for example; if I decide to go to a party on a weekend and get ‘wasted’ I would learn in the morning that, the night prior was completely unnecessary and stupid. If I could do it all over again, I would be more mindful of the good things to in my nightlife.

3-2:

Two cultural ruts that I belong to are; first, Spanglish, speaking English and Spanish almost simultaneously in conversations, and sometimes mixing the two languages in words; second, having a, what is most commonly known as a swimmers appetite, which is just indulging in food, even when not physically hungry, especially now that I’m not swimming.

The strategy to get out of my swimmer’s appetite cultural rut, one that I’m already adapting to, is that of self-control and a diet, but overall self-control with the diet. Not like a “I get to eat one thing” kind of diet, but being mindful of what I eat and such. Another way to cut

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off this cultural rut is by going back to my former self of, working out 5 hours a day, but that's not happening. This cultural rut may not technically qualify as such but I believe it does because it's a psychological aspect of myself that I learned by being with the people that I used to be with, swimmers, and demanding more than 100% of my body. It is a cultural rut because it becomes a tradition after you've lived that way after four years.