

College & Relationships:

Can They Really Work?

By Meagan Murphy

The highs, the lows. The down-low on college boys & monogamy.

It seems that there is an endless amount of opportunities in college – from classes and majors to career choices and activities ... even boys.

One would believe that being exposed to such an array of different opportunities would be a good thing, but if there is always a new batch of guys coming into your life, where lies the importance in really getting to know someone? What if Mr. Right has already passed you by while you were without a care? Maybe you've already met him, but because of this dizzying atmosphere, you gave him up for the next frat boy serving you a drink or saving you a dance. Scary thought, isn't it?

Popularly known as "Dr. Drew", David Drew Pinsky is an American board-certified internist and addiction medicine specialist. He teaches at the Keck School of Medicine at USC, but is best known as a host of the nationally syndicated radio talk show, Loveline, where he offers advice on a wide array of lifestyle issues affecting people of all ages. When asked the question, "How do you maintain a college relationship?" he responded,

"I hate to say it, but I usually discourage people from trying to maintain relationships in this situation. College is a very important time to establish an independent sense of yourself amongst a new peer group. Keeping a part of yourself tied up in a relationship really prevents you from engaging with your new peers, because emotionally, a significant part of you will be unavailable to others."

Now, this is not to say that Dr. Drew is the all-knowing relationship guru. However, taking such a source into account, what does that mean for college women? Do we merely stop trying to find love?

Many of you may express a similar mentality as the character Katie (Brittany Snow), in the movie "John Tucker Must Die," when she says,

"I wish it could just be simple, like a retro pop song, 'I want you to want me.' Boom. End of story. We all live happily ever after ... but it's never really like that, is it?"

Why do we make it so hard on ourselves? Why do we play games? College relationships shouldn't be so serious. They're supposed to be fun and exciting. Perhaps you've met the man who you're going to spend the rest of your life with, but how are you supposed to know that if you don't establish a strong sense of yourself first? I am not bashing college relationships, friends with benefits, or any other way that you connect with others within your sexual preferences.

But I don't recommend associating happiness with having a romantic relationship. Start being happy, being you, even if that means being single.

After all, isn't it the unexpected things in life that keep us going? As Meredith Grey says,

"At the end of the day faith is a funny thing. It turns up when you least expect it. It's like one day you realize that the fairy tale may be slightly different than you dreamed. The castle, well, it may not be a castle. And it's not so important happy ever after, just that it's happy right now. See once in a while, once in a blue moon, people will surprise you, and once in a while people may even take your breath away."

So let life surprise you, allow it to take your breath away, release any and all expectations you think you have about college, relationships, monogamy and love. If you stop worrying, everything will fall into place from there.