**Identification of Stressors**

Overcome Frustration - Take Charge of Your Learning - Put in the Time - Be Patient - Get Your Hands Dirty - Try Things on Your Own - Team Up - Master the Art of Google-Fu - Make a Plan - Self-Care Is Key - Be an Engaged Student

Being patient, trying things on my own and teaming up will be a significant challenge in the course. As someone who has a difficult time asking for help, I will need to make an extra effort to ask for assistance to avoid falling behind in the program. My first goal is to create life-long friendships with other students in the cohort, which will be perhaps the most significant act of strength.

Additionally, doing things on my own will become easier after finding a great way to practice. Watching videos on the internet like code-alongs and tutorials will be of great assistance. I have already purchased a JavaScript for kids book and paid for a UDemy class. Patience will likely come into play when I am able to pass certain milestones and improve my skills. The thought of where I would like to see myself by the end of the program will allow calm, rational thoughts that will facilitate some patience. Getting comfortable in the program will solve most assumptions and issues, and thankfully I have limitless hours every night during the week to commit to the program.